

ALLERGY-FRIENDLY FOOD DRIVE CHALLENGE

Our school will be conducting our annual holiday food drive from November 21 – December 2, 2016. All products collected during this drive will be donated to a local food bank.

As part of this year's food drive, we have enrolled our school to take part in a new initiative led by Food Allergy Canada and Canadian race car driver, Alex Tagliani. Together, they are promoting food allergy awareness and safety this holiday season with the launch of the **Allergy Friendly Food Drive Challenge** for schools. This initiative calls on schools to help collect allergy-friendly food items to support local food banks/charitable organizations in our school communities across the country.

By participating in this challenge, our school will also be entered for a chance to win a grand prize of **Fifteen Apple iPad Air 2- 16GB** and a **meet-and-greet with Alex Tagliani** at our school!

Here's how it will work:

We have designated each day of the challenge to one of the top priority food allergens and ask students to bring in a product that does NOT contain that allergen.

Week 1	Allergen	Week 2	Allergen
Monday	No Peanuts	Monday	No Shellfish
Tuesday	No Milk	Tuesday	No Sesame
Wednesday	No Eggs	Wednesday	No Wheat
Thursday	No Fish	Thursday	No Mustard
Friday	No Soy	Friday	No Tree nuts

Your child's class will be assigned one day of the 10 challenge and will be asked to bring in a product that does not contain the allergen assigned to that day. The last day of the challenge will be open to all grades and classes.

Here are some tips you may find helpful when selecting food products for this donation drive:

- always read the full ingredient list and any precautionary statements (e.g. May contain) on all products
- avoid any product that contains or 'may contain' the allergen
- avoid products from bulk bins, imported products and products without ingredient labels
- be careful not to rely solely on a "free-from" claim on the front of a package (e.g. peanut free) for important allergen information - always read the full ingredient list and label on the package

Thank you for participating in this exciting new initiative!

Dorothy Lynas PAC