

Fall Fashion: Runway Style & Where to Find It

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10 Teens to Watch

THEY ARE SMART, AMBITIOUS AND FOCUSED. THEY ARE THE FUTURE



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Plus:

- A TEEN-LED NONPROFIT
- KIDS & FOOD ALLERGIES
- OUR PALM BEACH CONNECTION

THE INSIDIOUS WORLD
OF HUMAN TRAFFICKING
ARE WE A PART
OF THE PROBLEM?

FOOD FEARS

HERE'S WHAT **YOU SHOULD KNOW** WHEN IT COMES TO ALLERGIES



Imagine ordering lunch from a food truck only to be told the ingredients may be poisonous. Celebrity Chef Ming Tsai illustrates just that in an Ending Allergies Together (EAT) PSA that drives home the daily reality facing millions of Americans who suffer from food allergies. For those challenged by food allergies, every meal out can be a game of Russian roulette.

Today one in thirteen children has a food allergy, which means roughly two kids per classroom. According to Food Allergy Research and Education (FARE), one in four people will develop a food allergy in their

lifetime; over 32 million people in the United States have food allergies; and there is a rise in both childhood and adult-onset allergies. The fact is that a food allergy can appear at any time, and knowing the signs of an allergic reaction is key. A food allergy is an abnormal response to a given food by the immune system in which it attacks food proteins that are normally harmless. Anaphylaxis is a serious allergic reaction that is sudden in onset and may result in death. Every three minutes a food allergy sends someone to the hospital.

Local families are working hard to find

treatments, fund research and develop a cure. The numbers are daunting, but Riverside mother and food allergy advocate Hillary Carter wants parents to know that it doesn't have to be intimidating to host children with allergies. They are just kids who simply have to be cautious about what they eat. Yet they are often stigmatized, not invited to parties or playdates out of fear. As a mother of two children with allergies, Hillary stresses that hosting children with food allergies only requires a little extra communication and preparation.

tips

A STRESS-FREE PLAYDATE



1

KEEP IT CLEAN

You don't have to clean your whole house when hosting a playdate. Pick a zone and make it safe by wiping down surfaces where children eat, and wash dishes and toys that may have been touched by tiny hands with food on them. The yard is also a great playdate zone.



2

MAKE A PLAN

Ask for a list of allergies from the parent.

Determine who will provide a snack (parents of children with allergies often prefer to send a snack). Text the parent a photo of the labels of any snack you may want to give to their children.

Ask for contact numbers and any information you need to feel comfortable as a host. Parents of children with allergies are well-versed in the information they need to provide, but don't be afraid to ask further questions in advance or at drop-off.



3

EDUCATE YOURSELF

Take a few moments to learn the signs of an allergic reaction. Download FARE's flyer Recognize and Respond to Anaphylaxis at foodallergy.org.

Know how to use an EpiPen. When a child is dropped off with an EpiPen, don't hesitate to ask for a quick lesson in how to use it. Today's EpiPens are easier than ever to work, some even feature an option that talks users through how to administer.

Go to the manufacturer's site to download a flyer on how to use an EpiPen. epipen.com

visit

SITES YOU SHOULD KNOW

BE A PAL FOODALLERGY .ORG/EDUCATION AWARENESS/ BE-A-PAL

Helping your child to develop an understanding of the unique needs of friends with food allergies is a great opportunity to foster empathy. The FARE website features Be a PAL: Protect A Life From Food Allergies, a free educational program that can help children learn how to be a good friend to others with food allergies. According to FARE, one in three children with food allergies report being bullied as a result and more than a quarter do not participate in camps or sleepovers due to allergies. The Be a PAL program features bookmarks, activity sheets and presentations for elementary school-age children and teens. Students can even earn a PAL certificate.

GIVE AND GO GIVEGO.ORG

In school and the workplace we're encouraged to know CPR, spot a choking victim and administer the Heimlich maneuver, but how many of us know the signs of anaphylaxis? EAT president and cofounder Elise Bates says that while a cure is EAT's ultimate goal, educating the public about the dangers of anaphylaxis saves lives. In its public awareness campaign Give and Go, EAT focuses on the signs of a serious allergic reaction and the importance of using an EpiPen and calling 911. The message is simple—Give epinephrine and Go call 911. With an anaphylactic reaction, time is the enemy. An EpiPen carries enough medication to last fifteen minutes, giving you time to get to the hospital.

SNACK SAFELY SNACKSAFELY.COM

Whether you're hosting a playdate or looking for snacks to send with your child to school, check out the website Snack Safely. It provides a guide for allergy-friendly snacks and is a great resource for schools, sports leagues, scouting groups, clubs, parties, playdates and other events where snacks may be consumed in the presence of children with food allergies. Snack Safely makes shopping for nut-free and other allergen-free food easy. It works with over 100 food manufacturers that provide full allergen processing disclosure, which means they go beyond what the FDA requires on ingredient labels. The downloadable guide is updated regularly and provides links to stores for product purchase. **G**