



Educate. Support. Empower.

The FPIES Foundation
www.thefpiesfoundation.org
contact@thefpiesfoundation.org

Global FPIES Day-- Find Your Fourteen

Fourteen Ways for Families to "Be the Voice"

1. **Connect** with 14 other families in the FPIES community and offer words of support and encouragement to them today
2. **Think of 14 other families** in the FPIES and allergy community that have helped your family along the way and send them a "thank you" message/note
3. **Create** a "Be The Voice" picture frame. Find the details at www.fpiesday.com Invite 14 friends/family members outside of the FPIES community to create a frame as well, in honor of your little one affected by FPIES
4. **Download** the "Check in for Good" AP and visit 14 local participating businesses, check in, and sponsors will donate to The FPIES Foundation! **Encourage** 14 of your favorite businesses to register for free "Check in for Good" accounts. Once they register, be sure to visit them and check in regularly!
5. **Be the Voice** and share the Global FPIES Day button on your blog and social media sites, along with **your family's inspirational story**
6. **Wear** Global FPIES Day awareness gear on October 14 in honor of the day!
7. **Get creative** and create your own Global FPIES Day gear as a family. You could create wearable art, like a T-shirt, or decorate notebooks, albums and more!
8. **Share** the medical provider packet of FPIES educational materials (found at fpiesday.com) with 14 local medical providers-- emergency rooms (call ahead), pediatrician's offices, allergy offices, etc.
9. **Provide** the FPIES information packet for schools and daycares that are in your community. The packet can be found at fpiesfoundation.org/resources-links-2 under the "Schools" tab.
10. **Introduce** FPIES education materials to family or friends-- find links to printable resources at fpiesday.com!
11. **Take a picture** of your family wearing FPIES awareness gear in your community. Submit it to The FPIES Foundation's facebook page to be published in our albums and share it on your social media pages!
12. **Join in** the events and activities in Sarah's FPIES Clubhouse with your kids!
13. **"Start a Conversation"** for FPIES awareness or schedule one with your local parent groups, breastfeeding support groups, schools, etc. Want to know how? Check out: www.fpiesfoundation.org/start-the-conversation
14. **Promote** the FPIES Foundation's youtube videos (www.youtube.com/TheFPIESFoundation) on your social media pages-- be sure to share with at least 14 people!

See www.fpiesday.com for more ways you can be involved in Global FPIES Day!!!

See www.fpiesfoundation.org to learn more about FPIES!



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