



Welcome to Food Allergy BINGO!

Whether your audience is children or adults, BINGO is a fun way to teach others about food allergies.

On the next page is a sheet for the BINGO caller that contains of all the words that appear on the cards. The pages that follow include 30 different versions of the BINGO cards. Each word is associated with food allergy.

Depending on your audience, the BINGO caller can use the opportunity to explain the word a bit more as he/she calls it out. For example, for “epinephrine,” the caller could say that epinephrine is the medication used to stop an allergic reaction. For “label,” he/she could mention that people with food allergies always have to read labels and use an example.

Helpful Tips

- Print on card stock.
- Use a hole punch to make BINGO chips out of colored paper, or if you don't need to reuse the cards, use stickers for chips.
- Use small paper cups to hold the chips.
- Purchase small non-food prizes for the winners. Be sure to have a few prizes in case of a tie and/or for multiple rounds of play. For students, the prize can be a special privilege or extra time at recess.
- If you want to create new or more BINGO cards, there are several card generators online. We used myfreebingocards.com.
- Refer to our Facts and Statistics for information the caller can use.

Print off your BINGO cards and start playing!



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FOOD ALLERGY BINGO CALLERS CARD

| | | | |
|-----------|------------|-------------|---------|
| Allergist | Peanut | Tree nut | Milk |
| Wheat | Soy | Anaphylaxis | Courage |
| Shellfish | Ingredient | Epinephrine | Label |
| Fish | Sesame | Allergy | Egg |

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| | | | |
|-------------|-------------|------------|-----------|
| Label | Ingredient | Wheat | Soy |
| Sesame | Allergist | Fish | Courage |
| Allergy | Anaphylaxis | FREE SPACE | Shellfish |
| Epinephrine | Egg | Milk | Peanut |

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| | | | |
|-------------|----------|-------------|------------|
| FREE SPACE | Label | Allergist | Ingredient |
| Peanut | Sesame | Wheat | Soy |
| Anaphylaxis | Tree nut | Epinephrine | Courage |
| Fish | Milk | Egg | Allergy |

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| | | | |
|-------------------|------------|-------------|-------------|
| Allergist | Ingredient | Egg | Courage |
| Label | Shellfish | Anaphylaxis | Wheat |
| FREE SPACE | Peanut | Tree nut | Epinephrine |
| Sesame | Fish | Allergy | Milk |

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| | | | |
|------------|-------------|-------------------|-----------|
| Peanut | Soy | Tree nut | Allergist |
| Ingredient | Label | Allergy | Milk |
| Courage | Anaphylaxis | FREE SPACE | Fish |
| Shellfish | Epinephrine | Wheat | Sesame |

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| | | | |
|-------------------|------------|-------------|-------------|
| Soy | Milk | Shellfish | Wheat |
| Allergist | Allergy | Epinephrine | Fish |
| Egg | Ingredient | Peanut | Anaphylaxis |
| FREE SPACE | Tree nut | Label | Courage |

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| | | | |
|-------------|-----------|-------------------|------------|
| Label | Milk | Courage | Ingredient |
| Sesame | Shellfish | Epinephrine | Egg |
| Anaphylaxis | Soy | Wheat | Tree nut |
| Allergy | Fish | FREE SPACE | Peanut |

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|------------|-----------|-------------|------------|
| Peanut | Sesame | Anaphylaxis | Courage |
| Tree nut | Allergist | Fish | Ingredient |
| Milk | Egg | Epinephrine | Wheat |
| FREE SPACE | Label | Soy | Shellfish |

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| | | | |
|------------|----------|-------------|---------|
| FREE SPACE | Milk | Anaphylaxis | Wheat |
| Shellfish | Tree nut | Ingredient | Egg |
| Label | Courage | Peanut | Fish |
| Soy | Sesame | Allergist | Allergy |

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| | | | |
|---------|-------------|-------------------|------------|
| Courage | Tree nut | FREE SPACE | Sesame |
| Label | Anaphylaxis | Allergist | Shellfish |
| Peanut | Wheat | Epinephrine | Allergy |
| Milk | Egg | Soy | Ingredient |

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| | | | |
|--------|-------------|-------------|-------------------|
| Egg | Shellfish | Soy | Allergy |
| Wheat | Milk | Allergist | Fish |
| Label | Anaphylaxis | Sesame | Courage |
| Peanut | Tree nut | Epinephrine | FREE SPACE |

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| | | | |
|-------------|-------------|-----------|-------------------|
| Wheat | Egg | Peanut | FREE SPACE |
| Epinephrine | Ingredient | Allergy | Courage |
| Fish | Anaphylaxis | Shellfish | Milk |
| Label | Sesame | Soy | Tree nut |

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|-------------|-------------------|-----------|------------|
| Epinephrine | Peanut | Milk | Label |
| Shellfish | FREE SPACE | Allergist | Courage |
| Wheat | Fish | Egg | Sesame |
| Tree nut | Anaphylaxis | Allergy | Ingredient |

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|-------------------|----------|-------------|-----------|
| Fish | Tree nut | Wheat | Allergist |
| Allergy | Sesame | Soy | Courage |
| Ingredient | Milk | Anaphylaxis | Shellfish |
| FREE SPACE | Egg | Label | Peanut |

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| Peanut | Wheat | Anaphylaxis | Ingredient |
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| Soy | FREE SPACE | Fish | Ingredient |
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| Ingredient | Epinephrine | Tree nut | Peanut |
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| Shellfish | Label | Courage | Tree nut |
| Epinephrine | Anaphylaxis | Allergist | Soy |
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| Tree nut | FREE SPACE | Milk | Label |
| Peanut | Fish | Courage | Ingredient |
| Soy | Wheat | Allergy | Allergist |

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