

# MY FOOD ALLERGY FRIENDS

## Photo A Day - July Challenge

Share your life as an **Allergy Parent**. For the month of **July 2017** take a photo a day, here are a few suggestions

- 1 - Your child or their allergens
- 2 - Breakfast
- 3 - Your child's auto-injector
- 4 - Evening meal
- 5 - In your bag
- 6 - Lunch
- 7 - Inside your fridge
- 8 - Past allergic reaction
- 9 - Your child's favourite food
- 10 - Favourite cook book
- 11 - Your child's medical bracelet
- 12 - Allergies don't define me
- 13 - Someone that supports you
- 14 - How you relax
- 15 - Favourite cafe/restuarant
- 16 - Favourite allergy friendly biscuit
- 17 - The location of your child's medicine at home
- 18 - Inside today's lunch box
- 19 - Action Plan location
- 20 - Something you want to share
- 21 - Action Plan location at school
- 22 - In your child's bag
- 23 - Playtime or after school activity
- 24 - A happy memory
- 25 - Skin prick test
- 26 - I'm thankful for
- 27 - Best allergy product/resource
- 28 - Favourite birthday cake
- 29 - Your child's lunch box
- 30 - Dessert
- 31 - A safe treat



[www.myfoodallergyfriends.com](http://www.myfoodallergyfriends.com)

#MFAFphotoaday copyright 2017

