



Food Allergy Research & Education (FARE) **Girl Scout Food Allergy Awareness Patch Program**

Girl Scouts of Kentucky's Wilderness Road Council 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 of the activities below to earn this patch. Before you begin, learn the basics of food allergies by reviewing [FARE's Food Allergy 101 web page!](#)

__ 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!

__ 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.

__ 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.

__ Just the Facts, Ma'am

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

__ 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.

__ 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.

__ 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.

__ 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.

__ 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?

__ 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.

*Ready to get your patch? Complete the order form and evaluation on the next two pages.
Thank you for participating!*



Food Allergy Research & Education (FARE)
**Girl Scout Food Allergy Awareness
Patch Program Order Form**

Troop Age Level: ☐ Daisy ☐ Brownie ☐ Junior ☐ Cadette ☐ Senior ☐ Ambassador

Troop Leader's Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____ **Email:** _____

☐ # of Patches @ \$2.00 _____

Will you need your patches mailed to you?

☐ *Yes, please mail them to me!*

☐ *No, I will purchase them up from the nearest GSKWR shop.*

Total charges: _____

Customers may pay for these patches with either a credit card or cash/check payment. No orders will be taken without payment. Please sign your name if you would like to pay with a credit card and the GSKWR shop team will contact you to get your card information.

I would like to pay with credit card: _____

Send Patch Order Requests to:

GSKWR ATTN: Shop

2277 Executive Drive

Lexington, KY 40505

Alternatively, you can email order request forms and evaluations to program@gswrc.org.



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Troop Age Level: __ Daisy __ Brownie __ Junior __ Cadette __ Senior __ Ambassador

Troop Leader's Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____ Email: _____

- How did your girls take action while earning this patch?

- What activities did your troop/group enjoy the most?

- Did you change or adapt any activities? In what way?

- Would you suggest any changes to this patch program? Please include any additional comments.

Please send evaluations in with your patch order form.

Thank you!