

STATE OF NORTH DAKOTA

PROCLAMATION

FOOD ALLERGY AWARENESS WEEK

MAY 10-16, 2026

WHEREAS, food allergies affect approximately 32 million Americans, including 6 million children; and

WHEREAS, a food allergy is an immune system response to a food the body mistakenly believes is harmful. When the food is ingested, the immune system releases massive amounts of chemicals, including histamine, that triggers a cascade of symptoms that can affect the respiratory system, gastrointestinal tract, skin system and cardiovascular system; and

WHEREAS, the prevalence of food allergies appears to be increasing among children under the age of 18; approximately two students in every classroom has a food allergy; and

WHEREAS, according to the Centers for Disease Control and Prevention (CDC), between 1997 and 2011, the prevalence of food allergies rose 50%; and

WHEREAS, nine foods account for 90% of all food allergy reactions: peanuts, tree nuts, milk, eggs, wheat, soy, fish, shellfish and sesame; and

WHEREAS, managing a food allergy daily involves constant vigilance, and trace amounts of an allergen can still trigger an allergic reaction in some individuals; and

WHEREAS, there is no cure for food allergies. Strict avoidance is the only way to prevent an allergic reaction.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
May 10-16, 2026, FOOD ALLERGY AWARENESS WEEK in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE