



Educate. Support. Empower.

The FPIES Foundation  
www.thefpiesfoundation.org  
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## Global FPIES Day-- Find Your Fourteen

*Fourteen Ways for Kids to "Be the Voice"*

1. Color a picture and send it to another kid affected by FPIES for support
2. Color the "FPIES is Rough But I am Strong!" Mini Book in the Kid's section on The FPIES Foundation's website
3. With help from an adult, create a "Be The Voice" picture frame. Find the details at [www.fpiesday.com](http://www.fpiesday.com)
4. Share a picture or a description of your favorite food-free activities with other kids and families in Sarah's FPIES Clubhouse
5. Raise awareness for FPIES in your community by participating in an awareness event, like a walk-a-thon or Food Allergy Fair
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. You could create wearable art, like a T-shirt, or decorate a favorite notebook!
8. Share a picture of artwork you created for Global FPIES Day on the Kid's Spot Brag Board (found on the FPIES Foundation's website).
9. Share FPIES education materials with family or friends (ask an adult for help and stick to people you know!)--- let us know if you would like some to hand out!
10. Bring some FPIES education materials to your next pediatrician appointment for the doctors and nurses to learn more about FPIES--- let us know if you need some resources from us!
11. Join in the events and activities in Sarah's FPIES Clubhouse--- from coloring sheets to food pass Fridays, there is something for everyone!
12. Participate in the different sections of the Kid's Spot on [www.fpiesfoundation.org](http://www.fpiesfoundation.org). Tell us about FPIES in your own words
13. Ask your allergist/GI doctor to participate in creating a "Be the Voice" frame project. Our doctors can be a great voice in our community!
14. Create your own way to "Be the Voice" and then tell us about it by sending us a letter (get an adult to help you!!)

**See [www.fpiesday.com](http://www.fpiesday.com) for more ways you can be involved in Global FPIES Day!!!**

**See [www.fpiesfoundation.org](http://www.fpiesfoundation.org) to learn more about FPIES!**