

# MORE WEBSITES & RESOURCES

This exact page is also on our website ([www.foodallergythrive.com](http://www.foodallergythrive.com)) with active links

## WHAT IS FOOD ALLERGY?

[www.DiscoveryChannelCME.com/Patient-Education/Food-Allergies](http://www.DiscoveryChannelCME.com/Patient-Education/Food-Allergies) ▶

## RECOGNIZING & TREATING ALLERGIC REACTIONS

### RECOGNIZING ALLERGIC REACTIONS:

- Food allergy & anaphylaxis emergency care plan: [www.FoodAllergy.org/FAAP](http://www.FoodAllergy.org/FAAP)

### TREATING ALLERGIC REACTIONS:

- If there's an Emergency: [www.AllergyHome.org/emergency](http://www.AllergyHome.org/emergency)
- When to use epinephrine versus antihistamines: [www.YouTube.com/watch?v=J3oWNVrOimQ](http://www.YouTube.com/watch?v=J3oWNVrOimQ) ▶

## DAILY MANAGEMENT

### READING INGREDIENT LABELS:

- General tips: [web.emmes.com/study/cofar/HOW%20TO%20READ%20LABELS.pdf](http://web.emmes.com/study/cofar/HOW%20TO%20READ%20LABELS.pdf)
- Allergen-specific tips: [www.FoodAllergy.org/Document.Doc?id=133](http://www.FoodAllergy.org/Document.Doc?id=133)

**AVOIDING CROSS-CONTACT BETWEEN FOOD ALLERGENS:** [www.FoodAllergyAwareness.org/foodallergy/cross-contact-15](http://www.FoodAllergyAwareness.org/foodallergy/cross-contact-15)

**COOKING TIPS:** [www.KidsWithFoodAllergies.org/resourcetopic.php?topic=food-cooking](http://www.KidsWithFoodAllergies.org/resourcetopic.php?topic=food-cooking)

**RECIPES:** [www.KidsWithFoodAllergies.org/recipes/allergy-friendly-recipes.php](http://www.KidsWithFoodAllergies.org/recipes/allergy-friendly-recipes.php)

## SOCIAL & EMOTIONAL MANAGEMENT

**SCHOOL:** [www.AllergyHome.org/schools](http://www.AllergyHome.org/schools)

**BABYSITTERS & RELATIVES:** [www.AllergyHome.org/babysitter](http://www.AllergyHome.org/babysitter)

**DINING OUT:** [www.FoodAllergy.org/Managing-Food-Allergies/Dining-Out](http://www.FoodAllergy.org/Managing-Food-Allergies/Dining-Out)

**TRAVEL:** [www.AllergySafeTravel.com](http://www.AllergySafeTravel.com)

**DEALING WITH SOCIAL & EMOTIONAL ISSUES:** [www.AllergyHome.org/Handbook/Table-Of-Contents/Food-Allergy-Challenges](http://www.AllergyHome.org/Handbook/Table-Of-Contents/Food-Allergy-Challenges)

**BULLYING:** [www.FoodAllergyAwareness.org/education/for\\_parents-4/bullying\\_-\\_general\\_information-9](http://www.FoodAllergyAwareness.org/education/for_parents-4/bullying_-_general_information-9)

## SUPPORT GROUPS

### SUPPORT GROUPS:

- [www.FoodAllergy.org/Support-Groups](http://www.FoodAllergy.org/Support-Groups)
- [www.AAFA.org/esg\\_search.cfm](http://www.AAFA.org/esg_search.cfm)
- [www.FoodAllergyAwareness.org/education/support\\_group\\_development-5/find\\_a\\_support\\_group-28/#divLTH](http://www.FoodAllergyAwareness.org/education/support_group_development-5/find_a_support_group-28/#divLTH)

**ONLINE SUPPORT FORUMS:** [Community.KidsWithFoodAllergies.org/forums](http://Community.KidsWithFoodAllergies.org/forums)

## NATIONAL ORGANIZATIONS



**ALLERGY & ASTHMA NETWORK MOTHERS OF ASTHMATICS:** [www.AANMA.org](http://www.AANMA.org) ..... Phone: (800) 878-4403

**ALLERGY HOME:** [www.AllergyHome.org](http://www.AllergyHome.org)

**AMERICAN ACADEMY OF ALLERGY, ASTHMA & IMMUNOLOGY:** [www.AAAAI.org](http://www.AAAAI.org) ..... Phone: (414) 272-6071

**AMERICAN COLLEGE OF ALLERGY, ASTHMA & IMMUNOLOGY:** [www.ACAAI.org](http://www.ACAAI.org)

**ASTHMA & ALLERGY FOUNDATION OF AMERICA:** [www.AAFA.org](http://www.AAFA.org) ..... Phone: 1-800-7-ASTHMA

**KIDS WITH FOOD ALLERGY FOUNDATION (KFA):** [www.KidsWithFoodAllergies.org](http://www.KidsWithFoodAllergies.org) ..... Phone: (215) 230-5394

**FOOD ALLERGY & ANAPHYLAXIS CONNECTION TEAM (FAACT):** [www.FoodAllergyAwareness.org](http://www.FoodAllergyAwareness.org) ..... Phone: (513) 342-1293

**FOOD ALLERGY RESEARCH & EDUCATION (FARE):** [www.FoodAllergy.org](http://www.FoodAllergy.org) ..... Phone: (800) 929-4040

## HELPFUL HANDBOOKS

**FOOD ALLERGY:** An overview (by the government): [www.NIAID.NIH.gov/Topics/FoodAllergy/Documents/FoodAllergy.pdf](http://www.NIAID.NIH.gov/Topics/FoodAllergy/Documents/FoodAllergy.pdf)

**FOOD ALLERGY FIELD GUIDE (BY FARE):** [www.FoodAllergy.org/Newly-Diagnosed/Food-Allergy-Field-Guide](http://www.FoodAllergy.org/Newly-Diagnosed/Food-Allergy-Field-Guide)

**LIVING CONFIDENTLY WITH FOOD ALLERGIES:** A guide for parents & families: [www.AllergyHome.org/handbook](http://www.AllergyHome.org/handbook)

**THE FOOD ALLERGY EXPERIENCE (BY A PEDIATRICIAN & MOTHER):** [www.FoodAllergyExperience.com](http://www.FoodAllergyExperience.com)