



girlscouts  
of michigan  
shore to shore

# FARE Patch Program

Girl Scouts of Michigan Shore to Shore has partnered with [Food Allergy Research & Education](#) (FARE) to offer the Food Allergy Awareness Patch. FARE is the world's leading food allergy advocacy organization and the largest private funder of food allergy research. It's 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 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

## FARE Patch requirements United States.

Before you begin, learn the basics of food allergies by reviewing [FARE's Food Allergy 101](#) page.

*Girls must complete four out of ten activities to earn the patch:*

- |   |  |
|---|--|
| <input type="checkbox"/> Get Educated           | <input type="checkbox"/> Considerate Giving  |
| <input type="checkbox"/> Educate Others         | <input type="checkbox"/> Hear from an Expert |
| <input type="checkbox"/> Push for Policy        | <input type="checkbox"/> Smart Shopper       |
| <input type="checkbox"/> Just the Facts, Ma'am! | <input type="checkbox"/> Cautious Cooking    |
| <input type="checkbox"/> Recipe Redo            | <input type="checkbox"/> Happy Halloween     |

*When girls have completed this patch, they will:*

- Understand what food allergies are and what they aren't.
- Understand how to help keep people with food allergies safe.
- Be better prepared to be a food allergy awareness advocate.
- Know what "free-from" food are and maybe even how to buy or make safe foods.

After you've completed four activities, request your FREE patch from Girl Scouts of Michigan Shore to Shore! [Contact customer@gsmls.org](mailto:Contactcustomer@gsmls.org) with any questions.

Submit Patch Request

## FARE Patch activities

### 1. Get Educated

Learn about anaphylaxis, a dangerous allergic reaction, by watching [Save a Life: Recognizing and Responding to Anaphylaxis](#). This online course highlights symptoms and treatment of an allergic reaction, including using epinephrine auto-injectors. Participants receive a completion certificate!

OR

Speak to a medical professional (nurse, doctor, etc.) about the difference between food allergies and intolerances and reactions and common symptoms, including anaphylaxis. What is it like to have a food allergic reaction? How common are food allergies?

# FARE Patch activities continued

## 2. Educate Others

Present [Be a PAL](#) to another Girl Scouts 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.

OR

If you have a friend with a food allergy, learn to be their PAL. Find out what they are allergic to and help them avoid it. Promise to not share food with food-allergic friends, to always wash your hands after eating and while cooking, to understand what your friend needs if they have a reaction and to get help quickly if needed.

## 3. Push for Policy

What measures are in place to keep people with food allergies safe in your school or community? Is there something else that can be done? Who might be a good person to talk to about it? Reach out to them to see if you can make a change.

OR

Think on a larger scale. Contact local or state lawmakers to discuss the importance of policies to keep people with food allergies safe. View [FARE's Advocacy Resources](#) to get started.

## 4. Just the Facts, Ma'am!

Learn about common [myths and misconceptions](#) about food allergies. How can you share this information with others?

## 5. Recipe Redo

Recreate a recipe for a treat like cake or cookies to be free from at least six of the [top nine allergens](#). Use FARE's [allergen substitution list](#) for common allergen replacement suggestions.

## 6. 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.

## 7. 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 given to them.

## 8. 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.

## 9. 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 nine food allergy? Where does cross-contact occur? What are things you can do to make the kitchen safer for those with food allergies?

## 10. 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.