

Food allergy week

May 2013

Seven year old Izaak Bedford has a severe life-threatening allergy to tree nuts, which results in an anaphylactic reaction. However, many pre-packed/prepared foods include nuts when you wouldn't have thought so. The daily eating habits of people with a food allergy therefore needs careful consideration. Suddenly simple things like eating out, going around for a meal at a friend's house or sharing foods at school or during a day out become a life threatening risk.

Food allergy continues to increase at an alarming rate and presently 1 in 10 infants and children now have one. The most common being cow's milk, eggs, peanuts and tree nuts. Whilst researchers across the world try to understand more about food allergy the risk in some cases can never be removed by treatment, but with careful management can be reduced.

Izaak with the help of his mother Clair, will be participating in Food Allergy Week 2013 (13th - 19th May) by opening up a Manicure Salon at Child Side School on Tuesday 14th May. For a gold coin donation, which will go toward allergy research, people can have one finger nail painted to represent the 1 in 10 infants and children with a food allergy. There will also be the opportunity to hear what it is like to live with this life threatening condition and for participants to learn or refresh their understanding of how to recognise a reaction when it happens and know how to respond.

Senior educator Lisa Seewraj explains how "the dietary requirements of all children are considered and influences the menu for each term. The school already avoids pre-packaged food, using fresh produce picked from their organic kitchen garden." She goes on to explain how "diet and nutrition and their link to health is an integral part of the living curriculum, and how by discussing the requirements of children like Izaak makes all the children more considerate and aware".

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For more detail about food allergy week: www.foodallergyaware.com.au