

Step by Step Instructions

Do you think the *Allergy Awareness Challenge* would be a hit at your school?

Here are the steps to get started:

- 1** Visit www.allergychallenge.ca and enter your details on the sign-up page.
- 2** After signing up, you will receive a password to access all of the resources needed to run the *Allergy Awareness Challenge*.
- 3** You will need to approach your school principal or supervising teacher to get permission to run the program in your school.
- 4** Organize a group of volunteers to help you run the program. Download all of the materials and start planning for your school!
- 5** After the program is finished, kindly fill out an evaluation form and return it to Food Allergy Canada.



Sign-up for the *Allergy Awareness Challenge* at www.allergychallenge.ca.

For general inquiries, please contact Food Allergy Canada.

Website:

www.foodallergycanada.ca

Facebook:

www.fb.com/FoodAllergyCanada

Twitter:

www.twitter.com/FoodAllergyCan

Toll Free:

1-866-785-5660

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info@foodallergycanada.ca

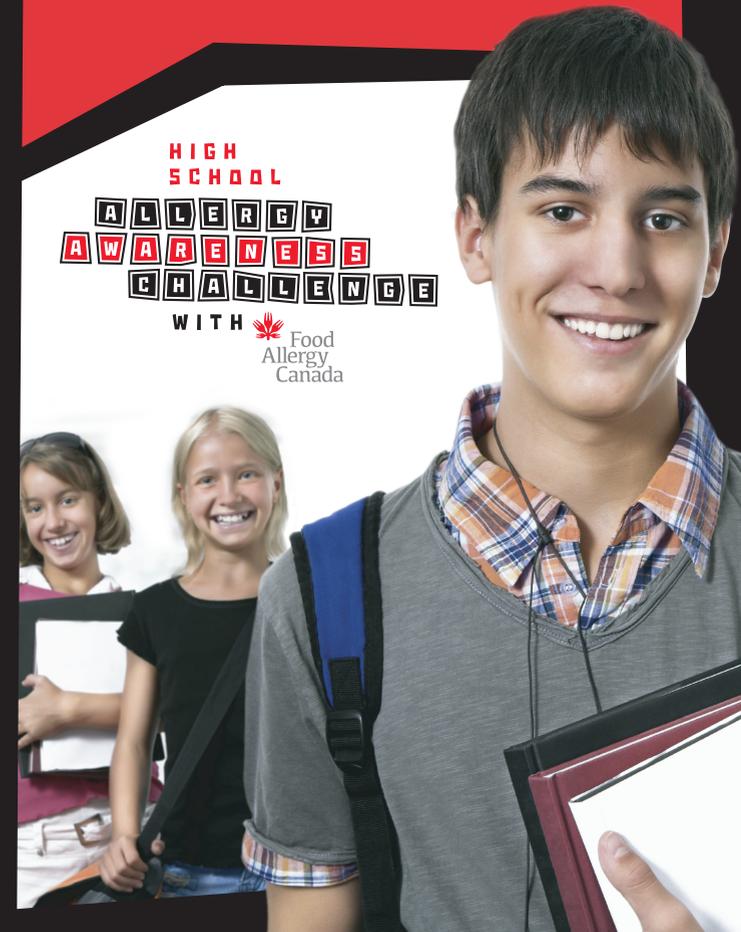
Food Allergy Canada

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A Program to Raise Food Allergy Awareness

in High Schools

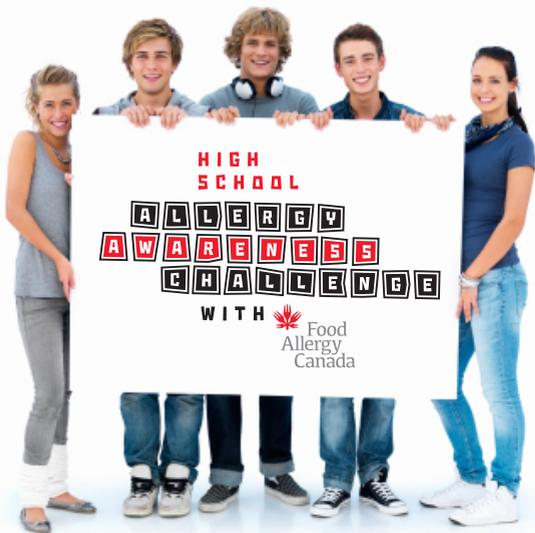


What is it?

The *Allergy Awareness Challenge* uses fun games and challenges to educate about allergies. The program is run outside of class hours with voluntary participation.

It's a student-run program with materials provided by Food Allergy Canada. It can be led by students, student councils, teachers and others. It's easy to run and all of the resources are available to download FREE of charge.

The goal of the program is to raise awareness about anaphylaxis.



What is Included?



Adopt an Allergy

Students are assigned an allergy for the day and given instructions on how to stay safe by avoiding it in various situations.



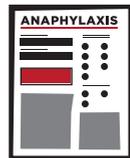
Food Allergy Spelling Bee

A fun five-round competition testing spelling skills while learning about food allergies through definitions and real-life examples.



Food Allergy Jeopardy

A three-round trivia competition that puts students head-to-head as they showcase their allergy knowledge.



Information on Anaphylaxis

As part of the program, you will receive helpful resources including an anaphylaxis information sheet that can be printed and handed out to students.

What does it teach?

The *Allergy Awareness Challenge* is designed to make learning fun!

Through three interactive challenges, participants will experience hands-on learning in an entertaining and competitive environment with their friends.

This program will help participants:

- Learn the facts about allergies and anaphylaxis.
- Recognize the signs and symptoms of anaphylaxis.
- Know what to do in an emergency situation.
- Understand the need to support friends who have food allergies.
- Develop a sense of empathy for students with allergies and the precautions they follow to stay safe every day.
- Be mindful of their everyday actions and how they affect someone with severe allergies.

