

# RED SNEAKERS FOR OAKLEY

*Red Sneakers for Oakley is a 501(c)(3)  
nonprofit committed to educating and  
advocating for food allergy awareness to  
save lives.*



**Days Program: Ages 4-7**

# OUR STORY

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Oakley was the 11-year-old son of Robert and Merrill, and twin brother of Olivia Debbs. In November 2016, we tragically lost Oakley due to a fatal anaphylactic reaction to walnut extract.

Shortly after Oakley's death, we decided to publicly share Oakley's story to help raise awareness about the dangers of food allergies.



We immediately saw a need for education and awareness and founded the non-profit organization Red Sneakers for Oakley to prevent what happened to Oakley from happening to another child.

Oakley wore red sneakers in the multiple sports he played, they were his favorite. Red Sneakers have now become a powerful symbol to represent food allergy awareness around the world.

We hope you will put on your red sneakers in support of food allergy awareness and help prevent life-threatening anaphylactic reactions.

-The Debbs Family

**To read Oakley's full story,  
visit [redsneakers.org/oakleys-story](https://redsneakers.org/oakleys-story).**

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# BECOME A RED SNEAKER AMBASSADOR

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**THE RED SNEAKER AMBASSADOR  
PROGRAM IS AN OPPORTUNITY TO  
EDUCATE AND PROMOTE AWARENESS  
ABOUT THE MANY DANGERS  
ASSOCIATED WITH FOOD ALLERGIES**

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Ambassadors inspire, educate and empower their peers to understand the physical and social impact of food allergies.

They teach peers how to confidently take action during an allergic reaction, and advocate for safety and acceptance for those who suffer from food allergies.

Being a Red Sneaker Ambassador not only provides the opportunity to advocate for a meaningful cause, but it also features exciting benefits.

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[Sign Up To Be An Ambassador Here](#)



# AMBASSADOR BENEFITS & REQUIREMENTS

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## Red Sneaker Ambassadors will receive:

- A pair of Red Converse Sneakers
- RSFO Ambassador Merchandise
- Exclusive access to discounts from RSFO sponsors & partners
- The opportunity for recognition on the RSFO website and social media
- Materials to support your food allergy awareness and education initiatives

## Program Requirements:

- Annually organize and lead at least one Red Sneaker Day (RSFO will provide support as needed)
- Celebrate International Red Sneakers Day (May 20th) by posting educational content on social media and sharing why you wear red sneakers
- Become an advocate in your community and bring awareness to RSFO's mission for the food allergy community
- Set yourself an annual fundraising goal



# WHAT IS A RED SNEAKER DAY?

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**Red Sneaker Days are designed to engage and inspire students, parents and school staff to become informed about the importance of food allergy awareness.**


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Our school program provides education on how to properly prepare for and respond to anaphylaxis.

The school program also provides lesson plans, flyers, book recommendations, posters and game-filled activities for students to help build community, compassion, and understanding for those who have food allergies.



**ONE IN 13 CHILDREN,  
OR ROUGHLY TWO  
CHILDREN IN EVERY  
CLASSROOM HAVE  
FOOD ALLERGIES.**



**ONE IN SIX  
CHILDREN WILL  
HAVE A REACTION  
AT SCHOOL.**

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## Red Sneaker Day Objectives

- Promote food allergy awareness
- Provide a safe environment for kids
- Inform and educate
- Create a community that supports students with food allergies





# MAY 20<sup>TH</sup>

## PARTICIPATE IN INTERNATIONAL RED SNEAKERS DAY

for food allergy awareness



- 1 Take a photo of yourself in red sneakers (or anything red).
- 2 On May 20th, post your photo on social media to help spread food allergy awareness!
- 3 Tag us! @redsneakersforoakley on Facebook and Instagram. Tag @oakley\_red on Twitter.
- 4 Use hashtags:  
#redsneakersforoakley  
#foodallergyawareness  
#internationalredsneakersday

VISIT [REDSNEAKERS.ORG/IRSD](https://redsneakers.org/irsd) FOR MORE INFO



@RedSneakersForOakley



@redsneakersforoakley



@oakley\_red



# HOST A RED SNEAKER DAY

## Suggested Red Sneaker Day Events:

Schoolwide Assembly

Class Art Project

Fundraiser

PSA Viewing

Community Day

Organize a Sports Event

Participate In International Red Sneakers Day

Story Time With a Food Allergy Book

Top 9 Allergen Relay Game

Red Sneaker Coloring Activity

Dress Down Day Fundraiser



# BOOKS

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- o The Peanut Pickle: A Story About a Peanut Allergy  
By Jessica Jacobs
- o The BugaBees: Friends with Food Allergies By Amy Recob
- o Horace and Morris Say Cheese (Which Makes Dolores Sneeze!)  
By James Howe
- o The Princess and the Peanut Allergy By Wendy McClure
- o Mangos for Max By Jessica St. Louis
- o My Food Allergy By Amber DeVore, R.D
- o The Cookie: A Story of Friendship and Food Allergy  
By Kath Grimshaw
- o Lucas Takes His Food Allergies to Daycare By Megan Herr
- o Shadow Siblings: Discovering Your Unknown Super Power  
By Nicole Leinbach and Claire Reyhle
- o Super Zacky: Zacky Finds His Superpowers  
By Ms. Priscilla Hernandez and Zacky Munoz
- o The Land of Not By JJ Vulopas
- o The Class That Can: Food Allergies By JJ Vulopas
- o Penny and the Peanut by Micaa Thomas
- o Can You? A Food Allergy Story by Emily Duty
- o Charlie Learns About Her Food Allergies by Katie Holl





# COLORING PAGES

Use as a class activity or coloring contest

**No Biggie Bunch** **Everyday COOL with Food Allergies**  
A coloring page from The No Biggie Bunch®



We clean our hands before we eat.



We have emergency medicine nearby.



We practice how to say "No, thank you," and mean it.



We know that labels help us know what food is meant for us.

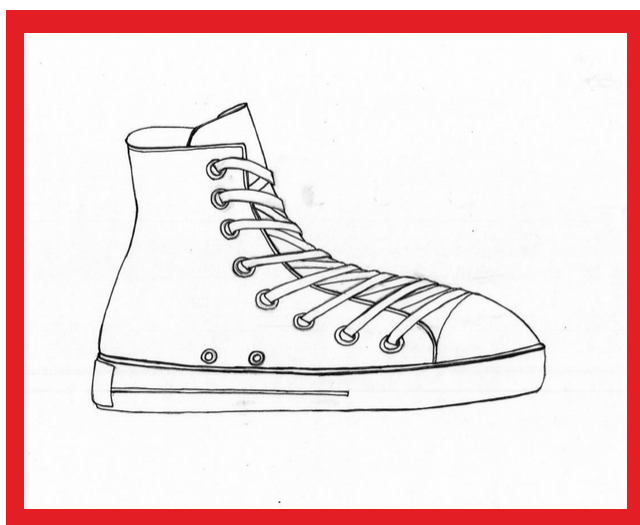
We share our feelings and alert grownups.

Order No Biggie Bunch books at: [www.NoBiggieBunch.com](http://www.NoBiggieBunch.com)  
Copyright © 2010 by Michael Postner, Heather Mehra and Kerry McManama, illustrations © Michael Kline (dogfoose.com)

Red Sneakers for Oakley™

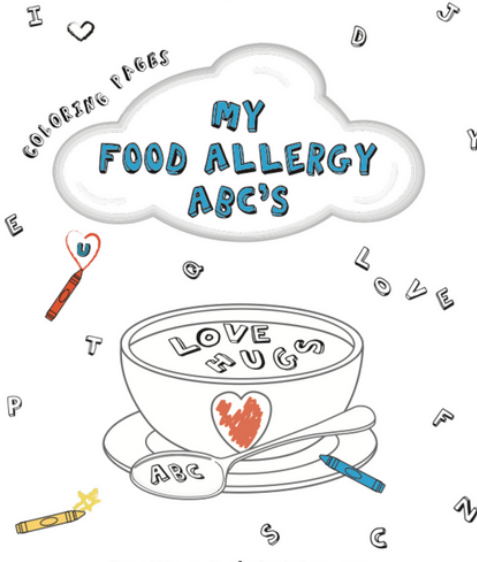


Food Allergy Awareness



COLORING PAGES

**MY FOOD ALLERGY ABC'S**



Brought to you by *the* food allergy app...  
Allergy Force



# VIDEOS AND PRESENTATION RESOURCES

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My Food Allergy Friends offers food allergy books and resources in order to create a fun and visual way for young children to learn about food allergies. To support teachers, parents and classmates in keeping children with food allergies safe.

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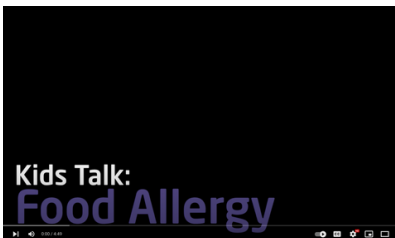
This short presentation teaches young children about food allergies and how to keep each other safe.

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The Be a PAL® education program can help children learn how to Protect A Life by being a good friend to kids with food allergies. Parents, teachers, scout troop leaders, youth group leaders, or coaches can use the resources on this page to present the program in English or Spanish.

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This short and informative video can be utilized in the classroom and have associated FAQ sheets, discussion questions, and teacher guides to facilitate open dialogue in school!

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The PSA: Spell It Out is a short video sharing the most common food allergens and what kind of foods they can be found in.



# EDUCATION FOR CARETAKERS

## STOP.LOOK.ASK.GO

Food Allergy Education for the Early Childhood Years.

We want children to: **STOP** before they eat. **LOOK** at the food. **ASK** an adult if it's OK. **GO** if the adult says so.



Register for FREE with CE and PD credits available!

### Collaborative partners:

- FARE
- CFAAR
- Lurie Children's Hospital
- Northwestern Medicine
- OneOp

[Click Here to Register](#)

This training is appropriate for all adults who care for and work and interact with children birth through 6 years of age. Adults who interact and work with infants, toddlers, and preschoolers from civilian and military families in daycares, early intervention services, family childcare, preschools, and/or parks, recreation, and enrichment programs will benefit from this online training.



# RELAY GAME

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The goal of the 9 Allergens Relay Game is to show the dangers of cross contamination that those with allergies experience on a daily basis. It teaches the importance of washing hands and sanitizing areas that may have been contaminated with an allergen.

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## Supplies Needed:

- Space for students to move around
- 9 Allergens Cards
- Area to represent a hand washing station
- Optional supplies: Dodgeballs or other similar sports equipment
- Obstacle course items such as hoola hoops, cones, etc.

[Click for Full Lesson Plan](#)



# TOSS THE YARN

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The purpose of this game is to show how an allergen can be passed from person to person so easily (cross-contamination). It is designed to show the importance of washing your hands and sanitizing surfaces.

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## Instructions:

Have a student begin the game by holding a ball of yarn. Identify one of the 9 major allergens that has "contaminated" a student's desk. The student begins to pass around the ball of yarn (allergen) while holding onto the string.

Optional addition to the game: Have each student name all the people who had touched the allergen before them in the correct order.



# MAKING FRIENDS FEEL WELCOME

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The purpose of this activity is to promote inclusion and prevent future bullying associated with food allergies.

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This activity uses a series of “yes and no” or “happy and sad” questions to engage students and help them learn about what someone with allergies might be feeling.

As the teacher or facilitator asks the questions, students will move to the right side of the room if they answer “yes/happy.” They will move to the left side of the room if they answer “no/sad”.

[Click for Full Lesson Plan](#)



# CLUB O!



## FOOD ALLERGY CLUB

[redsneakers.org](http://redsneakers.org)

Club O! is a safe space for kids with food allergies. Club O! provides a community for kids with food allergies and food allergy allies to come together with one purpose: awareness. It is designed to alleviate the anxiety associated with food allergies while at school and provide a better understanding of what it is like living with a food allergy. Club O! will also provide opportunities for non-allergic students to learn how to support a friend with food allergies.



# CLUB O! CONTINUED

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Start a Club O! at your school to help raise food allergy awareness. Everyone is welcome! Club O! members will work together to accomplish the following:

- Plan a Red Sneaker Day
- Plan a fundraising event
- Share Oakley's story
- Create a community for kids with food allergies at your school
- Share food allergy facts and resources at your school
- Educate your school on what it is like living with food allergies







## CONTACT US



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