



Toronto Anaphylaxis Education Group

At the beginning of the TAEG meeting on Tuesday, November 12, 2013 we paired up in an exercise to discuss tips for the social management of allergies (advice for playdates, managing school etc). Our members agreed to write down their tips so we could compile them to share. Here's what we collected:

Sleepovers

- Provide allergy safe snacks
- Educate other kids on allergies

Playdates or Sleepovers

- When on playdate or sleepover take food/snacks enough for all kids in the house to share (popcorn, cookies etc)

Parties (for older kids or adults with allergies)

- Eat before you go to a party so you are not hungry in case the food is not safe

Birthday parties

- Call ahead and plan to match the menu (allergy-free)

School

- Volunteer – running the activities at school means I can control the food

Attending High School

- The 2 person rule for high school – Since you have so many teachers and classes – in each class make sure two people know about the allergies

Any social events

- Take your own food just in case – no matter what