



DRAW YOUR FOOD ALLERGY HERO!

A food allergy hero helps you feel **safe, brave and included.**



Your hero could be a parent, friend, teacher, doctor, nurse - or **YOU!**

DRAW YOUR HERO HERE

Use pencils, crayons or markers

My first name: _____ **Age:** _____

My hero's name is: _____

My hero is amazing because: _____

Need help? A grown-up can write your words for you.

HOW TO ENTER

Ask a parent or guardian to photograph or scan this page and email it to foodallergyheroesAMF@gmail.com by **8 October 2026.**

In the email, include the child's first name and age, plus a parent or guardian's name and contact details.

PRIZE: The winner will receive a gift voucher and a special award, and will be announced at the Food Allergy Gala fundraiser on 21 October 2026. www.allergycharity.com/events

For safety, please do not write a surname, home address, school name or medical details on this page.