

# TEAL T-SHIRTS

## Teach Teal: Food Allergy Awareness

**Remember to use fabric markers only!**



First, write somewhere in big letters:

**I WEAR TEAL FOR FOOD ALLERGIES**

Then, write anything you learned about food allergies on the shirt!

### **Ideas of sentences to write:**

Food allergies can be mild or severe.

Food allergy bullying is dangerous.

32 million people in America have possibly life-threatening food allergies.

1 in 13 kids have food allergies.

You can't catch food allergies!

Kids with food allergies are just like me, but go through a few extra challenges!

Food allergies are serious.

We should include our friends with food allergies.

Empathy is learning to walk in someone else's shoes!

Peanuts are not the most dangerous allergen!

A teal ribbon is a symbol of food allergy awareness.

It's okay to have food allergies!