



## Welcome to the Allergy Superheroes

### 31 Days to Become a Food Allergy Superhero Challenge!

Complete the activities throughout May—some are for kids, some for adults, many work for the whole family!

Do 2 per category and you're a **Food Allergy Hero**

Do 3 per category and you're a **Food Allergy Superhero**

Do 4 or more per category and you are an **Ultra Food Allergy Superhero**

Send us a picture of your hero with their completed challenge (and your email) and we'll send you a **Completion Certificate!**

[www.allergysuperheroes.com](http://www.allergysuperheroes.com)

[www.facebook.com/allergysuperheroes](http://www.facebook.com/allergysuperheroes)

#### Epinephrine

- Practice with your auto-injector testers
- Teach someone else to use an auto-injector
- Practice using an expired auto-injector on a piece of fruit
- Search the hashtag [#ItsScaryNot2Carry on Twitter](https://twitter.com/#!/ItsScaryNot2Carry) and tell us your favorite (comment on Facebook on 5/4/18)
- Make sure your auto-injector isn't expired
- Tell us your opinion of Benadryl by filling out our survey (on our Facebook page on 5/12/18)
- Self-carry your own epinephrine auto-injector for an outing or for the weekend
- Examine the epinephrine auto-injector options and decide if you want to try a different one
- Review the symptoms of an allergic reaction and when to use epinephrine

#### Awareness at School

- Read a Food Allergy Book to your/your child's class, or do a presentation on Food Allergies
- Tell us about/tag a teacher who has gone above and beyond for your food allergies. We'll enter them into a contest for a Food Allergy Advocate shirt! (comment on Facebook between 5/7/18 and 5/9/18)
- Bring our [Allergy Aware Posters](#) to your principal/teacher and ask him/her to make the classrooms of allergic kids allergen-free
- Teach your class how washing hands and/or wipes are the way to remove allergens
- Double points: Convince your teacher to run a food-free classroom for a week

#### Allergy-Aware Foodie

- Make a Top 8 Free Cake and share a picture of it (worth double for fun decorating or cake sculpting)
- Share a safe-for-you lunch with a friend (make sure it's safe for them, too)
- Name all of the Top 8 Allergens without looking at a resource (Facebook/Twitter challenge on 5/3/18)
- Share your favorite dairy-free milks (Facebook/Twitter challenge on 5/8/18)
- Name three [egg replacers](#) (Facebook/Twitter challenge on 5/23/18)
- Take an artistic picture of your allergy-friendly dinner and share it. Be sure to share what it's free from!

#### General Awareness

- Challenge someone to eat the way you do for a day (worth double if you challenge them to a week!)
- Adopt someone else's allergy for a day (pick something you usually eat!)
- Take our "Test your Food Allergy Knowledge" quiz (on our Facebook page on 5/15/18)
- Challenge someone without food allergies to take the quiz! (on our Facebook page on 5/15/18)
- Visit a Turn It Teal site and share your pictures (or get a teal lightbulb or even cellophane and light your own house.) Be sure to use #TurnItTeal
- Send information on a building you'd like to see go Teal to Stephanie at [Info@TurnItTeal.org](mailto:Info@TurnItTeal.org)
- Write to a comedian, TV show, film company, etc and tell them whether they're doing a good or bad job of portraying food allergies and WHY
- Practice reading a food label



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### Service/Outreach

- Read a new food allergy book or donate one to your school or library
- Teach someone [about food allergies](#)
- Teach someone about cross contamination
- Donate to a Food Allergy Organization (or shop from our store on specific days and we'll donate a portion of the proceeds. Watch us on social media for dates!)
- Donate allergy-friendly foods to a local food bank, or donate money to [Mend Hunger](#)
- As a family, discuss the importance of never [hiding an allergic reaction](#)

### Government

- Write (or tweet) to your Governor thanking them for [declaring May 13-19 Food Allergy Awareness Week](#). If your state has not signed a declaration, ask your Governor to consider it next year.
- Research the epinephrine laws in your state. Can schools and other establishments carry stock epinephrine? Share your findings on social media.
- Sign a food allergy petition or write to your lawmakers about a food allergy subject dear to your heart
- Skim the Food Allergy Labeling Law (FALCPA: [the Law](#), [Q&A](#), and/or [Industry Guidance](#)) Share something about allergen labeling you didn't know (Discuss on our Facebook page 5/11/18)
- Skim the Food Allergy Labeling Law (FALCPA: [the Law](#), [Q&A](#), and/or [Industry Guidance](#)) Discuss the protections and loopholes in the law on our Facebook page on 5/22/18.

### Just for Fun

- Take the Nutzilla Challenge (Facebook 5/16/18) for a chance to win one of our slap bracelets!
- Go to the "[Meet our Characters](#)" section of our website and learn how Jet Trail learned that he had telekinesis
- Go to the "[Meet our Characters](#)" section of our website and read about how Arctic Storm got her ice powers
- Go to the "[Meet our Characters](#)" section of our website, read about the Food Allergy Villains, and tell us your two favorite villain back stories (on our Facebook page on 5/10/18)
- Go to "Resources" → "[Free Kidzcape](#)" on our website, print out one or more of our coloring sheets, color it in, and share a picture of your creation!
- Dye your hair teal, paint your fingernails, or wear excessive amounts of teal and share your pictures on May 17<sup>th</sup>. Use #TealTakeover

Thanks for taking our **31 Days Food Allergy Superhero Challenge!** Don't forget to send us a picture of your hero with their completed challenge (and your email) and we'll send you a **Completion Certificate!**

Remember:

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**Everyone who completes the challenge and submits a photo by 6/4/18 will be entered in a drawing for a \$35 shopping spree at our store!!**



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