

# Food Allergy Awareness

**Wear  
Red  
Day**



**Friday,  
March 3<sup>rd</sup>**

Red Sneakers are the symbol of Red Sneakers for Oakley, established to promote food allergy awareness. Food allergies are very serious, and 1 in 13 kids in the U.S. has one. If you know someone who has a nut or other food allergy, be a good friend and support them:

- 1** Show respect for your friend's allergy. Some kids can get very sick from their allergy.
- 2** Wash your hands before and after eating. If you have peanut butter on your hands, or even just peanut dust, it could affect someone with an allergy.
- 3** Don't share your food with people who have allergies. There could be hidden ingredients in your food.
- 4** Get help right away if a friend seems to be sick. Find an adult and tell them your friend has an allergy.
- 5** Show kindness. A friend with an allergy will appreciate your help.



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