

# Food Allergy Advocates

Developed in partnership with  
Food Allergy Research and Education

**F**ood Allergy Research and Education (FARE) has partnered with Girl Scouts Heart of New Jersey 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. [Get started here with FARE's Food Allergy 101 web page!](#)

## ACTIVITIES

*Girls must complete 5 out of 10 activities:*

1. Get Educated
2. Educate Others
3. Push for Policy
4. Just The Facts, Ma'am!
5. Recipe Redo
6. Considerate Giving
7. Hear from an Expert
8. Smart Shopper
9. Cautious Cooking
10. Happy Halloween

## PURPOSE

When I've completed this patch program, I will:

- Understand what food allergies are—and what they aren't.
- Understand how to help keep people with food allergies safe.
- Be better prepared to be a food allergy awareness advocate.
- Know what "free-from" foods are—and maybe even how to buy or make safe foods.

*Choose any 5 of the 10 activities as outlined below. Each activity is marked with the recommended age level(s).*

□ **Activity 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!

**OR**

Speak to a medical professional (nurse, doctor, etc.) about the difference between food allergies and intolerances and reactions and common symptoms, including anaphylaxis. What is it like to have a food-allergic reaction? How common are food allergies?

□ **Activity 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.

**OR**

If you have a friend with a food allergy, learn to be their PAL. Find out what they are allergic to and help them avoid it. Promise to not share food with food-allergic friends, to always wash your hands after eating/while cooking, to understand what your friend needs if they have a reaction and to learn how to get help quickly if needed.

□ **Activity 3: Push for Policy.** ◆◆◆◆◆

What measures are in place to keep people with food allergies safe in your school or community? Is there something else that can be done? Who might be a good person to talk to about it? Reach out to them to see if you can make a change.

**OR**

Thinking on a larger scale? Contact 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.

□ **Activity 4: Just the Facts, Ma'am!** ◆◆◆◆◆

Learn about common [myths and misconceptions](#) about food allergies. How can you share this information with others?

□ **Activity 5: Recipe Redo.** ◆◆◆◆◆

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

□ **Activity 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.

□ **Activity 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.

□ **Activity 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.

□ **Activity 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?

**OR**

Connect with a chef or food service professional and interview them about safe kitchen practices and how they avoid cross-contamination. See if you can tour a kitchen or see specialized equipment up close.

□ **Activity 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. Suggest safe snacks you and your neighbors can share on Halloween.

**OR**

Halloween not your thing? October a long way off? Consider your family’s favorite holiday treat and recreate the recipe to be free from at least six of the [Top 9 allergens](#).





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## *Activities Completed:*

- 1.
- 2.
- 3.
- 4.
- 5.

### *I'm finished! Now what?*

Contact [programs@gshnj.org](mailto:programs@gshnj.org) for information on how to collect your earned patches. You can display these on the back of the uniform!

