

10 THINGS

You Can Do to Be a Food Allergy Ally



Listening & Learning Are Key

1

Listen to hear and not respond. Support needs can vary.

2

Be open to learning new things as new research is uncovered.

3

Speak with instead of for people managing food allergies.

4

Echo voices of those you want to support.

5

Speak up in spaces where you have influence.

6

Join PTAs or other school groups to help make change.

7

Join employee resource groups at work to help educate.

8

Ask those managing food allergies how to best help.

9

Join a FAACT recognized food allergy support group.

10

Volunteer to be an advocate in your community.