

Food Allergy Awareness Badge

Created by Ava P. as part of her Gold Award Project

1. Learn about the top 9 food allergies (go to my website(<https://foodallergygirlscouts.weebly.com/>) and click on the page titled: 'What Are Food Allergies').

2. Learn about anaphylaxis (go to my website(<https://foodallergygirlscouts.weebly.com/>) and click on the page titled: 'What Is Anaphylaxis') :

- how to spot anaphylactic shock
- treat anaphylaxis
- use an epi pen
- call 911

3. Meal plan (go to my website (<https://foodallergygirlscouts.weebly.com/>) and click on the page titled: 'What Is Cross Contact/Contamination' and 'Meal Planning Ideas') :

- plan meals and budgeting to include allergic girl
- learn about cross contamination/cross contact
- learn how important hand washing is
- learn how to read food labels
- learn safe food substitutions

4. Watch videos, read, and do activities (go to my website(<https://foodallergygirlscouts.weebly.com/>) and there are pages titled: 'All Videos', and 'Curriculum & Printables'. There are a lot of options and you can customize what you do).

5. Create a troop emergency plan (go to my (website<https://foodallergygirlscouts.weebly.com/>) and click on the page titled: 'Troop Emergency Plan') :

- include allergy girl's family and get all troop families involved. Knowledge is power!
- practice!