



HOW TO HANDLE ALLERGIES AT FOOD-FOCUSED HOLIDAYS

Tips for keeping kids safe at a time when they're exposed to a wider variety of foods

National Jewish Health

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SUGGESTED TEASE	STILL TO COME, THE HOLIDAYS ARE MEANT TO BE A JOYOUS TIME OF CELEBRATION - BUT FOR KIDS WITH FOOD ALLERGIES, THEY'RE A CHALLENGE. TIPS TO KEEP YOUR CHILD SAFE, NEXT IN HEALTH NEWS.
ANCHOR LEAD	THE HOLIDAYS CAN BE A STRESSFUL TIME FOR ALL OF US, BUT FOR THE PARENTS OF CHILDREN WITH FOOD ALLERGIES, THEY CAN BE NERVE-RACKING. IF YOU THINK ABOUT IT - STARTING AT HALLOWEEN THROUGH THANKSGIVING AND EVEN INTO VALENTINE'S DAY - MOST CELEBRATIONS IN THE FALL AND WINTER INVOLVE FOOD. AND THE MORE CHILDREN WITH ALLERGIES ARE EXPOSED, THE HIGHER THEIR RISK OF REACTION. WITH TIPS ON HOW TO KEEP KIDS SAFE AND THE HOLIDAYS HAPPY, HERE'S CLARK POWELL.
	(Nats - Fixing snack) :02
CG: Courtesy: National Jewish Health Shots of Zach cutting apple Shots of Zach wrapping up apples	BEFORE 11 YEAR OLD ZACH CHURCHILL GOES TO A CLASS PARTY, HE HAS TO PLAN AND PACK HIS OWN SNACKS. ZACH HAS SEVERE ALLERGIES - AND WITH THE WRONG FOOD, EVEN A SMALL BITE CAN CAUSE BIG PROBLEMS. :10
CG: Zach Churchill Has food allergies	"Actually, just yesterday I had an issue with that. I bit into an egg roll, and even though I'm technically OK with eggs, I just never know and I had a little issue and all that." :08 / :18
Shots of Zach picking up cookies and walking by camera	ZACH'S NOT ALONE. NEARLY 6 MILLION CHILDREN HAVE FOOD ALLERGIES IN THE U.S. ² . - AN AVERAGE OF ABOUT 2 PER CLASSROOM. ¹ :06 / :24
CG: BJ Lanser, MD National Jewish Health	"It is a particularly stressful time for our patients with food allergies, you know, we stress being prepared and having a plan in place for how to deal with those surprises." :10 / :34
Shots of doctor in exam with girl	DOCTOR B-J LANSER IS AN ALLERGIST AT NATIONAL JEWISH HEALTH IN DENVER WHO HAS FOUR SIMPLE TIPS TO AVOID HOLIDAY HAZARDS.

Wide shot - Zach packing EpiPen - CG: Don't go anywhere without epinephrine	FIRST AND FOREMOST, DON'T GO ANYWHERE WITHOUT EPINEPHRINE AND NEVER EAT ANYTHING YOU ARE NOT 100 PERCENT SURE IS SAFE. :10 / :44
Dr. Lanser (CG'd above)	"It's the only lifesaving medicine we have for anaphylaxis and so any time we could come in contact with something we're allergic to, we need to have the epinephrine available." :10 / :54
Shot of party CG: RSVP - A.S.A.P! Talk to host early about safe foods	IF YOU'RE INVITED TO A PARTY - RSVP - ASAP. MAKE SURE YOU TALK TO THE HOST EARLY ON ABOUT SAFE FOODS FOR YOUR CHILD.
Shot of party - CG: Volunteer to host and ask guests to bring non-food items	OR, IF POSSIBLE, VOLUNTEER TO HOST THE PARTY YOURSELF - AND HAVE OTHERS BRING NON-FOOD ITEMS. :12 / 1:06
Dr. Lanser (cover with video)	"Asking guests to bring paper goods or games or craft projects instead of bringing the food, so that you can control what the children with food allergies might eat." :11/ 1:17
Shot of party - CG: Make sure food labels are available Pan from dish to container / mom picking up package to read label	FINALLY, WHETHER YOU'RE HOSTING OR ATTENDING A PARTY, MAKE SURE FOOD LABELS ARE AVAILABLE. WHILE MOST OF US LIKE TO MAKE AN IMPRESSION WITH OUR DISHES - KEEPING THE ORIGINAL PACKAGING CAN PROVIDE PARENTS VALUABLE INFORMATION AND SOME PEACE OF MIND. :10 / 1:27
Dr. Lanser (cover with video)	"Our patients and their parents become very good at reading labels and looking for those details." :04 / 1:31
Dr. Lanser (CG'd above)	"Keeping it in the original packaging and keeping the original label is a good idea so that they can review it." :05 / 1:36
Shot of party	AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS CLARK POWELL REPORTING. :03 / 1:39
ANCHOR TAG	FOR PARTIES WITH A LOT OF PEOPLE, IT'S ALSO A GOOD IDEA FOR ADULTS TO TAKE SHIFTS WATCHING YOUNG CHILDREN WITH ALLERGIES - JUST TO MAKE SURE THEY'RE NOT EATING SOMETHING THAT COULD CAUSE A REACTION. SINCE THE LATE 1990s FOOD ALLERGIES IN CHILDREN HAVE SHOT UP APPROXIMATELY 50-PERCENT. ¹
 Share it! Suggested tweet:	Experts @NJHealth offer holiday party tips for children with food allergies: bit.ly/1WgI13D
 Suggested post:	From classroom parties to get togethers with friends and family, the holidays are a very social time for children, and for those with severe food allergies, they can also be a danger. During the fall and winter months children are often exposed to a wider variety of foods, some of which can cause a serious allergic reaction. To help keep your child safe and the holidays happy, here are some tips from a leading allergist at National Jewish Health : bit.ly/1WgI13D

<p>References -</p>	<p>¹<i>Facts and Statistics, Food Allergy Research and Education</i>, online: https://www.foodallergy.org/facts-and-stats</p> <p>²<i>Food Allergy Facts and Statistics for the U.S., Food Allergy Research and Education</i>, online: https://www.foodallergy.org/document.doc?id=194</p>
	<p style="text-align: center;">Extra Bites</p>
<p>CG: BJ Lanser, MD National Jewish Health</p>	<p><i>Dr. Lanser talks about having pre-made snack packs ready for school -</i> “Sending to school a box of safe snack that their child can have if there is an unexpected party, so they’re not left out. We don’t want them being the one who’s in the corner with nothing to do or nothing to eat.”</p> <p><i>Dr. Lanser talks about risk of cross-contamination -</i> “Cross-contamination is an issue - with certain foods more than others - but even a small amount of an allergenic food, if that gets in something unexpectedly it could potentially cause a reaction. So being careful is certainly important.”</p> <p><i>Dr. Lanser talks about having an emergency plan in place in advance -</i> “When you’re busy doing other things and getting ready for the holidays, if you have it ready in advance that makes it so much easier and less stressful.”</p>
<p>CG: Zach Churchill Has food allergies</p>	<p><i>Zach talks about one of his first major food allergy reactions -</i> “It got harder and harder to breathe as I went, and so we called the ambulance and I got the EpiPen, but yeah it just kind of progresses.”</p> <p><i>Zach talks about the need to double-check labels at class parties -</i> “When I’m there I have to read everything, dig through the trash and be like oh is this OK and then go dumpster diving for ingredients and all that to see if it was OK.”</p> <p><i>Zach talks about the importance of keeping epinephrine on hand -</i> “I keep one in my backpack at school and I can’t like really leave without it or anything. And then if I go to a friend’s house I have a little speed belt that I wear, like a fanny pack, and I always have to have it on me.”</p>
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