



## COMMON FOOD ALLERGY TRIGGERS

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### March 2019

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Dip into hot salsa or spicy Indian food, and your nose starts running. Beans give you gas, or a glass of wine means a headache later. If you're lactose intolerant, you expect diarrhea when you eat cheese or milk. Most people have reactions to foods like these from time to time. But they're usually food sensitivities or intolerances. They aren't caused by your immune system. A food allergy is different. Your body mistakes harmless food as something that could make you sick. When you eat something you're allergic to, your immune system responds to protect you. You might get a mild skin rash or itchy eyes, or you could have a bigger reaction that leaves you gasping for breath. Food allergies can be serious, but you can take steps to manage them. One of the best things you can do is avoid your trigger foods.

### Foods That Cause Allergies

Eight things cause about 90% of food allergy reactions: milk (mostly in children), eggs, peanuts, tree nuts (like walnuts, almonds, pine nuts, brazil nuts, and pecans), soy, wheat and other grains with gluten (including barley, rye, and oats), fish (mostly in adults), and shellfish (mostly in adults).

Almost any food can trigger an allergy, though. less common ones include: corn, gelatin, meat -- beef, chicken, mutton, and pork, seeds (often sesame, sunflower, and poppy), spices (such as caraway, coriander, garlic, and mustard).

### Food Allergy Symptoms

An allergic reaction can happen within minutes of eating, or it may happen hours later. Mild symptoms can be hard to tie to specific foods. You could get:  
 Red, swollen, dry, or itchy skin rash (hives or eczema)  
 Runny or stuffy nose, sneezing, or a slight, dry cough  
 Itchy, watery, red eyes  
 Itchy mouth or inside your ear  
 Funny taste in your mouth  
 Upset stomach, cramps, throwing up, or diarrhea

Most often, peanuts, nuts, fish, and shellfish cause severe reactions, although any food can. Symptoms include: trouble breathing or swallowing, swollen lips, tongue, or throat, feeling weak, confused, or light-headed, or passing out, chest pain or a weak, uneven heartbeat.

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Please check your child's parent folder every day. There is important information there! Also, make sure your child always has a change of clothes and diapers/pull-ups, if necessary. Thank You!

## Caterpillars/Buttercup Butterflies



We are feeling extra lucky this month that we are able to love and care for your babies! This month we will continue to develop teacher & student relationships to ensure trust & safety. We will also be discovering what 2 colors make green & all the green surrounding us.

**-Ms. Stephanie, Ms. Megan & Ms. Milena**

## Pixie Butterflies

March brings us wonderful projects. We are enjoying the weather change & will be able to experience the garden a little bit more. This month is Read Across America. We encourage parents to read to your children as much as you can. Reading a book can have an enormous impact on the life of a child & help stimulate the brain. We are also going to continue exploring shapes & learning shape recognition in many fun ways!

**- Ms. Maria & Ms. Vanessa**



## Elf Butterflies



Just as winter is ending this month and we welcome spring, we will also come to the end of our alphabet themed activities. We plan to begin making a fun, sensory alphabet book which will include many shapes and colors too!

**-Ms. Jessica & Ms. Beryl**

## Julia Butterflies

The first week of March our class will be reading and talking about Dr. Seuss. WPDN will be having spirit week in honor of Dr. Seuss. We will be celebrating St. Patrick's Day Friday, the 15th with fun activities. Please wear green that day. We are also working on our Kindergarten skills.

**-Ms. Paige & Ms. Vicky**





**Dr. Seuss Spirit Week– March 4th through the 8th**  
**Ms. Maria's 1st Work Anniversary– March 5th**  
**Ms. Nadine's birthday– March 12th**  
**Seminole & Orange Cty. Spring Break– March 15th through the 22nd**  
**St. Patrick's Day– March 17th**  
**Ms. Paige's 8th Work Anniversary– March 23rd**

### COMMON FOOD ALLERGY TRIGGERS continued...

Because young children may not know how to describe what's happening, they might say something like, "My mouth is tingling," "My tongue feels heavy," or "I've got a frog in my throat." A hoarse or squeaky voice or slurring words are also signs of an allergic reaction in kids.

Sometimes symptoms affect your whole body and are so serious that they're life-threatening. This kind of reaction is called anaphylaxis, and it's a medical emergency. It usually happens a few minutes after you've eaten. If you have asthma as well as a food allergy, you're more likely to have anaphylaxis. When you have a severe food allergy, you should carry injectable epinephrine (adrenaline) in case you have a reaction. It can ease symptoms until you can get medical attention. Do not hesitate to use the epinephrine auto-injector ever if you are unsure your symptoms are caused by an allergy. The epinephrine will not hurt you and could save your life.

For highly allergic people, even tiny amounts of a food (for example, 1/44,000 of a peanut kernel) can set off a reaction. Less sensitive people may be able to eat small amounts of their trigger food.

#### **Hidden Triggers**

The key to controlling a food allergy? Avoid the problem food. That isn't always easy, though. It may be hidden as an ingredient in something else.

Most baked goods, like cakes and cookies, are made with eggs and sometimes nuts.

Water-packed tuna may have added nonfat dry milk.

Salad dressing could be made with soybean oil.

A hot dog may contain milk protein.

So, be sure to read food labels. That's a good place to start.

Still, labels don't always tell the whole story. For example, pineapple, milk casein, or hydrolyzed soy protein may be used in microwave popcorn -- yet you won't see them on the ingredient list. You'll see the catch-all terms "flavoring" or "natural flavoring" instead. Words like "emulsifier" or "binder" can signal soy or egg in the product.

When you have a food allergy, you need to get familiar with these general terms and what specific things they can include. If you have questions about any product, check with the manufacturer. The customer service department or the quality assurance officer should be able to help you figure out if the food is safe for you.

You'll need to read menus at restaurants carefully, too. Ask about how food is prepared before you order if you have any

## Rainbow Shaving Cream Gold Coin Dig

We are learning about St. Patrick's Day this month. The activity below is incredibly MESSY but super fun!!

### Here's what you'll need:

- ◆ Shaving Cream
- ◆ Plastic or Metal Baking Dish
- ◆ Food Coloring
- ◆ Plastic Gold Coins



1. Place the gold coins at the bottom of the dish.

2. Mix in separate bowls the different colors of shaving cream then spread it into sections on the top of the coins.

3. Your child may use their hands and dig in or you can give them a wooden spoon to stir.

4. Once they start mixing the shaving cream around, your child will begin to see the gold coins start to show and the shaving cream will have a really neat tie-dye effect.



### Super Supper

**Cheese or Pepperoni Pizza with Side Salad.**

Payment is due **Wednesday, March 13th** and pick-up is **Thursday, March 14th.**

**Vegetable Quiche with Side of Fruit.**

Payment is due **Wednesday, March 27th** and pick-up is **Thursday, March 28th.**

**Feeds 1 adult and 2 children.**

**\$5.00 each**  
**Sign-up at the front desk.**

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#### Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

#### Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

**We had two winners from our secret word challenge in our February newsletter. Congratulations!!**