

# Get Involved **JOIN** our community



Great things happen when we work together. Even just signing up for our Allergy Information Service makes a difference.

## Sign up

Provide your information. Get alerts that match your selected interests.

## Join the conversation



Your insights help shape our priorities.

## Volunteer

From events to blogging, we'd love your help.

## Fundraise

Plan an event or ask your company to donate.

## Donate

Help us continue our work.

# Who We Are

**We're a small team,  
but our impact is big.**

Since 2001 we've been changing perceptions, laws and lives. Originally operating as Anaphylaxis Canada, we're a registered Canadian charity and leading patient organization dedicated to improving the lives of people with food allergies.

We've been there. A passionate team of staff, board members and advisors, many of us either have serious food allergies or have children who do. Our aim is to empower people by providing credible, factual, user-friendly information and tools that support those at risk and the communities in which they live, work, learn and eat.

## We do this through:

**Information & support:** for people and families with food allergies.

**Training & education:** for the communities that support them.

**Advocacy & outreach:** for the policies and perceptions that impact them.

**Research contributions:** for solutions and the work that drives them.

## For more information, contact us

416-785-5666 or toll-free: 1-866-785-5660

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www.foodallergycanada.ca

Charitable registration #887208676RR0001



# Food Allergy Canada

**Working together to create  
awareness, support and safer  
communities for people living  
with food allergies**



[www.foodallergycanada.ca](http://www.foodallergycanada.ca)



# We're Here To Help

It's daunting, especially at first.

We know because we've been there. Managing food allergies and the risk for anaphylaxis can be challenging, frustrating and time-consuming.

## But you've got this.

And we're here to support you every step of the way. Think of us like your coach.

Food allergies are serious but manageable. Over the years, we've contributed to a growing body of research and best practices that can help you navigate this journey socially, emotionally and physically. We support you through:

- ✓ **Allergy information service:** Critical allergy alerts and updates.
- ✓ **Tools and resources:** handbooks, videos, presentations, courses and more to manage food allergies and reduce the risks.
- ✓ **Community and support:** Our staff, affiliated support groups, and online mentorship programs provide support and answers.
- ✓ **Conferences:** Forums and presentations on the latest research and thinking on food allergies.
- ✓ **E-Newsletters:** Receive the latest news and updates from the community.

# What We're About

As a society, we do many things together. We work, play and live together. We eat together. Together we can also make our communities safer for people living with food allergies.

That's our philosophy at Food Allergy Canada. We believe in working collaboratively with communities, schools, workplaces and governments to create a safer environment for more than 2.5 million people in Canada managing this challenge.



## Careful not fearful

Our mantra is to *be careful, not fearful*.

It's about understanding that we're all in this together. At Food Allergy Canada, we strive to create a balanced dialogue and sometimes that means changing the conversation through education and context around hot issues. Sometimes that means advocating for change to our laws, institutional policies and mindsets.

**Ultimately it's about helping communities take smart, simple and realistic steps to keep everyone safe.**

*"When I was first diagnosed, everything was totally new to me. I had to educate myself, and Food Allergy Canada helped me in that journey. I am much more aware and safer thanks to Food Allergy Canada."*

*- A member of our community*

# Advocacy-Making A Difference

We're here to help give Canadians with food allergies a stronger voice.

Today, managing food allergies in Canada is less challenging than in the past, due in part to the significant strides we've made in changing policy and increasing awareness through our advocacy work.

## Food Labelling

After more than ten years of advocacy efforts, the Canadian government finally introduced new food labelling regulations in 2012 requiring manufacturers to clearly list common food allergens in their products, using plain language.

## Sabrina's Law

Our three years of advocacy efforts led to the creation of Sabrina's Law in 2005 which has become a leading model for preventing food allergy incidents and deaths in schools across Canada and the world.

## Balancing the conversation

Real change happens through productive conversations. We bring balance to the dialogue by speaking out about key issues. We provide factual information to media, governments and communities. We lead the discussion that directly impacts the quality of life and safety for people living with food allergies.