

Food Allergy Awareness Patch

In collaboration with F.A.R.E.
(Food Allergy Research & Education)





FARE enhances the lives of individuals with food allergies empowering them to lead safe, productive lives with the respect of others through education and advocacy initiatives and improved awareness around healthcare options and treatment.

FARE's mission is simple - Improving the LIFE and HEALTH of the 32 million Americans with food allergies and providing HOPE for the promise of new treatments. FARE has turned over \$100 million in donor gifts into groundbreaking research and has provided a voice for the community, advocating on its behalf and offering hope for a better tomorrow.

FOOD ALLERGY AWARENESS PATCH



GSCCS is partnering with FARE to bring Girl Scouts this council exclusive patch which will premiere on October 1st, 2020 in conjunction with FARE's 2020 Global Summit: Living Teal.

Though this program Girl Scouts will learn about food allergies and the people that live with them. FARE is an advocacy organization that gives the public the tools to support those living with food allergies as well as support funding for research. Girl Scouts will discover, connect and take action through those various resourced on the FARE website.

This patch program is launching just in time for the Halloween season this year, with the hope that the TEAL PUMPKIN PROJECT can be spread far and wide throughout our council and beyond.

Food Allergy Statistics

What Is a Food Allergy?

- A food allergy is an adverse health effect resulting from a specific immune response that occurs reproducibly on exposure to a given food. The health effect, called an allergic reaction, occurs because the immune system attacks food proteins that are normally harmless.
- Food-induced anaphylaxis is a serious allergic reaction that is sudden in onset and may cause death.
- A treatment for peanut allergy was approved in January 2020 by the U.S. Food and Drug Administration, but this treatment is not appropriate for every peanut allergy patient and is approved only for patients from age 4 through age 17. There are no approved treatments for other food allergies. Strict avoidance of food allergens and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences.

Every 3 Minutes a food allergy reaction sends someone to the emergency room.

377% Increase in diagnosis of anaphylactic food reactions between 2007 and 2016.

32 Million Americans are living with potentially life-threatening food allergies.

Food Allergy Impacts Quality of Life

- About one in three children with food allergy reports being bullied as a result. Among children with allergies to more than two foods, over half report being bullied due to food allergy.
- Compared to children who do not have a medical condition, children with food allergy are twice as likely to be bullied.
- More than one-quarter of parents surveyed during food allergy appointments report that their children do not participate in camp or sleepovers because of food allergy. More than 15 percent do not go to restaurants, and more than 10 percent avoid child care settings or playdates at friends' houses. Ten percent home-school their children to prevent food allergen exposure.
- Among parents of young children in the first year after food allergy diagnosis, most avoid restaurants and about half restrict social activities or travel.
- Mothers of food-allergic children under age five have significantly higher blood-pressure measurements and report significantly greater levels of psycho-social stress than mothers whose preschool-aged children do not have food allergies.

Studies published in 2018 and 2019 estimate the U.S. population that reports convincing symptoms of allergic reactions to specific foods.

- shellfish: 8.2 million
- milk: 6.1 million
- peanut: 6.1 million
- tree nuts: 3.9 million
- egg: 2.6 million
- fin fish: 2.6 million
- wheat: 2.4 million
- soy: 1.9 million
- sesame: 0.7 million

DISCOVER

- FOOD ALLERGY 101
- Recognizing & Responding to Anaphylaxis
- 8 Most Common Allergens
- Check out Living Teal Global Summit

CONNECT

- No Flour-No Dairy-No Peanut No Bake Cookies
- What is cross-contact?
- Shopping: How to Read a Food Label
- Speak to a local expert

TAKE ACTION

- Teach a others how to "Be A PAL"
- Make your home Allergy Safe
- Help local you local food bank with allergy free foods
- TEAM PUMPKIN PROJECT

GSCCS F.A.R.E. Patch Program

Girl Scouts of Central California South, in collaboration with the group **F**ood **A**llergy **R**esearch & **E**ducation, is presenting this patch program that will prepare Girl Scouts to be able to understand, assist and advocate for individuals with known or potential food allergies.

Girl Scouts will be completing a number of activities from each category of discover, connect and take action depending on their Girl Scout Level.

Number of Activites per Girl Scout Level

by category

| | DISCOVER | CONNECT | TAKE ACTION | TOTAL |
|--------------------------------------|----------|---------|-------------|-------|
| Daisies | 1 | 1 | 1 | 3 |
| Brownies | 1 | 1 | 1 | 3 |
| Juniors | 2 | 2 | 1 | 5 |
| Cadettes, Seniors and Ambassadors | 2 | 2 | 2 | 6 |

DISCOVER



Living Teal™ Global Summit

Join us Oct. 1-3, 2020, for the Living Teal Global Summit as we virtually bring together experts, advocates, and members of the food allergy community from across the globe!

 Food Allergy Research & Education

Food Allergy 101

Learn about the facts and myths of food allergies, how to recognize tje, and seek teatment.

Recognizing & Responding to Anaphylaxis

(C/S/A only) Take this online course to be prepared to make a difference if you ever find yourself in this situation or close to someone experiencing this reaction.

Most Common Allergens

Learn what the most common allergens are, how to find out what foods contain these allergens, and some alternatives available for these foods.

Living Teal: Global Summit, October 1-3, 2020

Check out FARE's [free](#) virtual Global Summit full for information and fun. After these dates, check out the [Living Teal YouTube channel](#) to see the events.

CONNECT



No Flour-No Dairy-No Peanut No Bake Cookies

Make these delicious and simple cookies, you can also check out FARE's allergen substitution list for [common allergen replacement suggestions](#).

Recipe attached. Share your cookies with others.

What is cross-contact?

Cooking allergen safe foods is a big concern for those with allergies. Learn about the difference between cross-contamination and cross contact with FAREs [Avoiding Cross-Contact](#) summary.

Shopping: How to Read a Food Label

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more. It is mostly presented before an audience.

Speak to a local expert

Invite a local Allergist to your troop meeting to talk to you about how food allergens are diagnosed, what guidelines they give their patients living with allergies, and how successful different treatments can be.

TAKE ACTION



Teach a others how to "Be A PAL"

The Be a PAL[®] education program can help children learn how to Protect A Life by being a good friend to kids with food allergies. Assist a Girl Scout troop of Daisies or Brownies with this fun program with the activities and information provided in the program.

Make your home Allergy Safe

Turn your home into your “safe space” with these tips from FARE.

Help local you local food bank with allergy free foods

FARE provides resources to work with your local food bank or soup kitchen to provide allergy free foods to the food insecure in your community. Be inspired by the FARE Teen Advisory Group and the projects they have done.

Join the Teal Pumpkin Project

This Halloween, paint your own teal pumpkin to place on your porch. Putting a teal pumpkin on your doorstep means you have non-food treats available, such as glow sticks or small toys. This simple act promotes inclusion for trick-or-treaters with food allergies or other conditions.

No Flour-No Dairy-No Peanut No Bake Cookies

1/2 cup dairy-free butter

2 cups sugar

1/2 cup dairy-free milk

4 tablespoons cocoa

3/4 – 1 cup creamy peanut, nut, or seed butter

1 teaspoon vanilla

3 cups uncooked quick oats (gluten-free is an option)

pinch of salt

HOW TO MAKE NO-BAKE COOKIES

Be sure to follow these instructions exactly!

Place **JUST** the first four ingredients into a large pot.

Bring to a rolling boil and hold for **JUST** 1 minute. Remove from the heat.

THEN, add peanut, nut, or seed butter into the hot mixture and stir until melted.

Add in vanilla. (optional) Mix in the oats.

Drop by tablespoons onto wax paper or a non-stick cookie sheet.

Let cool until set for about 30 minutes. Store in refrigerator.



This recipe is from the website
milkallergymom.com

Original post can be found at:
<https://milkallergymom.com/2017/03/dairy-peanut-free-no-bake-cookies.html>

Once you have completed the number of activities required for your level, here is [how to get the free patch](#):

-Contact our Goldmine Stores to arrange a pick-up appointment, this patch is free to our Girl Scouts of Central California South.

**-Send us your pictures:
program@girlscoutscs.org**

-Due to limited inventory, this patch is available to Girl Scouts from Girl Scouts of Central California South only.

FOOD ALLERGY AWARENESS PATCH



Goldmine Store Contact Information:

Fresno:

1377 W. Shaw Ave, Fresno, CA 93711

(559) 470-6714

Bakersfield:

1831 Brundage Lane, Bakersfield, CA 93304

(559) 470-6702

goldmine@girlscoutscs.org



girl scouts of central california south

Contact Information

Check us out on these places below



Phone Number
800-490-8653

Email Address
customercare@girlscoutscs.org



Website
girlscoutscs.org