

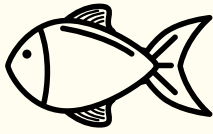
Daniel Tiger's Rules For Staying Safe Around Food

1 Don't eat the food that you're allergic to.

2 If you don't feel well, tell a grown up.

3 Ask before you eat something new to make sure you're not allergic.

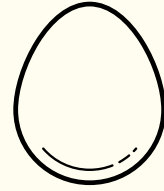
foods I should not eat:



fish



soy



egg



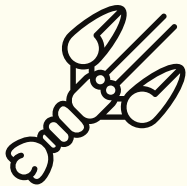
nuts



peanuts



dairy



shellfish



wheat