

The Food Allergy & Anaphylaxis Network ♦ (800) 929-4040 ♦ www.foodallergy.org

Sally the Seal is allergic to fish.



Terry the Owl is a PAL.



Lenny the Lion is allergic to milk.



Alexander the Elephant is allergic to peanuts.



Sophie the Elephant is a PAL.



# Be a PAL Table



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- ✓ Never take food allergies lightly.
- ✓ Don't share food with friends who have food allergies.
- ✓ Wash your hands after eating.
- ✓ Ask what your friends are allergic to, and help them avoid it.
- ✓ If a friend who has food allergies becomes ill, get help immediately!

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