

Being a Friend to All :

FOOD ALLERGY AWARENESS

**Gold Award Project by Riley Miller
Illustrations by Riley Miller and Tara Reddy**



**It was Ms. Burns' class holiday party.
Many students brought delicious
treats to share with the class.**



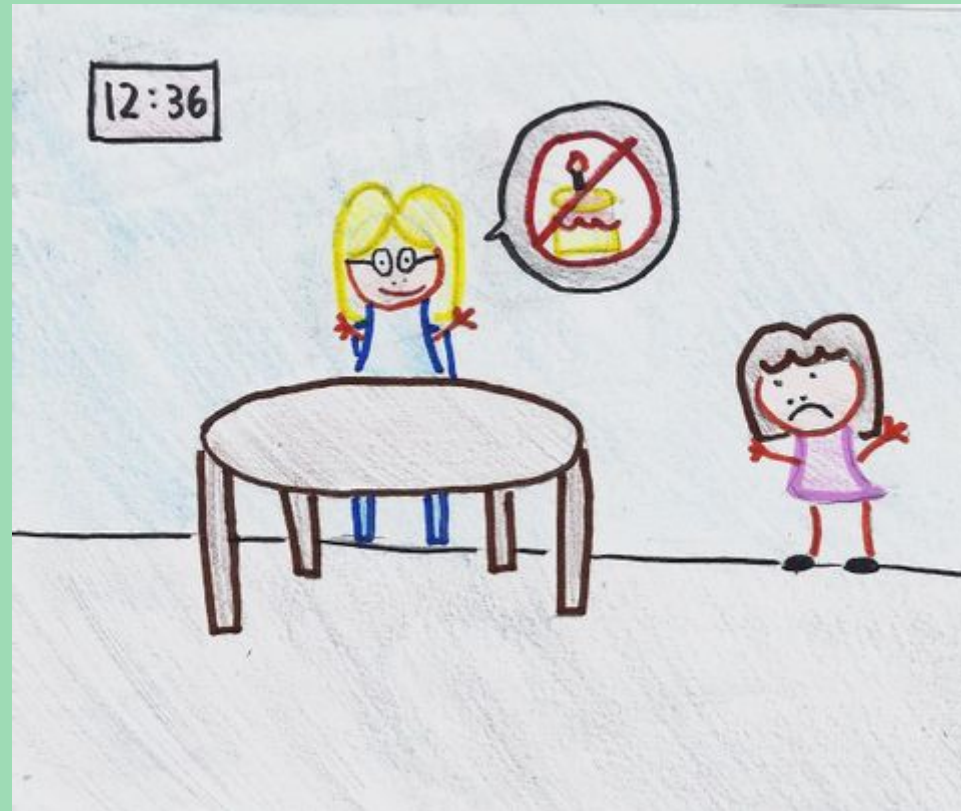
Jimmy brought his mom's famous holiday cake. All the students were excited to try the special cake.

Stella was walking to get a piece of cake when Ms. Burns called for Stella to come to her desk.



Stella was a friend to many and loved school. Most of her friends, however, did not know about her food allergy.





“Hey Stella,” Ms. Burns said kindly as Stella came to her desk, “That cake has peanut butter so make sure not to take a bite.”

**Immediately Stella was very sad.
She could not eat Jimmy's mom's
famous cake.**

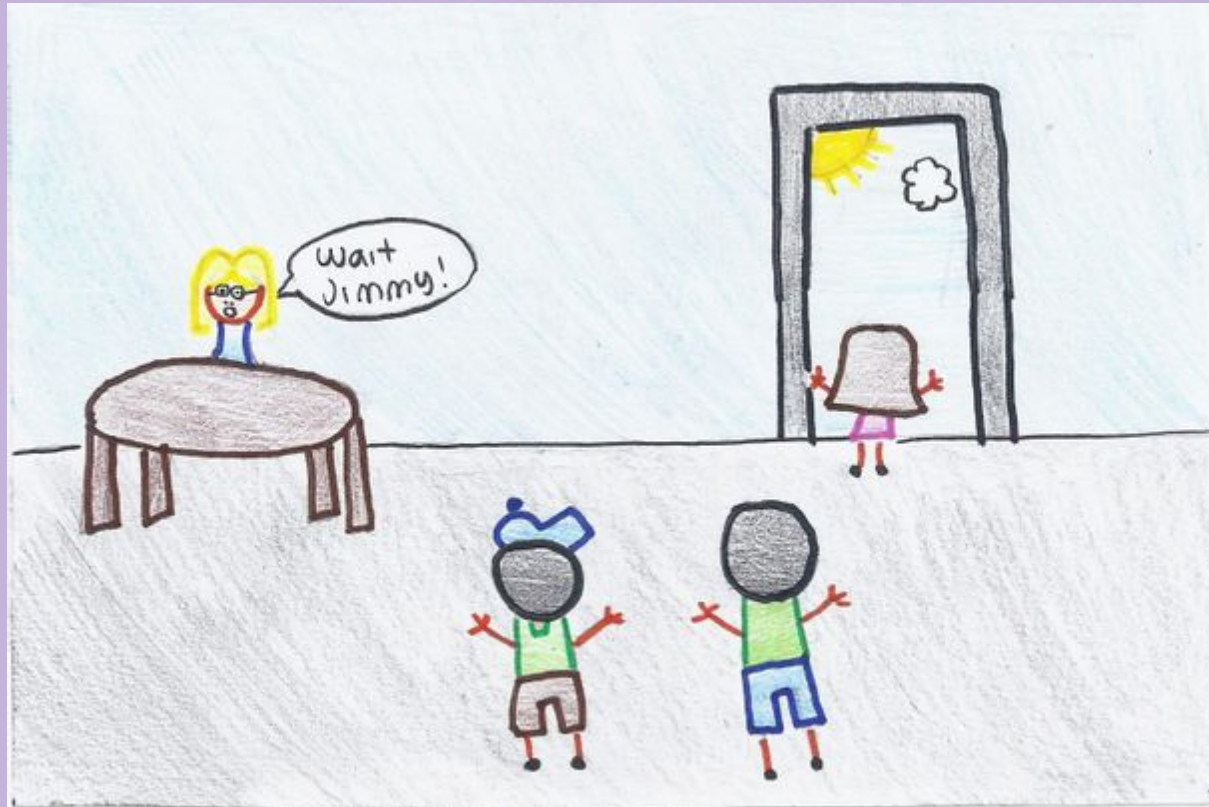




As Stella sat down with the other students, Jimmy asked Stella “Why are you not trying my mom’s cake?” Stella was embarrassed and mumbled, “I am allergic to peanuts.”

“That is horrible,” Jimmy said, “I LOVE peanut butter. I can’t imagine living without it! It must be weird being allergic to something.” “Yes, it is,” Stella replied quietly.

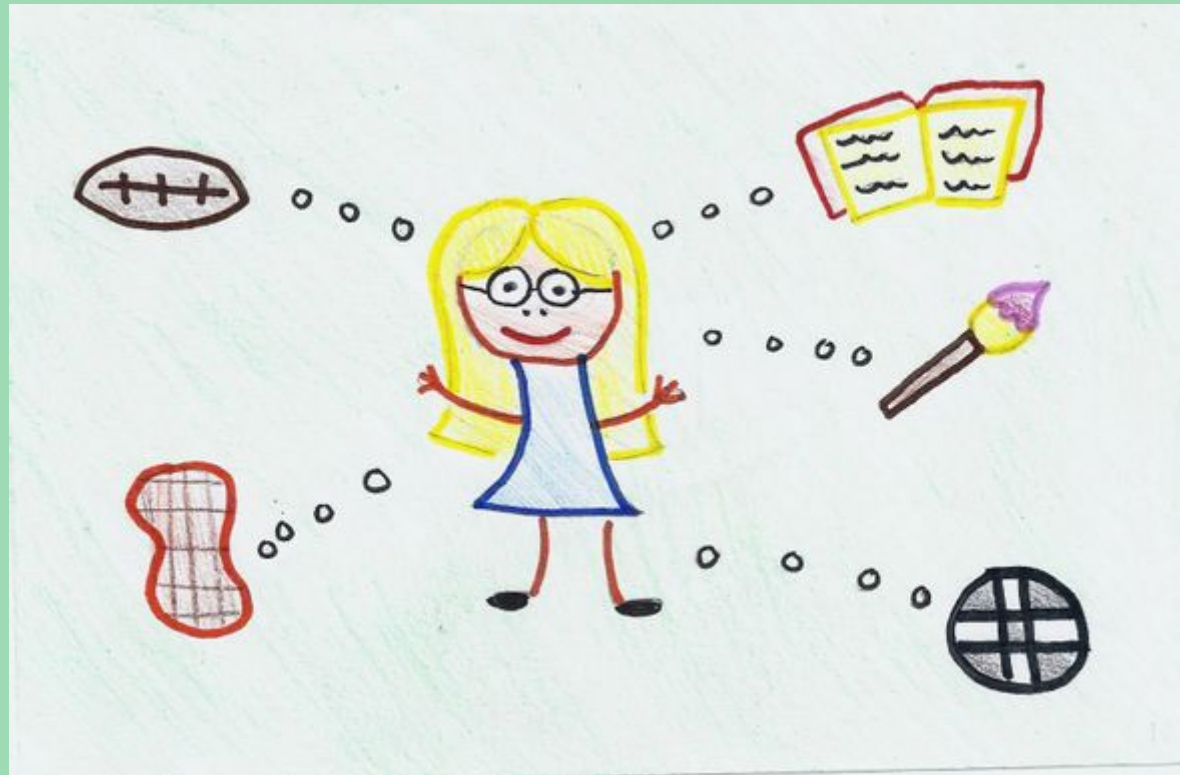




After the party, the class left to go play on the playground. As Jimmy was leaving the room, Ms. Burns pulled him aside.

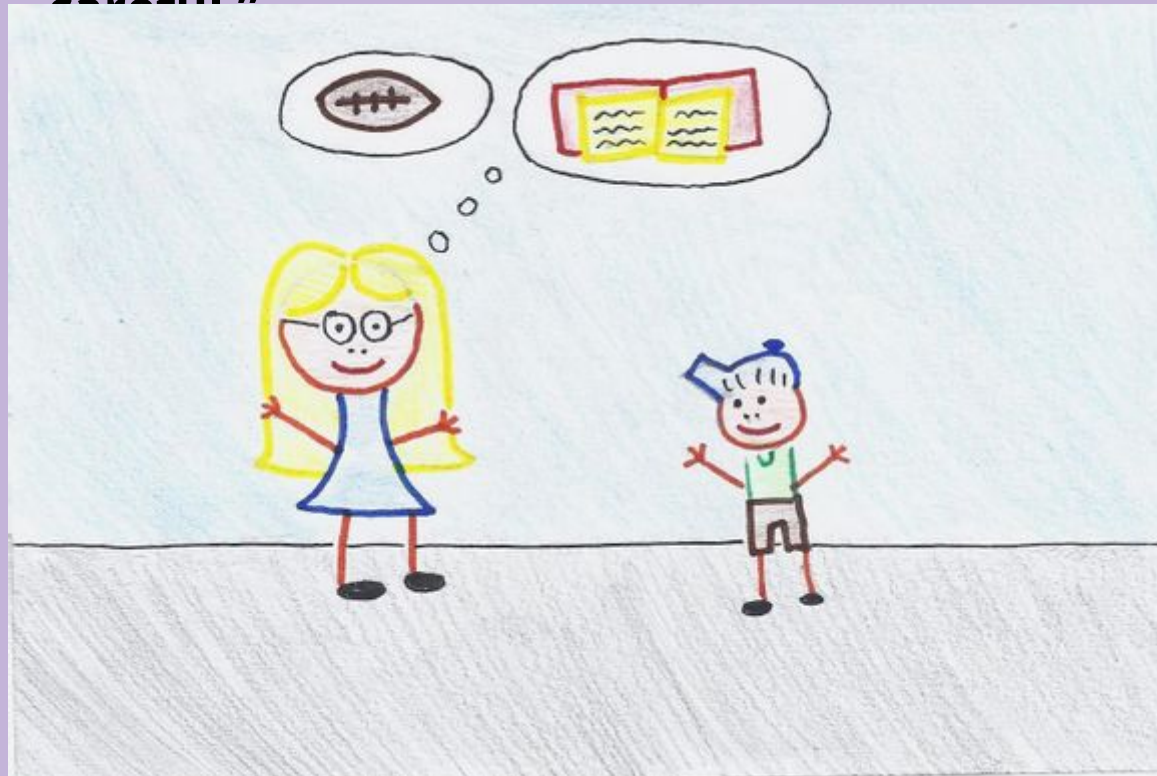
“Jimmy, I notice you and Stella had a conversation about her allergy at the party,” Ms. Burns said. “Yes we did. It must be really hard being allergic to peanuts,” Jimmy replied.





“Jimmy, I just wanted you to know, Stella’s allergy is just another difference that makes her unique.”

“We all have things that make us different. We may look different, like different things, or enjoy different activities. Stella’s allergy is just a difference like yours and mine, but it can make her sick if she is not careful.”

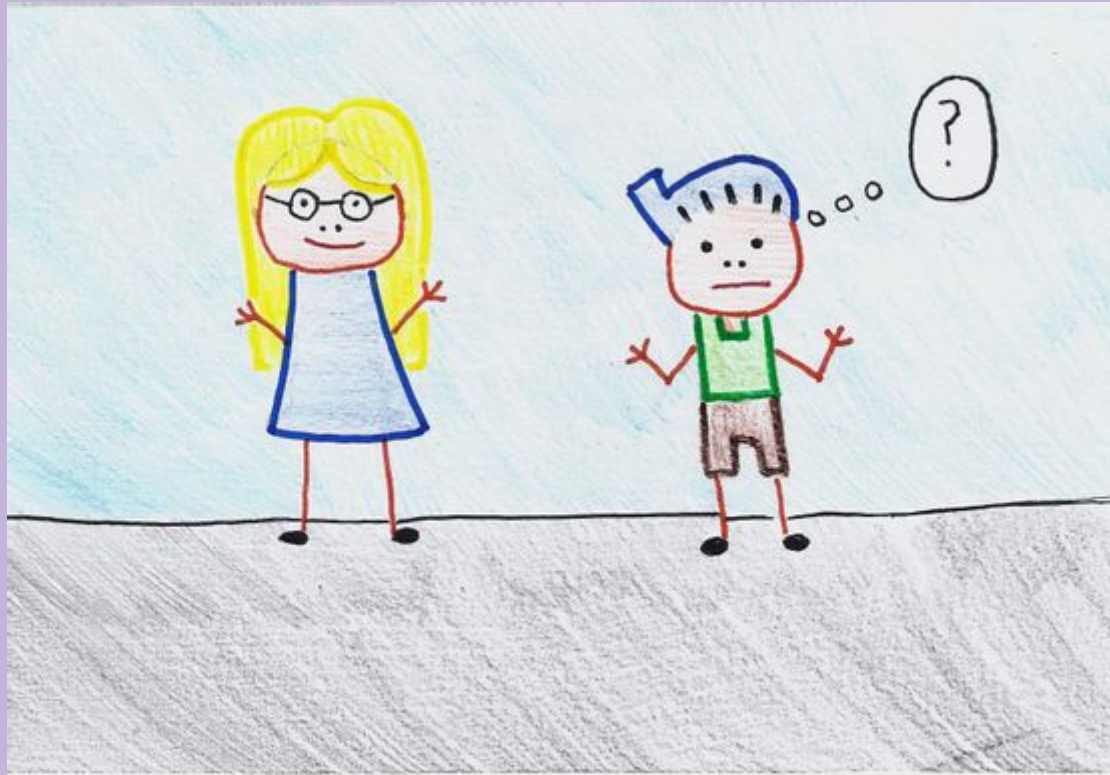




“It can be hard for Stella to view her allergy in a positive way, like today when she could not eat the cake.”

"If you and the other students could help her to embrace her allergy and not feel left out, it would make Stella feel so much better."



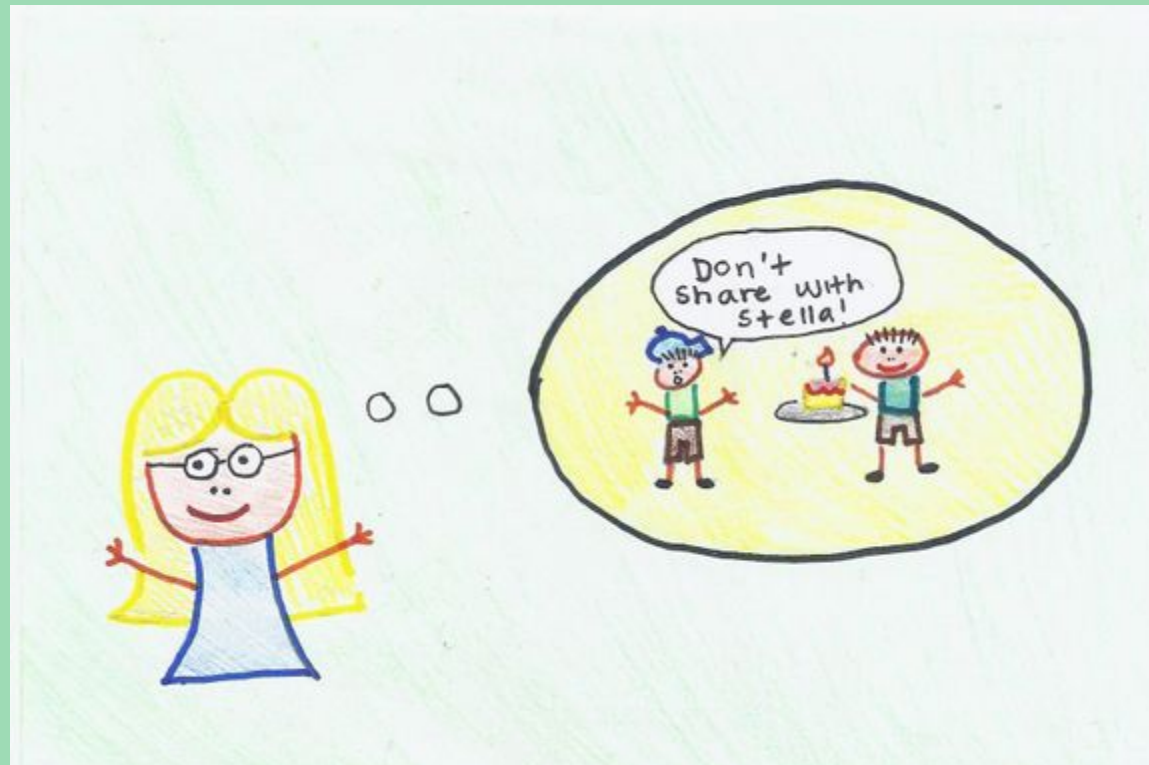


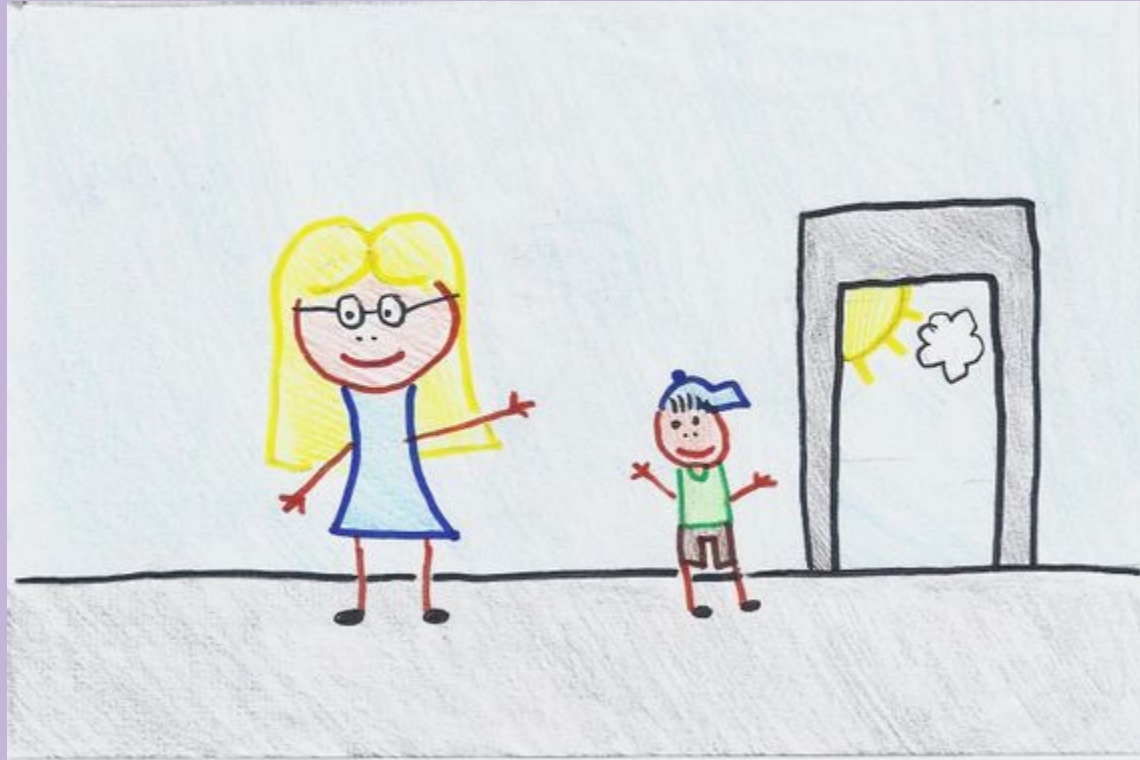
**“What can I do to help Ms. Burns?”
Jimmy asked.**

“Something you can do is not bring things to parties or lunch with peanuts. It would help Stella not feel left out, and it would help keep Stella much safer.”



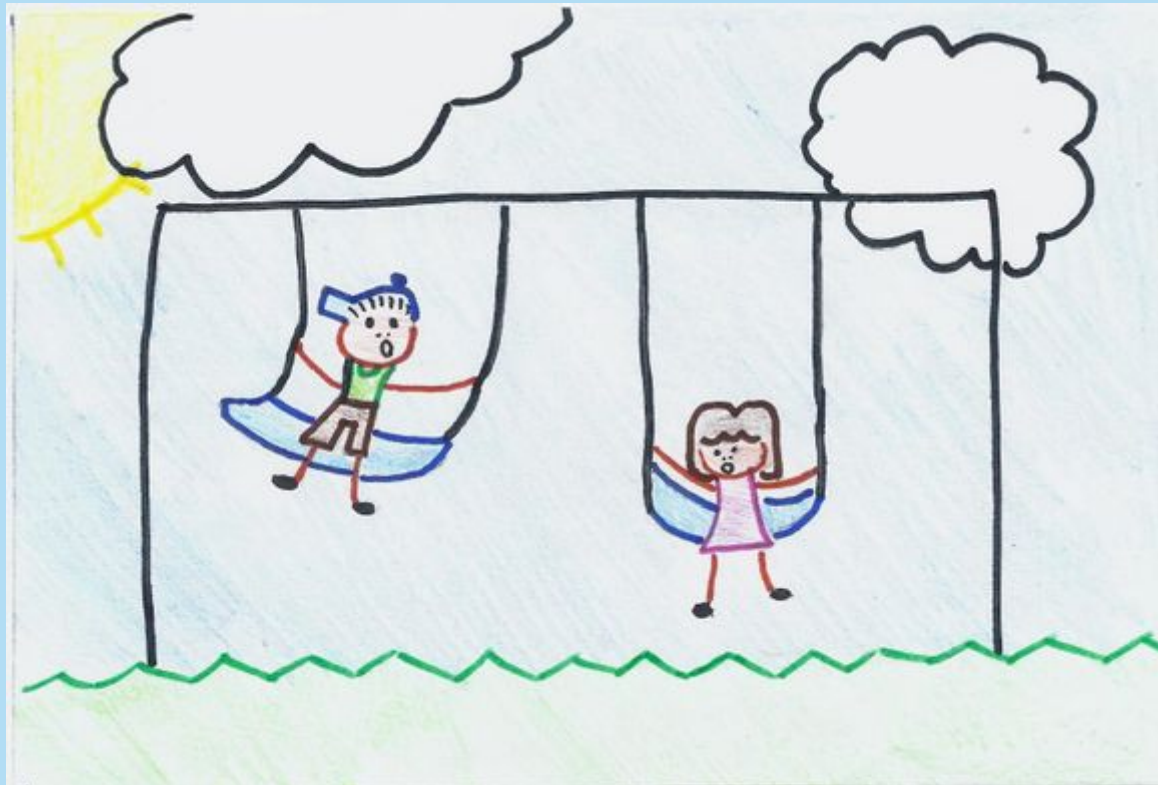
“Another thing you can do is help spread allergy awareness with classmates. If you see someone with peanuts, you can mention to them not to share with Stella. The more people who are looking out for her and are helping her keep safe, the safer she will be.”

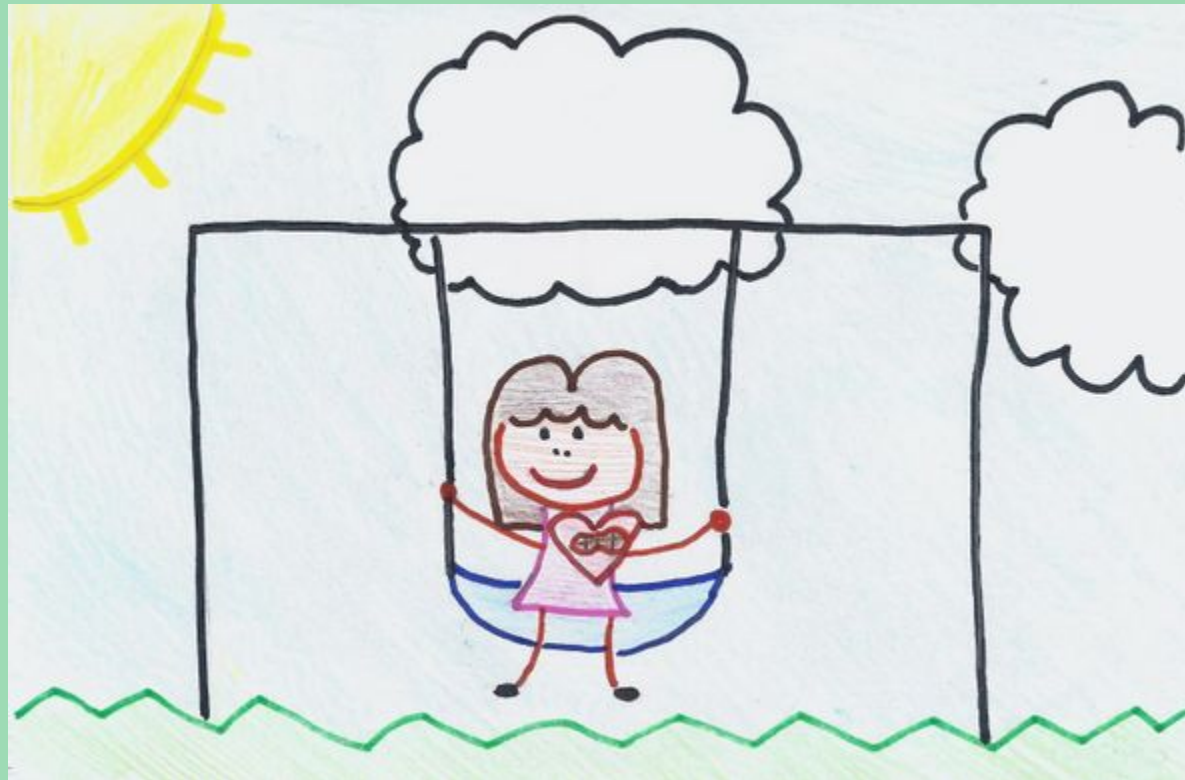




“That sounds like a good idea. I did not know bringing a cake could make someone feel left out,” Jimmy replied. “Do not worry about it Jimmy. Now we know what we can do in the future to make Stella feel included,” Ms. Burns said kindly.

After Jimmy's talk with Ms. Burns, he found Stella on the swings and went to sit with her. "Hey Stella," Jimmy said, "I am sorry that I made you feel left out today. I did not know you had an allergy. I was not very kind when you told me about it."

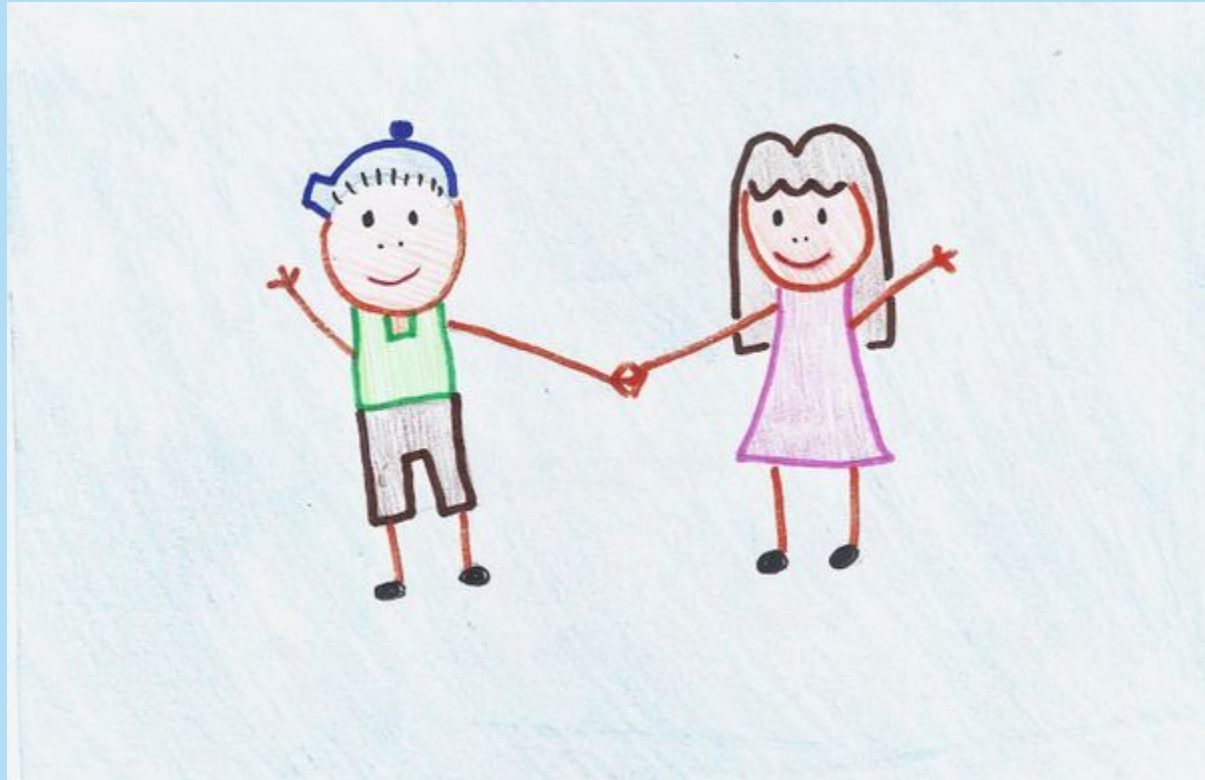




“It is fine,” Stella said, “My allergy is something I need to learn to embrace. I realize I cannot eat certain things. Thank you for the apology. It means a lot!”



“No problem. Next time we bring something to share in class, I will make sure it is nut-free so you can be included!”



“Thanks, Jimmy! It is nice to have a friend like you!” Stella replied.

From then on, Jimmy helped Stella keep allergy-safe in class. He made sure not to bring food with peanuts to lunch or class activities. Jimmy wanted to make sure his friend would be included and not feel left out because of her allergy.

