



Children's Hospital
of Wisconsin®

A member of Children's Hospital and Health System.

Education for the Food Allergic Child

Children's Hospital of Wisconsin is offering a class for parents and caregivers of children with food allergies

Food allergies affect 5 to 7 percent of young children. These children are at a higher risk for nutritional deficiencies due to restricted diets. Children grow rapidly and need adequate nutrition to grow and develop. Having to avoid foods such as cheese, eggs, peanut butter or wheat can make feeding your child a challenge and contribute to nutritional deficiencies.

The class will provide:

- Review of Food Allergy Emergency Plan
- Review of how and when to give the Epi Pen
- Education regarding "How to Read Food Labels."
- Tips regarding substitutions, grocery shopping and eating out.
- Information on multivitamins.
- Information regarding formulas and milk alternatives.
- Sample recipes for allergen-free cooking.
- Resources for purchasing allergen-free foods.
- Suggestions on substitutions for foods that are commonly being avoided.

Cost: \$5.00

Presenters: Mary Ho, APNP, Nurse Practitioner,
Mary Beth Feuling, MS, RD, CNSD, Clinical Dietitian Specialist
Allergy and Immunology, Children's Hospital of Wisconsin

Class: Tuesday, August 3, 2010

6 p.m. to 8 p.m.

Health Education Center

1533 North River Center Drive, Milwaukee, WI 53212

To register call maxiSHARE at 414-266-2209 or register online at
www.maxishare.com

(If this date has passed, please contact maxiSHARE for the next class date)