



1

Print or purchase FARE's new Food Allergy Awareness Week Poster.

2

Download "Food Allergies In The U.S." to stay current about food allergy stats and facts.

3

Make your voice heard. Help make air travel safer for passengers with food allergies.

4

Shop FARE's Online Store where all proceeds help fund research.

5

Check out what scientists are working on today with FARE's Investigator Award recipients.

6

Subscribe to FARE's Blog for Food Allergy Awareness Week inspired posts.

7

Spread the word! Share a fact about food allergies on social media.

8

Send a tweet to thank the officials who made proclamations to honor Food Allergy Awareness Week.

9

Light it up teal! Find a building in your town that may be lighting up teal.

10

Sign up for this month's webinar —it's Webinar Wednesday!

11

Thank a person or group who helps you or your family manage food allergies.

12

Stay in touch with the FARE community. Follow FARE on Facebook, Twitter and Instagram.

13

Get involved with a local or online support group.

Food Allergy Awareness Week

14 SUNDAY

Learn about the history of food allergy with FARE's timeline.

15 MONDAY

View FARE's "Food for Thought" Video and share with friends and family to spread awareness.

16 TUESDAY

Be A PAL and give a presentation to help children be a good friend to kids with food allergies.

17 WEDNESDAY

Show us your teal! Wear teal and share photos using #TealTakeover.

18 THURSDAY

It's Anaphylaxis Awareness Day! Share these meaningful messages about the seriousness of food allergies.

19 FRIDAY

Raise awareness among your local legislators as an advocate with FARE.

20 SATURDAY

Donate \$20 to FARE for the 20th Anniversary of Food Allergy Awareness Week.

21

Learn more about how you make an impact. Your support makes great things happen!

22

Join FARE's Patient Registry and help advance life-changing research.

23

Be a Hero by participating or supporting a walker at this year's Food Allergy Heroes Walk.

24

Browse college and universities in **FARE's Food Allergy College Search** to learn how they accommodate you.

25

Submit your stories about how you've been celebrating Food Allergy Awareness Week this month.

26

Save the date! It's not too early to start planning for FARE's Teen Summit in Newport Beach, CA.

27

Prepare for summer travel with the International Food Allergy & Anaphylaxis Travel Plan.

28

Try a new allergy-friendly recipe from *Allergic Living* magazine.

29

Become an advocate in your community by speaking out and getting involved.

30

Be in the know! Subscribe to FARE's Allergy Alerts for product recalls due to undeclared allergens.

31

Stay involved. You can help make the world safer for people with food allergies!



FOOD ALLERGY AWARENESS WEEK

Celebrating 20 Years of Action, Education & Support

Get involved at foodallergyweek.org