

## When your child has food allergies

### For your child's safety,

- **Select foods from the Self-serve Allergy Cupboard until a Registered Dietitian or Dietetic Assistant can review your child's needs.**
- **Check the ingredients on the package to make sure the food is safe for your child to eat.**

Food allergies can be dangerous and your child's safety is our top priority.

Before we can send meal trays to your child, a Registered Dietitian or Dietetic Assistant needs to review your child's food allergies. Depending on your admission time, this will be done the next day.

Until your child's food allergies are checked by a Registered Dietitian or Dietetic Assistant, you can:

- Choose food for your child from our self-serve allergy cupboard. Please ask your child's nurse to show you what is available. Always check the ingredients on the package to make sure the food is safe for your child to eat.
- Buy food at the Corner Café. The Corner Café is on the 2<sup>nd</sup> floor, near the main hospital entrance. It is open 24 hours a day.
- Feed your child food from home. Your child's nurse will tell you how to label your food and where to store it.

### **These foods are available in the Self-serve Allergy Cupboard:**

- ✓ Canned soups
- ✓ Crackers
- ✓ Boxed cereal
- ✓ Applesauce in many flavours
- ✓ Baby food
- ✓ Milk alternative

Please ask if you need 2% Milk for your child.

### **We will provide meal trays for your child as soon as possible.**

Thank you for understanding our need to protect your child from a possible food reaction.

Please ask your health care provider if you have any questions.