



## Food Allergy Awareness Week How Your School Can Celebrate

Between 1997 and 2007, the prevalence of food allergies has doubled and is rising. Celebrating Food Allergy Awareness Week (FAAW) in your school is a great way to bring awareness to your community. It helps the children who are struggling with this disability find support in their peers and normalcy in their lives. Below are a few ideas on how to celebrate FAAW in your school.

**Poster contest (or Bookmark Contest)** - For all students grades k-5. The students were instructed to create a poster on how to be a P.A.L. (Protect A Life from food allergies), based on the Food Allergy and Anaphylactic Network's (FAAN) P.A.L. concept. Students are to come up with something creative. They may share some of their experience if they choose (optional). Award 5 winners; 1st place, 2nd place and 3 runner ups. Make sure there is a winner in the upper grades (3-5) and the lower grades (k-2).

P.A.L. Concept:

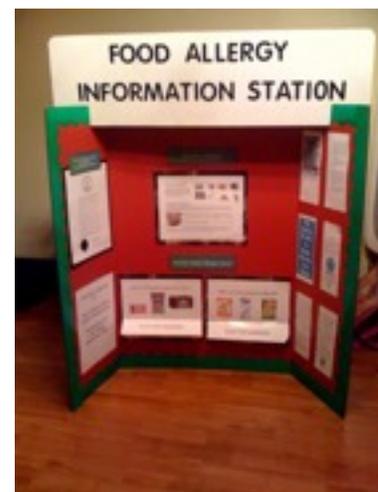
1. Food allergies are serious. Don't make jokes about them.
2. Don't share food with friends who have food allergies.
3. Wash your hands after eating.
4. Ask what your friends are allergic to, and help them avoid it.
5. If a friend who has food allergies becomes ill, get help immediately!

Prizes are at the discretion of each school. Example: The first place winner may receive a gift card to Target for \$25.00. The second place winner may receive a gift card to Target for \$15. The runner ups may receive honorable mention and all received P.A.L. certificate printed from FAAN's website: <http://www.foodallergy.org/files/palheroaward.pdf>

Winners are announced in the morning announcements and all the winner's posters are displayed in the cafeteria (or central location where it can be viewed by school).

**Food Allergy Information Station** - Create a Food Allergy Information Station. The information station will have a copy of the FAAW proclamation signed by the Governor of VA. It will also include facts about food allergies and a trivia Q & A.

The information station may be placed on a table in the library and the librarian may go over it with the children during FAAW. Books about food allergies were available for check out (most of these books were donated by families who are managing food allergies). One example may be "The Day I Met The Nuts" by Mary Rand Hess.



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**Morning Announcement P.A.L. Tips** - The principal may announce tips on how to be a P.A.L. in the morning announcements. 5 tips on how to be a P.A.L., one for every day of the school week during FAAW! Each morning use one example from FAAN's P.A.L. concept:

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**Get Caught Being a PAL** - Request your principal to encourage the staff to recognize when students are being a PAL. They may hand out PAL certificates and have their name put up on the classroom board for recognition or receive school "bucks" or "points" towards an food-free incentive.

**Dedicate One Day To Wear Teal or Blue for FAAW** - Dedicate one day where everyone will wear teal or blue from head to toe in celebration of FAAW. Staff especially likes this idea because they get to wear jeans to work!

**5th Grade Presentation** - Students with Allergies in the 5th grade prepare a presentation using PowerPoint for the 4th grade classes. FAAN has some great information and presentation on their website to help!

For more resources please visit the Food Allergy and Anaphylactic Network's (FAAN) FAAW resource page:

<http://www.foodallergy.org/page/2010-resources>