



Girl Scouts of Greater New York 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!

Food Allergy Awareness 101 Event: <http://bit.ly/FAREGirlScouts101>

Once you’ve completed your four activities, submit the request to receive your Patch by completing this form:

https://girlscoutsnyc.formstack.com/forms/food_allergy_awareness_patch_request

Activity	Description	Suggested Grade Level
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!	15 minutes ideal for older girls Juniors +. Registration to FARE (Free) to gain access to this training is required
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.	Great guide for Leaders to use and deliver this activity for Daisy and Brownies.
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.	Older girls. Cadette, Seniors and Ambassadors
Just the Facts, Ma’m	Learn about common myths and misconceptions about food allergies. Quiz is available to test knowledge and have fun while learning.	All grade levels
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 (PDF format) for common allergen replacement suggestions.	Older girls Junior + It is a GS Honor activity and share back in the following meeting.

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.	All grade levels
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.	For leaders to coordinate. Ask caregivers or reach out to leaders using the BAND Channel.
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.	All grade levels
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?	All grade levels
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.	All grade levels. Community Service opportunity to bring awareness to your neighborhood or school.