



# **TAG...New Dundee Dragons...are it!**

N.D.P.S students and staff are rallying together to support

## **Nascar's Alex Tagliani's**



## **Allergy Friendly Food Drive Challenge!**

Join Alex as he helps to collect allergy-friendly food items to support local food banks/charitable organizations, while helping to raise awareness of food allergies in our schools & communities across the country.

Having food allergies himself, Alex knows the challenges faced by those at risk, especially when it comes to selecting safe options. Knowing how to read a food label and understanding how to identify allergens and ingredients is key to making informed choices.

**Alex Tagliani**, also known by his racing name **TAG**, developed a passion for racing at the age of 10 when he was introduced to karting on a visit to see his grandfather in Northern Italy. Currently competing in the Nascar Canadian Tire Series driving the Tagliani Autosport EpiPen #18 car, the Montreal native has shown his fans that he can drive anything. A fierce competitor on-track, Alex has many passions including his training and nutrition and his newly formed charitable foundation, the Tagliani Foundation.

**Alex always takes precautions when managing his life-threatening allergies to peanuts and tree nuts, which includes carrying his EpiPen® and states that living with food allergies is not something that holds him back in life, he's always ready for a challenge! For more information visit [summeroftag.com/index/contest](http://summeroftag.com/index/contest)**

**WHO** - This is how **N.D.P.S. DRAGONS** can help...

**WHAT** - Dragons are invited to bring in allergy-friendly food to school.

**WHERE** - 5 boxes in the front hall of the school

**WHEN -** Monday November 28th - Peanut-free food  
Tuesday November 29th - Tuna/fish/shellfish-free food  
Wednesday November 30th - Wheat-Free items food  
Thursday December 1st - Milk-free food  
Friday December 2nd - Egg-free food

**WHY -** Many students and families use the food bank, and some of those people are not able to utilise the basic foods available because of food allergies or sensitivities. We want to make sure that no one goes hungry this holiday season.

## **Come on Dragons - let's make a difference!**

### **How to buy allergy friendly food to donate.**

Read food labels each and every time you buy something. Manufacturers can change their production process and alter their products at any time.

✓ **Do The Triple Check. Read labels:**

- ✪ Once at the store before buying it.
- ✪ Once when you get home and put it away.
- ✪ Again before you serve or eat the product.



✗ **Avoid products:**

- ✪ that contain your allergen(s)
- ✪ with pre-cautionary warnings for your allergen(s), such as “may contain”
- ✪ that have no ingredient label
- ✪ from bulk bins
- ✪ that are imported as the food labelling standards may not be the same as in Canada

**Be careful not to rely solely on a “free-from” claim on the front of a package (e.g. peanut free) for important allergen information. Always read the full ingredient list and any pre-cautionary messages on the label.**

**If you have questions on whether a product may contain your allergen, contact the company before purchasing the product.**