



Food Allergy Awareness Week Toolkit

This year, [Food Allergy Awareness Week \(FAAW\)](#) takes place May 10 through 16. FAAW aims to raise public awareness about food allergy, increase understanding of the signs and symptoms of an allergic reaction, and support the food allergy community through education, advocacy, and connection.

If you are interested in bringing FAAW to your community, check out FARE's toolkit for ideas, activities, advocacy opportunities, and more.

This toolkit offers actionable, meaningful activities you can bring to your home, school, or community—all in one place. Thank you for helping spread awareness! The more we share, the more change we can inspire.

School-Based Resources

- Write a letter to your school to make them aware of FAAW. Download FARE's letter template here: [Template Letter to Schools - FoodAllergy.org](#)
- Share myths and facts over the intercom during morning announcements using FARE's handy guide: [Food Allergy Myths and Facts - FoodAllergy.org](#)
- Hang up posters around your school to spread awareness about food allergy: [Food Allergy Awareness Week Posters - FoodAllergy.org](#)
- Talk to your school administration about starting a Teal Day (where everyone wears teal, the color of food allergy) or Allergy-Friendly Spirit Week.
- Bring FAMS to your school! *Food Allergy Management in Schools (FAMS): Expert Recommendations for K-12* is the result of expert convenings that brought together allergists, pediatricians, social workers, lawyers, parents of students with food allergies, school nurses, administrators, food service professionals, dietitians, and advocates: [FAMS \(Food Allergy Management in Schools\) - FoodAllergy.org/FAMS](#)

School-Based Activities

Download activities and games, including answer keys: [School Activities - FoodAllergy.org/SchoolActivities](#)

- **Fact or Fiction**
Use FARE's Fact or Fiction game and have students take turns guessing which food allergy-related statements are fact or fiction.
- **FARE Icons Activity**
Print out FARE's empowering icons and let students paint or color them.
- **Food Allergy Crossword**
Print out FARE's food allergy crossword and have students work together to fill in key words related to awareness and education.

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■ Match and Learn

Print out or project FARE's Match and Learn game and let students work together to match meals to the possible allergens.

■ Spot the Allergen

Print out FARE's Spot the Allergen game to help students learn how to read labels and identify the top 9 allergens.

■ Label Detectives

Print out various food labels and lead your class in a label detective session by following FARE's game outline.

Advocacy Resources

■ Interested in requesting a state or local proclamation for FAAW?

Follow FARE's guidance on how to get started: [Request a Proclamation - FoodAllergy.org](https://www.foodallergy.org/advocacy/proclamation)

Workplace Resources

■ Bring food allergy awareness into your office. Print out this flyer and share it with your co-workers by putting it on a communal fridge or bulletin board:

[Let's Make This a Food Allergy-Aware Workplace! - FoodAllergy.org](https://www.foodallergy.org/workplace)

■ You can also share more workplace resources with your office:

[Creating Food Allergy-Aware Workplaces - FoodAllergy.org/Workplaces](https://www.foodallergy.org/workplaces)

Food Allergy Awareness Walk Resources

■ Show us what you do best for food allergy awareness! Whether it's hosting a walk or bake sale, streaming a gaming marathon, taking on a fitness challenge, or simply sharing your personal story on social media—know that every effort makes a difference in helping to raise awareness and critical funds for food allergy research, education, and advocacy. Plus, you'll get a fundraiser guide and earn a FARE Volunteer Ambassador digital badge. Visit [FoodAllergy.org/Fundraise](https://www.foodallergy.org/fundraise). It only takes a few minutes to start.

Social Media Resources

■ Share how you're making an impact this Food Allergy Awareness Week, whether you're fundraising, educating, or spreading the word! Tag FARE for a chance to be featured on our social channels. You can also help amplify awareness by sharing FARE's Food Allergy Awareness Week content with your community. Social media is a powerful tool, and every story shared helps educate others, build community, and inspire action.

■ Follow FARE content on [Facebook](https://www.facebook.com/foodallergy.org), [Instagram](https://www.instagram.com/foodallergy.org), [TikTok](https://www.tiktok.com/@foodallergy.org), [X](https://twitter.com/foodallergy.org), and [LinkedIn!](https://www.linkedin.com/company/foodallergy.org)