

Patch Program

Food Allergy Awareness (FARE)

Girl Scouts of Central Texas is partnering 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.

Grade level requirements:

- **Daisies (grades K-1).** Complete a total of 2 activities.
- **Brownies (grades 2-3).** Complete a total of 2 activities.
- **Juniors (grades 4-5).** Complete a total of 3 activities.
- **Cadettes (grades 6-8).** Complete a total of 3 activities.
- **Seniors (grades 9-10).** Complete a total of 3 activities.
- **Ambassadors (grades 11-12).** Complete a total of 3 activities.

Discover

Learn about life with food allergies. This public health issue impacts 32 million children and adults in the United States.

- **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!

- **Just the Facts, Ma'am.** Learn about common [myths and misconceptions](#) about food allergies.
- **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 allergies are diagnosed, and advice they give to those who live with a food allergy.
- **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 could do to make a kitchen safer for those with allergies?

Connect

Collaborate with other people, locally, and globally to make a difference or learn more about food allergies.

- **Educate Others** (for Juniors and older). Present [Be A PAL](#) to a Daisy or Brownie Girl Scout troop. The program encourages children to be a good friend to those with food allergies and offers activity sheets and a presentation.
- **Recipe Redo.** Re-create 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.
- **Considerate Giving.** Collect "free-from" foods to donate to your local food bank, such as Top 8-free baking mixes, shelf-stable rice, 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.
- **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.

Take Action

As a Girl Scout, you can make the world a better place!

- **Push for Policy.** GSCTX Gold Award Girl Scout Eleanor E. worked with a state representative to require schools to stock epinephrine. Take action by meeting 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.
- **Happy Halloween.** Based on her own experiences growing up, GSCTX Girl Scout Riley M. knew that kids sometimes feel excluded due to their food allergies. For her Gold Award, she created a children's book about creating a safe environment for someone with food allergies. One way to take action locally is to 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.