



# *Food Allergy Awareness* Patch Program

Girl Scouts of Eastern Massachusetts 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.

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 the public health issue, which impacts 32 million children and adults in the United States.

Girls must complete 4 out of 10 activities below. Before you begin, learn the basics of food allergies by reviewing FARE's [Food Allergy 101](#) web page.

**Girl Scouts (all levels), please complete the following requirements.**

## **STEP 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!

## **STEP 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 and offers activity sheets and a presentation.

## **STEP 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.

#### **STEP 4: JUST THE FACTS**

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

#### **STEP 5: RECIPE REDO**

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

#### **STEP 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, and 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.

#### **STEP 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.

#### **STEP 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.

#### **STEP 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?

#### **STEP 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 flier they can display.

**Congratulations!** You have completed your Food Allergy Awareness patch. Patches are available in the [Girl Scout Shop at Cedar Hill in Waltham](#).