

# TALKING FOOD ALLERGIES

*Allergic Living magazine's snappy comebacks to common food allergy questions.*

Can't you just eat a little?

**Comeback:** No way. That's like asking if you're OK with a little poison.

Couldn't you just use that "needle thing" and have some?

**Comeback:** My auto-injector is only for emergencies – like a fire hydrant. You avoid starting a fire. Same is true with allergic reactions.

It's not fair that we have kids with food allergies in our class.

**Comeback:** Interesting. I think it's always fair to find room in your heart for those with medical conditions.

How can you survive without ice cream?

**Comeback:** Easy, I eat coconut dairy-free frozen dessert. It's delicious. Have you tried it?



## CONVERSATION STARTERS

*Beyond the snappy answer, also use the moment to start a discussion that promotes food allergy understanding.*

**Topic 1: Eating a little.** Explain that with severe food allergies or celiac disease, you can't take chances on "mystery" foods. Until there are cures, avoidance is what saves lives – *like yours*.

**Topic 2: The auto-injector.** Offer to show the person your epinephrine auto-injector and how it works. **Mention:** If I use it, then I'm having a serious reaction and must immediately go to the emergency room.

**Topic 3: Accommodation is fair.** Make the point that allergies are a legitimate and growing health concern. **Say:** Let's find the balance to keep all students safe and included, while creating an exciting learning environment.

**Topic 4: Safe Isn't Deprived.** **Explain:** Allergies have led me to discover delicious food alternatives. While I must avoid a few foods, my diet is broad and interesting.

**For more information visit [allergicliving.com](http://allergicliving.com)**