



Did you know that in Canada, 6-8% of children have a food allergy? To live safely with food allergy, a person must strictly avoid the food. Even a tiny amount can cause a serious reaction. A person with a food allergy must always carry an epinephrine auto-injector in case of a reaction. Thanks to donations to the Children's Hospital Foundation of Manitoba, an app has been created to help kids and teens living with a food allergy. Introducing... Kung Food!

Aimed to improve knowledge and skills the Kung Food app features allergy trivia and simulations. Users can test their Food Allergy I.Q. as they go through different scenarios to try to earn a black belt. The Allergy Alert feature allows the user to send out a text reminder message to friends or family about their allergy. This can be helpful reminder to family and friends when going over to someone's house to eat.

Kung Food was developed by nurse educators and allergists at the Children's Allergy and Asthma Education. The CAAEC offers education for everyone on their child's food allergy and asthma. Learn at [www.caaec.ca](http://www.caaec.ca).

**Thanks to donors, amazing things are happening to help kids with food allergies. Kung Food is available as a free download in the App Store and Google Play store.**

## FUN TIMES WITH DR. GOODBEAR

Presented by your friends at



Psst! Turn the page over to enter a fun colouring contest!



## JOKES OF THE MONTH



**Q: Why do hummingbirds hum?**

A: Because they forgot the words!

**Q: What color socks do bears wear?**

A: They don't wear socks, they have bear feet!



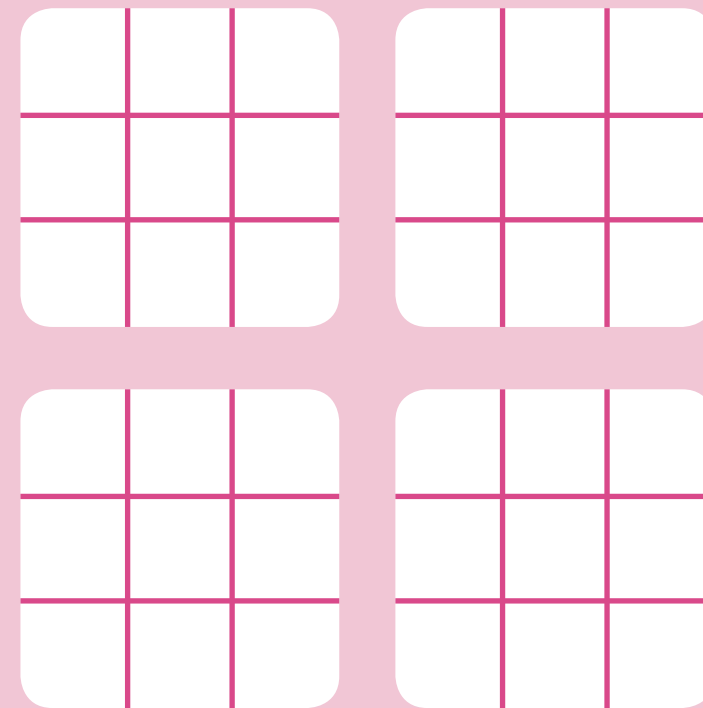
**Q: Why are gulls named seagulls?**

A: If they were by the bay, they'd be bagels.

**Q: Why do bananas use sunscreen?**

A: Because they peel.

## TIC-TAC-TOTALLY FUN!



**MIRACLE TREAT DAY  
THURSDAY  
AUG 8**

Learn more at [goodbear.ca](http://goodbear.ca)



# COLOURING CONTEST



## Enter to win a Children's Hospital Foundation of Manitoba Gift Basket

YES! I want to receive *Teddy eNews* updates on the Children's Hospital Foundation of Manitoba events and activities.

Information is only used by the Children's Hospital Foundation of Manitoba and is not sold or disclosed to other parties.

I wish to share my story

Child's Name: \_\_\_\_\_

Age Category:  1-6 years old  7-12 years old

Parent/Legal Guardian's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Entries can be dropped off at:** The nurses unit or at the Children's Hospital Foundation of Manitoba offices: Yellow Deer Elevators, 5th Floor.

**Draw Date:** September 30, 2019 at Noon.

Winner by random draw will be notified by telephone.