



National Food Is Medicine Day



CELIAC DISEASE SCAVENGER HUNT

So you think you know the grocery store layout, huh? You can walk from the bread, to the milk, to the eggs and back in 30 seconds flat? Well, let's put your knowledge to the test.

Here are some common shopping list items that most people look for each week. Let's see if you can find their free-from counterparts! **No purchase required.**

FREE-FROM: A food that is safe for an individual with food allergies and/or celiac disease. This is personalized for each individual's needs.

INSTRUCTIONS:

- Locate all the items on the list, 10 traditional items and 10 free-from items.
- Read the labels on the back to ensure the product is **free-from gluten/wheat**. (That means does not contain, may contain, nor made in a facility with.)
- Write down the brand name and price of each item.
- Return your scavenger hunt sheet to the table to be entered to win FEI swag.

Good luck!

"Celiac disease is an autoimmune disease, which is triggered when gluten is ingested. Once the immune system recognizes gluten as a problem, it attacks the lining of the intestines. It's not just feeling sick or having a stomachache when eating gluten, it actually causes damage to the small intestine responsible for absorbing nutrients from food. Roughly 1 in 133 people have celiac disease, but more than half of all people with celiac disease are undiagnosed."

-Dr. Julia Bracken, MD Gastroenterology at Children's Mercy

ITEM	TRADITIONAL BRAND	PRICE	FREE-FROM BRAND	PRICE
Spaghetti Noodles				
Bread				
BBQ Sauce				
Baking Flour				
Beef Jerky/Meat Sticks				
Chocolate Chip Cookies				
Pretzels				
Salad Dressing				
Turkey Lunch Meat				
Soy Sauce				

FOOD IS MEDICINE

The only known day-to-day medicine to treat food allergies and celiac disease is simply eating foods that do not contain allergens or gluten: free-from foods. These foods can be up to 2000% more expensive than store brand items.

Food Equality Initiative subsidizes this medicine for families and individuals diagnosed with food-related diseases. Our declaration of National Food is Medicine Day helps raise awareness of the financial barriers to safe, healthy food for our under-resourced families.

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PEANUT & TREE NUT SCAVENGER HUNT

So you think you know the grocery store layout, huh? You can walk from the bread, to the milk, to the eggs and back in 30 seconds flat? Well, let's put your knowledge to the test. Here are some common shopping list items that most people look for each week. Let's see if you can find their free-from counterparts! **No purchase required.**

FREE-FROM: A food that is safe for an individual with food allergies and/or celiac disease. This is personalized for each individual's needs.

INSTRUCTIONS:

- Locate all the items on the list, 10 traditional items and 10 free-from items.
- Read the labels on the back to ensure the product is **free-from peanuts and tree nuts**. (That means does not contain, may contain, nor made in a facility with.)
- Write down the brand name and price of each item.
- Return your scavenger hunt sheet to the table to be entered to win FEI swag.

Good luck!

Individuals with food allergies have extra-sensitive immune systems that react to harmless substances called allergens in certain foods and drinks. When the person eats an allergen, the body produces antibodies to the specific allergen, leading to an immune reaction. As many as 1 in 13 children—that's two in every classroom—are affected by food allergies, and the numbers continue to increase.

-Children's Mercy Hospital

It's possible to be allergic to any food. However, there are nine foods that are the most common allergens:

MILK - EGG - PEANUTS - TREE NUTS - WHEAT - SOY - FISH - SHELLFISH - SESAME

ITEM	TRADITIONAL BRAND	PRICE	FREE-FROM BRAND	PRICE
Nut Butter				
Granola				
Chocolate Chip Cookies				
Hotdog Buns				
Bagels				
Pesto				
Curry Sauce				
Chocolate				
Trail Mix				
Ice Cream				

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DAIRY AND EGG

So you think you know the grocery store layout, huh? You can walk from the bread, to the milk, to the eggs and back in 30 seconds flat? Well, let's put your knowledge to the test. Here are some common shopping list items that most people look for each week. Let's see if you can find their free-from counterparts! **No purchase required.**

FREE-FROM: A food that is safe for an individual with food allergies and/or celiac disease. This is personalized for each individual's needs.

INSTRUCTIONS:

- Locate all the items on the list, 10 traditional items and 10 free-from items.
- Read the labels on the back to ensure the product is **free-from dairy and egg**. (That means does not contain, may contain, nor made in a facility with.)
- Write down the brand name and price of each item.
- Return your scavenger hunt sheet to the table to be entered to win FEI swag.

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ITEM	TRADITIONAL BRAND	PRICE	FREE-FROM BRAND	PRICE
Cake Mix				
Mayonnaise				
Cheese				
Baking Eggs				
Baby Formula				
Milk				
Chocolate Chips				
Pizza				
Potato Chips				
Meatballs				

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SOY AND SESAME

So you think you know the grocery store layout, huh? You can walk from the bread, to the milk, to the eggs and back in 30 seconds flat? Well, let's put your knowledge to the test. Here are some common shopping list items that most people look for each week. Let's see if you can find their free-from counterparts! **No purchase required.**

FREE-FROM: A food that is safe for an individual with food allergies and/or celiac disease. This is personalized for each individual's needs.

INSTRUCTIONS:

- Locate all the items on the list, 10 traditional items and 10 free-from items.
- Read the labels on the back to ensure the product is **free-from soy and sesame**. (That means does not contain, may contain, nor made in a facility with.)
- Write down the brand name and price of each item.
- Return your scavenger hunt sheet to the table to be entered to win FEI swag.

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ITEM	TRADITIONAL BRAND	PRICE	FREE-FROM BRAND	PRICE
Bagels				
Cereal				
Tuna				
Mayonnaise				
Crackers				
Chocolate				
Breadcrumbs				
Potato Chips				
Cooking Oil				
Ramen Noodles				

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FISH AND SHELLFISH

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FREE-FROM: A food that is safe for an individual with food allergies and/or celiac disease. This is personalized for each individual's needs.

INSTRUCTIONS:

- Locate all the items on the list, 10 traditional items and 10 free-from items.
- Read the labels on the back to ensure the product is **free-from fish and shellfish**. (That means does not contain, may contain, nor made in a facility with.)
- Write down the brand name and price of each item.
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ITEM	TRADITIONAL BRAND	PRICE	FREE-FROM BRAND	PRICE
Beef Jerky				
Worcestershire Sauce				
Caesar Dressing				
Multivitamins				
Ramen Noodles				
Canned Meat				
Protein Powder				
Barbecue Sauce				
Canned Soup				
Frozen Stir Fry Mix				

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ALL TOP 9

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INSTRUCTIONS:

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- Read the labels on the back to ensure the product is **free-from milk, egg, peanuts, tree nuts, wheat, soy, fish, shellfish, and sesame.** (That means does not contain, may contain, nor made in a facility with.)
- Write down the brand name and price of each item.
- Return your scavenger hunt sheet to the table to be entered to win FEI swag.

Good luck!

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ITEM	TRADITIONAL BRAND	PRICE	FREE-FROM BRAND	PRICE
Bread				
Nut Butter				
Lunch Meat				
Pasta Noodles				
Tortilla Chips				
Milk				
Cooking Oil				
Granola				
Salad Dressing				
Chocolate				

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