

# Food Allergy Awareness Week

*Respect Every Bite*

May 9-15, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
<b>Practice</b>	<b>School</b>	<b>Press</b>	<b>Legislators</b>	<b>Fundraising</b>	<b>Give Thanks</b>	<b>Stay in Touch</b>
<p>Cook up some <b>allergy-friendly recipes</b> to celebrate Food Allergy Awareness Week.</p> <p>While you are cooking be sure to <b>practice reading labels</b> to identify allergens, and practice safe kitchen procedures to <b>avoid cross contact</b>.</p>	<p>Make a <b>bulletin board about food allergies</b> to educate the school. Include FAAN's posters and brochures, which you can download and print from <a href="http://www.foodallergy.org">www.foodallergy.org</a></p> <p>Make teal <b>food allergy awareness ribbons</b> for you and your family and friends to wear.</p>	<p>Contact your local <b>newspapers and television stations</b> to share FAAN's news release about FAAW, and share your personal experience with food allergies. They may just write a story about you.</p> <p>Also, mention FAAW in your social media updates, such as <b>Facebook or Twitter</b>.</p>	<p>Educating legislators about food allergies is a great way to gain their support.</p> <p>Use the advocacy tools on FAAN's website to look up information about your legislator, and then make a <b>phone call, write a letter, send an e-mail, or go visit your legislator</b>.</p>	<p>Host or plan a fundraiser for FAAN. The opportunities are endless including collection jars, bake sales, lemonade stands, movie nights, even trivia competitions.</p> <p>Funds donated to FAAN benefit our research, education, advocacy, and awareness programs.</p>	<p>Visit <a href="http://www.foodallergy.org">www.foodallergy.org</a> to download <b>PAL Hero Awards</b>, and then give them to those who help manage food allergies.</p> <p>Don't forget <b>siblings, teachers, doctors, and nurses</b>—they all deserve a special thanks!</p>	<p>Become a fan of the Food Allergy &amp; Anaphylaxis Network on Facebook, and <b>share your FAAW activities, photos, and videos with other fans of FAAN</b>.</p> <p>Also, <b>send photos and stories</b> of your activities to <a href="mailto:faan@foodallergy.org">faan@foodallergy.org</a>.</p>



In 1997, the Food Allergy & Anaphylaxis Network (FAAN) created **Food Allergy Awareness Week** to educate others about food allergies. Approximately 12 million Americans have food allergy. In the U.S., food allergy reactions result in 50,000 to 125,000 emergency room visits each year. Thank you for your support.

