



National Food Is Medicine Day



ALL TOP 9

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 a diet-treated disease like food allergies and 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 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.
- Email your completed list to free-from@foodequalityinitiative.org.

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
Bread				
Nut Butter				
Lunch Meat				
Pasta Noodles				
Tortilla Chips				
Milk				
Cooking Oil				
Granola				
Salad Dressing				
Chocolate				

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.

