

# Food Allergy Awareness Patch Program



Our Girl Scout council has partnered with [Food Allergy Research & Education](#) (FARE) to offer the Food Allergy Awareness Patch Program. FARE is the world's leading food allergy advocacy organization and the largest private funder of food allergy research. FARE is improving the quality of life and health of individuals with food allergy through transformative research, education, and food allergy advocacy. The Food Allergy Awareness Patch Program gives Girl Scouts the opportunity to learn about life with food allergy, with an emphasis on raising awareness of the public health issue, which impacts 33 million children and adults in the United States.

**We recommend that younger participants complete at least two activities, while tweens and teens should aim to complete at least four. Before you begin, learn the basics of food allergy by reviewing FARE's [Food Allergy 101 web page!](#)**

- 1. Get Educated.** Learn about anaphylaxis, a dangerous allergic reaction, by watching [Save a Life: Recognizing and Responding to Anaphylaxis](#). This online course highlights symptoms of an allergic reaction and treatment, including how to use epinephrine auto-injectors. Participants receive a certificate of completion!
- 2. Educate Others.** Present [Be A PAL](#) to another Girl Scout troop (best for grades K-3). The program teaches children how to be a good friend to those with food allergy and offers activity sheets and a presentation.
- 3. Push for Policy.** Write to local or state lawmakers to discuss food allergy policies, specifically regarding access to epinephrine and labeling laws. Use FARE's [advocacy resources](#) to prepare a letter.
- 4. Just the Facts, Ma'm.** Learn about common [myths and misconceptions](#) about food allergy.
- 5. Recipe Redo.** Recreate a recipe for a favorite treat to be free from at least 6 of the Top 9 allergens. View FARE's [allergen substitution list](#) for common allergen replacement suggestions.
- 6. Considerate Giving.** Collect "free-from" foods to donate to your local food bank, such as Top 9-free baking mixes, shelf-stable rice and coconut milk, and wheat-free cereals. More than 20% of children living with food allergy also live with food insecurity. Be sure to share FARE's [food bank resources for staff and clients](#) with the food bank.
- 7. Hear from an Expert.** Invite a local allergist to speak to your troop. Ask the speaker to talk about concerns of people with food allergy, how they are diagnosed and advice they give to those who live with food allergy.
- 8. Smart Shopper.** Go food shopping with an adult and imagine you have a peanut or milk allergy. Read ingredient labels and note what items you would not be able to eat. Be sure to read FARE's [food labeling resources](#) to learn about labeling procedures.
- 9. Cautious Cooking.** Learn about [cross-contact](#) and watch food being prepared at home. Can you identify ingredients that might cause a problem for someone with a Top 9 food allergy? Where does cross-contact occur? What are things you can do to make the kitchen safer for those with food allergy?
- 10. Food Allergy Bingo.** Play [Food Allergy Bingo](#) with your friends to help them learn about food allergy while having fun.

**Earn a special patch this Halloween by bringing the Teal Pumpkin Project to your neighborhood!**

**For more information, email [healthequity@foodallergy.org](mailto:healthequity@foodallergy.org).**

**When completed, order your patches at:**



**FARE**  
Food Allergy Research & Education