

# FARE Food Allergy Awareness GSGST Explore Patch

Program Guidelines: 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 Explore Patch Program requirements give Girl Scouts of GSGST 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.



	Discover	Connect	Take Action	Any Activity under any key	Total number of Activities
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

\*The first 500 girls to complete the patch and notify us through [info@gsgst.org](mailto:info@gsgst.org) can pick up a free patch\*

### Discover:

1. Review Fare’s Food Allergy 101 page and learn more about what food allergies are, facts and statistics, and myths and misconceptions. . Do you or anyone know have food allergies?
2. (C/S/A Only) 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!
3. Dive a bit deeper and learn more about the Top 8 allergens when it comes to food allergies. What types of recipes might you see some of these ingredients in?
4. Learn more about the research and innovation FARE is doing through breakthroughs in food allergy prevention, diagnosis, treatment, and care. What diagnostics do they currently use? What type of effective treatments are they working on?

### Connect

1. 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.
2. Smart Shopper! Go food shopping (online or in-store) 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.
3. Cautious Cooking! Learn about cross-contact and watch the food being prepared at home. Can you identify ingredients that might cause a problem for someone with a Top 8 food allergy? Where does cross-contact occur? What are things you can do to make the kitchen safer for those with food allergies?
4. Recipe Redo. Recreate a recipe for a treat like cake or cookies to be free from at least six of the Top 8 allergens. View FARE’s allergen substitution list for common allergen replacement suggestions.

### Take Action:

1. 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.
2. Share with others. Post the Contains - Courage video(s) on your social media with the permission of a caregiver or send it to your friends via email to watch and learn. If you have a food allergy, submit your ‘ingredients’ to [ContainsCourage@foodallergy.org](mailto:ContainsCourage@foodallergy.org).
3. Considerate giving. Collect “free-form” foods to donate to your local food banks, 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.
4. Happy Halloween! Bring the Teal Pumpkin Project (TPP) to your home or neighborhood during Halloween. Paint small pumpkins teal and put on your porch or share them with your neighbors, along with information on the Teal Pumpkin project and a flier they can display.