

How to Be a Good Friend to Someone With Food Allergies

A few simple actions can make a big difference. Here are ways you can be a supportive, kind, and inclusive friend.

1 RESPECT THEIR ALLERGIES



Food allergies are serious. Even a small amount of a food can make someone very sick. Take them seriously.

2 DON'T PRESSURE THEM TO EAT SOMETHING



"Just try a little" or "It's probably fine" can be dangerous and make your friend feel uncomfortable. Instead, respect their choices.

3 INCLUDE THEM



Make sure they feel part of the group at parties, classroom celebrations, and school events. Inclusion goes a long way.

4 BE MINDFUL WITH FOOD



Don't offer, share, or trade food without checking first. Even foods that look safe might contain an allergen.

5 READ AND ASK



Help by reading ingredient labels and asking an adult if you're unsure. It shows that you care and want to keep your friend safe.

6 WASH YOUR HANDS



After eating foods that could be an allergen (like peanut butter), wash your hands. It helps prevent accidental exposure.

7 SPEAK UP IF SOMETHING SEEMS UNSAFE



If you see a situation that might put your friend at risk, tell a trusted adult. It's always better to ask.

8 BE UNDERSTANDING



Your friend might feel left out sometimes, or need to say no to a food they really want. A little kindness and understanding means a lot.

9 BE A POSITIVE INFLUENCE



Set a good example by being informed, respectful, and inclusive. You can help create a safer, kinder, and more allergy-aware school community.

Kind friends help make the world a safer, happier place for everyone.

