



FARE Facts

1. Approximately 32 million people in the United States have food allergies.
2. Nearly 11 percent of people age 18 or older – more than 26 million adults – have food allergies.
3. Results from a 2015-2016 survey of more than 38,000 children indicate that 5.6 million children, or nearly 8 percent, have food allergies.^{8,9} That is one in 13 children, or roughly two in every classroom!



FARE Food

1. More than 170 foods have been reported to cause reactions in the U.S. Eight major food allergens – milk, egg, peanut, tree nuts, wheat, soy, fish and crustacean shellfish – are responsible for most of the serious food allergy reactions in the United States.
2. The most common food allergies in children are allergies to peanut, milk, shellfish and tree nut.
3. The most common food allergies in adults are allergies to shellfish, milk, peanut and tree nut. Allergists consider sesame allergy to be an emerging concern. Sesame has caused severe reactions, including fatal anaphylaxis.



FARE Fun for kids

1. Allergy Awareness Video – Kyle Dine & Friends This is a video that can be shown in the classroom. It features fun interactive games, music and a zany cast of puppets. It comes with two discs and a full teacher resource guide available at www.foodallergyvideo.com
2. Books and Interactive Book There are many wonderful books that allow children to learn about allergies with fun storylines and lovable characters. With this [interactive book](#) created by Mylan, kids can watch a fun story about “Ana and Phil Axis” unfold and be told before their eyes.

[The No Biggie Bunch- Everyday Cool with Food Allergies](#), [HumFree the Bee Has a Food Allergy](#) [The BugaBees friends with food allergies](#), [The Princess and the Peanut: A Royally Allergic Tale](#)

3. Fun websites [Allergy Adventures](#) has fun puzzles and games that kids can play online. Plus lots of great kid-friendly recipes too!

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