

2013 Food Allergy Awareness Week

As you all probably know, this week is [Food Allergy Awareness Week!](#) Here is a list of [activities](#). This is a great time to send some information out to the universe to help educate and bring awareness about food allergies. This week I posted information related to food allergies on my Facebook, [LinkedIn](#), and [Twitter](#) accounts. I thought it would be great to highlight a few items on this blog as well. Some of the [stats](#) from the Food Allergy Research and Education (FARE, formerly FAAN) include: an estimated 15 million Americans have a food allergy to one of more foods, about 2 out of 13 children in a classroom have a food allergy, and 8 foods account for about 90% of all food allergy reactions (egg, fish, milk, peanut, shellfish, soy, tree nuts, and wheat).

Food Allergy Research and Education (FARE, formerly FAAN) has released a great PSA called [Food Allergy Bullying, It's Not A Joke](#). I encourage teachers and parents to share this PSA to help raise awareness about this important issue. I am amazed at how far food allergy resources have come since I was a child. However, even though there is more awareness and tools to help thrive with food allergies there are still so many issues to overcome. Allergic Living has a free downloadable poster to help raise awareness and let people know what to do in the case of a food allergy emergency called, "[Food Allergy Aware, Six That Saves Lives](#)". The [Food Allergy Education Network](#) also has some free resources and activities including a [downloadable poster](#), "[You Could Save A Life ...](#)". Food Allergy Kids of Atlanta has lots of great free resources and several "[Everyday Cool with Food Allergies](#)" coloring pages. Pinterest users even help raise awareness, check out [Susan Clemens's Anaphylaxis Awareness board](#). Many other bloggers are also helping to raise awareness of food allergies. It is a great time to say THANK YOU to all of you who help educate others and keep others safe from food allergens. A special shout out to my husband, Fernando, and family for helping me avoid peanuts and cross contamination. We are a peanut free house!

Take some time to check out some of the links on my blog and some past posts like "[Five Mistakes I Have Made Living With My Peanut Allergy](#)", "[No Dipping Please!](#)", "[10 Acts of Kindness, Supporting Your Friends Family or Co-Workers with Food Allergy or Intolerance](#)", and "[Win-Win! If You Sell Food, Maximize Your Customer Base](#)". If you are an Registered Dietitian, check out this resource I created, [10 Food Allergy Tips for RDs 2013](#) with updated links.

Help protect a life!

