

FOOD ALLERGY AWARENESS



PATCH PROGRAM

Girl Scouts of Black Diamond 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. Its mission is to improve the quality of life and health of individuals with food allergies and provide them hope through the promise of new treatments.


girl scouts
of black diamond



The Food Allergy Awareness Patch Program requirements give Girl Scouts the opportunity to learn about life with food allergies, with an emphasis on raising awareness of this public health issue, which impacts 32 million children and adults in the United States.

Girls must complete 5 out of 10 activities listed throughout the following pages. Before you begin, learn the basics of food allergies by reviewing FARE's [Food Allergy 101](#) web page.



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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 will 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 allergies. Presentation material and activities sheets are included.





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3. PUSH FOR POLICY

Meet with local or state lawmaker(s) to discuss the importance of having policies in place to keep people with food allergies safe. View [FARE's Advocacy Resources](#) to get started.

4. JUST THE FACTS, MA'AM

Learn about common [myths](#) and [misconceptions](#) about food allergies.

5. RECIPE REDO

Recreate a recipe for a treat like cake or cookies that are free from at least six of the [Top 9 allergens](#). View [FARE's allergen substitution list](#) for common allergen replacement suggestions.





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6. CONSIDERATE GIVING

Collect “free-from” foods to donate to your local food bank, such as Top 8-free baking mixes, shelf-stable rice and coconut milk, as well as wheat-free cereals. More than 20% of children living with food allergies 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 allergies, how they are diagnosed and advice they give to those who live with a food allergy.





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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 allergies?

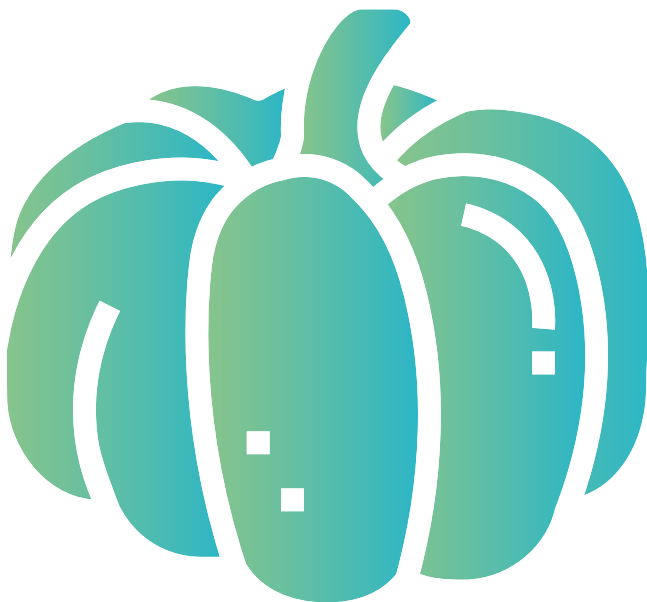




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10. HAPPY HALLOWEEN

Bring the [Teal Pumpkin Project](#) (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 flyer they can display.





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