

Join **FARE** and **Chicago Commons** at **Plant Chicago's Farmers Market**

Davis Square Park (the corner of 45th and Marshfield)

FREE COOKING DEMO & INFORMATION SESSION

Introduction to Food Allergy

Learn how to recognize if you have a food allergy

Do you or someone you care for have or think they might have a food allergy? Do you know the signs and symptoms of an allergic reaction? Learn everything from food allergy basics to how to seek no-cost medical attention and more at this free workshop held by FARE (Food Allergy Research & Education).

Information Session is in conjunction with the Chicago Commons Cooking Demonstration at Plant Chicago's Farmers Market



Event will take place **Saturday, September 17**

FARE's 30 min Introduction to Food Allergy sessions will be presented in **English at 1:30pm** and **Spanish at 2:30pm**



**Let us
know if
you plan
to come!**

tinyurl.com/ChiFARE

There will be **KIDS ACTIVITIES**, **COOKING DEMONSTRATIONS** and a chance to tour the **MOBILE CARE CHICAGO MOBILE CLINIC**. All Introduction to Food Allergy session attendees will receive **A FREE GIFT BAG!**

While supplies last



**PLANT
CHICAGO**



FARE
Food Allergy Research & Education



**MOBILE
CARE
CHICAGO**



**Chicago
Public
Schools**

Questions? Email education@foodallergy.org or call 571-771-8718