



ausEE

A charity dedicated to improving lives affected by eosinophilic disorders

Don't eat on August 8

top 8 challenge

Can you go a day without your favourite food?

On August 8 – for one meal or for the whole day – do not eat any of the top 8 common allergenic foods and don't eat to make a real difference.

MILK EGGS WHEAT FISH PEANUTS TREE NUTS SOY SHELLFISH

NO

August 8
Are you up for the challenge?
www.top8challenge.com



Funds raised will be utilised to support Australian medical research into eosinophilic gastrointestinal disorders and to aid ausEE Inc. in providing support and information to anyone diagnosed with or caring for someone with an Eosinophilic Gastrointestinal Disorder.

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