

THINGS YOU CAN DO TO BE OF SERVICE TO OTHERS

✉ At Home

- Do the laundry for your parents/caregivers/spouse/children.
- Watch historical movies that support growth and change.
- Reach out to new neighbors to make them feel included.
- Clean up the street or community in which you live.
- Help someone with a tough task.
- Offer to make important calls for a family member.
- Help your family take inventory of safe foods at home.
- Help someone in your family make a list of safe foods you need.
- Research foods that are safe for a loved one.
- Use your social media accounts for good and encourage someone.
- Make an allergy-friendly snack for someone in your home just because.
- Rearrange things in a more organized way to help someone you live with.

✉ In the Community

- Be an ally to food-allergic and/or disabled persons by joining the PTA to ensure their needs are being met.
- Tell someone at the grocery store you appreciate their work stocking safe foods.
- Put in a comment online to an allergy-friendly retailer to thank them.
- Help an online friend find a food allergy community for support.
- Offer a support group leader help with their work in the community.
- Become an ally to someone who doesn't look like you. Don't speak *for* them, speak *with* them.
- Read at least one article on being an ally for someone with a disability.
- Thank a company that offers closed captions for hearing-impaired persons.
- Offer to help your local church, community group, etc. rewrite materials to be gender neutral.
- When you see underrepresentation in marketing materials, make fair/reasonable suggestions.
- Kindly correct those who direct microaggressions to food-allergic persons.
- Help people find food-allergy friendly pet foods locally and online.

✉ In the Workplace

- Raise awareness at work about the prevalence of food allergies – even if you don't have one.
- Support cleaning staff at work so they understand the need for proper cleaning processes to avoid cross contamination.
- Thank a boss (especially those who “get” inclusion AND equity)!
- Add food allergies to the list you target to bring awareness to DEI at work.
- Be intentional about inclusion and listening to people who don't look like, live like, or experience life like you.