

Food Allergy Awareness Youth Program



Image of Participation Prize

FARE's Food Allergy Awareness Youth Program enables participants to understand life with food allergy, emphasizing the need to raise awareness about this disease that affects 33 million children and adults in the United States. The program features engaging age-appropriate activities, a certificate of completion, and a special recognition item for participants. 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 foodallergy.org/

Activities for Younger Kids (ages 5-9)

+ Watch and Learn with Daniel Tiger

- Watch this 3-minute video (<https://tinyurl.com/ybx9yx3t>) to learn how Daniel Tiger handles his peach allergy and discover important ways to stay safe with food allergy.

+ Be a PAL

- Learn how to help friends with food allergy by having an adult present FARE's **Be a PAL** program (foodallergy.org/resources/be-palr).

+ Happy Halloween

- Bring the **Teal Pumpkin Project (TPP)** (foodallergy.org/tpp) to your neighborhood during Halloween. Paint small pumpkins teal and share them with your neighbors, along with information on the Teal Pumpkin Project and a flier they can display.

+ 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** (foodallergy.org/SubstitutionsPDF) for common allergen replacements. Get an adult to help in the kitchen if needed.

Activities for Tweens and Teens (ages 10–18)

+ Smart Shopper Challenge

- Go food shopping with your family 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** (foodallergy.org/FoodLabels) to learn about labeling rules.

+ 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** (foodallergy.org/SubstitutionsPDF) for common allergen replacement suggestions.

+ Cross-Contact Detective

- Learn about **cross-contact** (foodallergy.org/CrossContact) and watch your family member cook a meal (or cook a meal yourself) and identify where cross-contact could happen. Where does cross-contact occur? What are things you can do to make the kitchen safer for those with allergies?

+ Considerate Giving

- Collect allergen-free 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 can't afford safe foods. Be sure to share FARE's **food bank resources** (foodallergy.org/FoodAssistance) for staff and clients with the food bank.

+ Food Allergy Bingo

- Lead a game of **Food Allergy Bingo** (foodallergy.org/bingo) for younger kids to help them learn about food allergy while having fun.

+ Allergy Action Advocate

- Write to local or state lawmakers to discuss food allergy policies, specifically about access to epinephrine and labeling laws. Use **FARE's advocacy resources** (foodallergy.org/WritingLegislators) to prepare a letter.

+ Safe Eats Critics

- Visit a local restaurant and ask key questions about ingredients and cross-contact to see how allergy-friendly they are. For tips, check out **FARE's resources on dining out** (foodallergy.org/DiningOut).

+ Get Educated

- Learn about anaphylaxis, a dangerous allergic reaction, by watching **Save a Life: Recognizing and Responding to Anaphylaxis** (foodallergy.org/SaveALife). This online course highlights symptoms of allergic reactions and treatment, including how to use epinephrine devices. Participants receive a certificate of completion.

After completing the activities, please fill out your survey.

Form for group leaders to share their thoughts: <https://forms.foodallergy.org/250693835398169>.

A short survey for youth participants to express what they enjoyed and provide any other feedback: <https://forms.foodallergy.org/250693733886168>.