



Be a PAL[®]

to Friends with Food Allergies

You can help Protect A Life (Be a PAL[®]) by:

Knowing food allergies can be serious and even life-threatening.

Not sharing your food with friends who have food allergies.

Washing your hands after every meal.

Helping your friend with food allergies get their medicine right away, if they look or feel sick.

You can learn more about food allergies at www.foodallergy.org/kids