



Be A PAL

(Protect. Ask. Learn.)



Want to help students become great friends and allies to their peers with food allergy?

FARE's newly refreshed **Be A PAL** curriculum makes learning about food allergy interactive, easy, and meaningful.



What is Be A PAL?

Designed to fit your schedule, this program can be completed in as little as 30 minutes or expanded to a full hour with optional activities. Students will learn simple ways to support classmates with food allergy and help create a safer, more inclusive school community.

The lesson can be led by teachers, school nurses, parent volunteers, student leaders, or other caring adults. No medical background is required.



What is Included?

- Facilitator guide with ready-to-use scripts and discussion prompts
- Student slide decks for elementary, middle, and high school audiences
- Certificate of completion
- Optional activities to extend learning



What Will Students Learn?

- What a food allergy is
- Simple ways to support classmates with food allergy
- How to respond to "what if" scenarios

Bring Be A PAL to Your School

Access the free Be A PAL curriculum at foodallergy.org/resources/be-pal or scan the QR code to get started. Together, we can help every student with food allergy feel safe, included, and supported.



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foodallergy.org



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