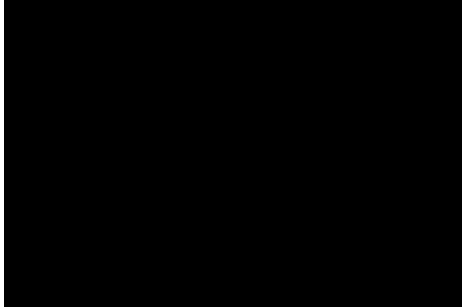


May is Food Allergy Month

Approximately 7.5% of Canadians have an allergy. Allergies occur when the immune system identifies a normally safe item as something dangerous. The body reacts by having an allergic reaction. Allergic reactions can range from mild to life threatening.



#KnowItTreatIt



**Food
Allergy
Canada**

For more information on living with allergies, visit [Food Allergy Canada - Food Allergy Canada](#). They provide a wealth of information for individuals, family members, educators and health professionals, including webinars and a monthly newsletter. You can also follow them on social media.

- Facebook – [@FoodAllergyCanada](#)
- Twitter – [@FoodAllergyCAN](#)
- Instagram – [@Food_Allergy_Canada](#)