



# Welcome to Food Allergy BINGO!

Whether your audience is children or adults, BINGO is a fun way to teach others about food allergies.

On the next page is a sheet for the BINGO caller that contains of all the words that appear on the cards. The pages that follow include 30 different versions of the BINGO cards. Each word is associated with food allergy.

Depending on your audience, the BINGO caller can use the opportunity to explain the word a bit more as he/she calls it out. For example, for “epinephrine,” the caller could say that epinephrine is the medication used to stop an allergic reaction. For “label,” he/she could mention that people with food allergies always have to read labels and use an example.

## Helpful Tips

- Print on card stock.
- Use a hole punch to make BINGO chips out of colored paper, or if you don't need to reuse the cards, use stickers for chips.
- Use small paper cups to hold the chips.
- Purchase small non-food prizes for the winners. Be sure to have a few prizes in case of a tie and/or for multiple rounds of play. For students, the prize can be a special privilege or extra time at recess.
- If you want to create new or more BINGO cards, there are several card generators online. We used [myfreebingocards.com](http://myfreebingocards.com).
- Refer to our Facts and Statistics for information the caller can use.

**Print off your BINGO cards and start playing!**



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## FOOD ALLERGY BINGO CALLERS CARD

Allergist	Peanut	Tree nut	Milk
Wheat	Soy	Anaphylaxis	Courage
Shellfish	Ingredient	Epinephrine	Label
Fish	Sesame	Allergy	Egg

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## FOOD ALLERGY BINGO

Label	Ingredient	Wheat	Soy
Sesame	Allergist	Fish	Courage
Allergy	Anaphylaxis	FREE SPACE	Shellfish
Epinephrine	Egg	Milk	Peanut

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## FOOD ALLERGY BINGO

FREE SPACE	Label	Allergist	Ingredient
Peanut	Sesame	Wheat	Soy
Anaphylaxis	Tree nut	Epinephrine	Courage
Fish	Milk	Egg	Allergy

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## FOOD ALLERGY BINGO

Allergist	Ingredient	Egg	Courage
Label	Shellfish	Anaphylaxis	Wheat
<b>FREE SPACE</b>	Peanut	Tree nut	Epinephrine
Sesame	Fish	Allergy	Milk

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## FOOD ALLERGY BINGO

Peanut	Soy	Tree nut	Allergist
Ingredient	Label	Allergy	Milk
Courage	Anaphylaxis	<b>FREE SPACE</b>	Fish
Shellfish	Epinephrine	Wheat	Sesame

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## FOOD ALLERGY BINGO

Soy	Milk	Shellfish	Wheat
Allergist	Allergy	Epinephrine	Fish
Egg	Ingredient	Peanut	Anaphylaxis
<b>FREE SPACE</b>	Tree nut	Label	Courage

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## FOOD ALLERGY BINGO

Label	Milk	Courage	Ingredient
Sesame	Shellfish	Epinephrine	Egg
Anaphylaxis	Soy	Wheat	Tree nut
Allergy	Fish	<b>FREE SPACE</b>	Peanut

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## FOOD ALLERGY BINGO

Peanut	Sesame	Anaphylaxis	Courage
Tree nut	Allergist	Fish	Ingredient
Milk	Egg	Epinephrine	Wheat
FREE SPACE	Label	Soy	Shellfish

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## FOOD ALLERGY BINGO

FREE SPACE	Milk	Anaphylaxis	Wheat
Shellfish	Tree nut	Ingredient	Egg
Label	Courage	Peanut	Fish
Soy	Sesame	Allergist	Allergy

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## FOOD ALLERGY BINGO

Courage	Tree nut	<b>FREE SPACE</b>	Sesame
Label	Anaphylaxis	Allergist	Shellfish
Peanut	Wheat	Epinephrine	Allergy
Milk	Egg	Soy	Ingredient

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## FOOD ALLERGY BINGO

Egg	Shellfish	Soy	Allergy
Wheat	Milk	Allergist	Fish
Label	Anaphylaxis	Sesame	Courage
Peanut	Tree nut	Epinephrine	<b>FREE SPACE</b>

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## FOOD ALLERGY BINGO

Wheat	Egg	Peanut	<b>FREE SPACE</b>
Epinephrine	Ingredient	Allergy	Courage
Fish	Anaphylaxis	Shellfish	Milk
Label	Sesame	Soy	Tree nut

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## FOOD ALLERGY BINGO

Epinephrine	Peanut	Milk	Label
Shellfish	<b>FREE SPACE</b>	Allergist	Courage
Wheat	Fish	Egg	Sesame
Tree nut	Anaphylaxis	Allergy	Ingredient

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## FOOD ALLERGY BINGO

Fish	Tree nut	Wheat	Allergist
Allergy	Sesame	Soy	Courage
Ingredient	Milk	Anaphylaxis	Shellfish
<b>FREE SPACE</b>	Egg	Label	Peanut

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## FOOD ALLERGY BINGO

Peanut	Wheat	Anaphylaxis	Ingredient
Soy	Sesame	Allergy	Fish
Label	<b>FREE SPACE</b>	Epinephrine	Shellfish
Milk	Courage	Egg	Allergist

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## FOOD ALLERGY BINGO

Soy	<b>FREE SPACE</b>	Fish	Ingredient
Epinephrine	Wheat	Shellfish	Sesame
Allergy	Peanut	Courage	Label
Anaphylaxis	Milk	Allergist	Tree nut

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## FOOD ALLERGY BINGO

Courage	Ingredient	Sesame	Allergist
Anaphylaxis	Peanut	Soy	Epinephrine
Shellfish	Egg	Fish	Tree nut
Wheat	<b>FREE SPACE</b>	Label	Milk

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## FOOD ALLERGY BINGO

Epinephrine	Egg	<b>FREE SPACE</b>	Label
Allergist	Peanut	Wheat	Ingredient
Sesame	Soy	Courage	Shellfish
Fish	Anaphylaxis	Milk	Allergy

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## FOOD ALLERGY BINGO

Fish	Egg	Milk	Anaphylaxis
Ingredient	Epinephrine	Tree nut	Peanut
Allergy	Courage	Shellfish	<b>FREE SPACE</b>
Sesame	Label	Allergist	Soy

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## FOOD ALLERGY BINGO

Peanut	Courage	Sesame	Anaphylaxis
Fish	Shellfish	Tree nut	Wheat
<b>FREE SPACE</b>	Epinephrine	Soy	Allergy
Allergist	Ingredient	Milk	Egg

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## FOOD ALLERGY BINGO

Soy	Epinephrine	Sesame	Fish
Label	Wheat	Ingredient	Shellfish
Courage	<b>FREE SPACE</b>	Allergist	Anaphylaxis
Tree nut	Milk	Peanut	Egg

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## FOOD ALLERGY BINGO

Allergist	Courage	Fish	Sesame
Milk	Allergy	Anaphylaxis	Soy
Wheat	Ingredient	Epinephrine	Peanut
FREE SPACE	Label	Tree nut	Egg

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## FOOD ALLERGY BINGO

Shellfish	Anaphylaxis	Allergist	Wheat
Tree nut	Epinephrine	FREE SPACE	Soy
Allergy	Ingredient	Label	Peanut
Sesame	Courage	Milk	Fish

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## FOOD ALLERGY BINGO

Egg	Milk	<b>FREE SPACE</b>	Allergy
Shellfish	Label	Courage	Tree nut
Epinephrine	Anaphylaxis	Allergist	Soy
Ingredient	Fish	Wheat	Sesame

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## FOOD ALLERGY BINGO

Sesame	Anaphylaxis	Epinephrine	Shellfish
Tree nut	<b>FREE SPACE</b>	Milk	Label
Peanut	Fish	Courage	Ingredient
Soy	Wheat	Allergy	Allergist

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## FOOD ALLERGY BINGO

Peanut	Tree nut	Fish	Wheat
Allergist	Label	Allergy	Shellfish
Sesame	<b>FREE SPACE</b>	Epinephrine	Soy
Anaphylaxis	Milk	Ingredient	Egg

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## FOOD ALLERGY BINGO

Soy	Milk	<b>FREE SPACE</b>	Courage
Anaphylaxis	Ingredient	Shellfish	Tree nut
Egg	Allergist	Sesame	Fish
Wheat	Epinephrine	Label	Peanut

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## FOOD ALLERGY BINGO

Tree nut	Peanut	Allergist	Ingredient
<b>FREE SPACE</b>	Milk	Soy	Egg
Shellfish	Allergy	Sesame	Wheat
Label	Epinephrine	Courage	Anaphylaxis

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## FOOD ALLERGY BINGO

Shellfish	Egg	Ingredient	<b>FREE SPACE</b>
Fish	Anaphylaxis	Courage	Allergist
Epinephrine	Milk	Tree nut	Wheat
Sesame	Allergy	Label	Soy

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## FOOD ALLERGY BINGO

Courage	Egg	Allergy	Anaphylaxis
<b>FREE SPACE</b>	Shellfish	Sesame	Soy
Peanut	Ingredient	Allergist	Milk
Wheat	Tree nut	Epinephrine	Label

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## FOOD ALLERGY BINGO

Ingredient	Peanut	Allergy	Tree nut
Soy	Courage	Allergist	Egg
Wheat	Sesame	Label	Milk
Shellfish	Epinephrine	<b>FREE SPACE</b>	Anaphylaxis

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