

Elimination Diet

Resource Guide





INTRODUCTION:

What is an elimination diet?

Many people with food allergies, food intolerances, eosinophilic disease, or other diagnoses need to avoid eating certain foods. They must take foods that cause or trigger problems out of their diet. This is called an elimination diet. An elimination diet does have some risks. The risks include poor intake of calories, protein, vitamins, or minerals, depending on the type and number of foods avoided. This diet may also add stress or worry to both the child and family.

This resource guide will help you learn how to follow an elimination diet. It has information about reading the food labels and tips for planning meals. Individualized nutrition guidelines for you or your child will be given to you during your visit with the dietitian. These guidelines ensure that you or your child will get enough nutrition while following this diet.

Please bring this guide to all your visits with the dietitian. Be sure to contact your dietitian with any questions you have about your or your child's nutrition and the elimination diet.

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Chapter One:

Nutrition Recommendations

- Feeding Your Baby for the First 12 Months
- Feeding Your Toddler
- Feeding Your School Age Child
- Allergen Free Multivitamins
- Allergen Free Calcium and Vitamin D



Feeding Your Baby for the First 12 Months

Why should I follow guidelines for feeding my baby?

Feeding your baby is one of the most important jobs you have. In the first year of life, your baby grows and develops quickly. Good nutrition is very important during this time. Knowing how and when to start your baby on solid foods may be confusing. This information will help you meet your baby's nutritional needs.

Age	Watch for these skills	Foods to offer
Birth to 6 months:		• Use breast milk or infant formula. Do this until your baby is 1 year old.
6 to 7 months:	• Uses hands to help hold the bottle steady. • Holds head steady.	• Continue breast milk or formula. • Add single grain infant cereal to your baby's diet. Do not add cereal to a bottle unless directed by health care provider. • Add pureed or blended foods such as fruits, vegetables and meats to your baby's diet. It does not matter what order you start these foods.
7 to 8 months:	• Starts to sit without support. • Starts to hold a spoon while caregiver feeds. • Opens mouth for spoon. • Tries to bite food.	• Continue breast milk/formula, cereal, and purees. • Add new purees and multigrain cereals to your baby's diet. Offer solids 1 to 3 times per day. • Start to offer breast milk or formula as sips from an open cup with meals.
8 to 10 months:	• Can bite into foods. • Continues to work on bringing spoon to mouth. • Starts to use fingers for feeding. • Eats with up-and-down munching movement. • Takes sips from open cup.	• Continue breast milk/formula, cereals, and pureed fruits, vegetables, and meats. • Add mashed foods, such as cooked beans. Offer a variety of solids 3 times per day. • Continue to offer breast milk or formula as sips from open cup with meals. Add finger foods to your baby's diet: • Toast, crackers • Cooked noodles, cooked rice • Soft fruit slices (bananas, pears) • Cheese • Solid foods that melt in the mouth easily (puffs, dry cereal, cookies that crumble easily)

Feeding Your Baby for the First 12 Months

10 to 12 months:	• Can hold spoon and bring it to mouth, but cannot use it for feeding on own. • Helps hold cup. • Starts to eat on own using fingers.	• Continue foods listed above for 8 to 10 months. • Add finely diced table foods, like pancakes with syrup or pieces of deli meats. • Add plain yogurt, cottage cheese and scrambled eggs. Add pasteurized whole milk once your child reaches 1 year old. • Continue to offer breast milk, formula, or whole milk (after 1 year) in an open cup with meals. • Offer solids at 3 meals and up to 2-3 snacks per day.
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Tips for feeding

- Do not prop your baby's bottle. When bottle feeding, cradle your baby in a semi-upright position and support their head.
- Try one "single-ingredient" new food at a time. Wait 2 to 3 days before starting another. This gives you time to watch for any allergic reactions.
- Infants less than 6 months of age do not need extra water for hydration even in hot, dry climates. If your baby is sick, talk with their doctor before giving your baby fluids other than breast milk or infant formula.
- Do not give your baby fruit juice, Kool-Aid®, fruit punch, soda, sugar water, tea or coffee.
- Do not give your baby fried foods, high fat gravies, sauces or processed meats such as bologna or hot dogs.
- Keep your baby in a highchair when feeding solids.

Food Allergens

- Once your baby is eating foods, you can also feed them foods with common allergens. This means you can offer them safe forms of peanuts, wheat, eggs, and fish. Here are some ideas for safely introducing these foods:
- Add 2 teaspoons of creamy peanut butter or peanut powder to a jar of smooth baby food, like bananas
- Peanut puffs
- Whole wheat infant cereal
- For older babies (10 months or older): scrambled eggs, small pieces of flaky fish
- Look for jarred or other premade infant foods that contain these common allergens
- Talk to your doctor if your baby has food allergies or if you are unsure if your baby should be eating these common allergens.

Feeding Your Baby for the First 12 Months

Do not give your child foods from the list below. Babies can choke on small pieces and hard, thick, or sticky food such as:

Grapes	Raw vegetables	Raisins	Gum
Nuts	Pretzels	Chips	Popcorn
Candy	Hot dogs	Fruit Leather	Peanut butter*

*Babies can choke on thick clumps of peanut butter. It is okay to give your baby peanut butter if it is mixed into a puree or spread thinly on a cracker or piece of toast.

Do not use sugar, honey, salt or pepper on your baby's food. Uncooked honey and corn syrup (i.e. Karo Syrup®) may cause a kind of infant food poisoning called botulism. Do not give these to a child younger than one year.

Supplements

Vitamin D

- All breastfed babies should be given 400 IU (International Units) of Vitamin D each day starting the first few days of life. This will prevent rickets. Vitamin D should be given until breastfeeding stops.
- Iron-fortified formula does not have enough vitamin D for babies. If your baby is drinking less than 33 ounces of standard infant formula per day, add 400 IU infant vitamin D drops.

Iron

- Breastfed babies have enough iron until 4 to 6 months old. Talk with your baby's doctor to see if they need an iron supplement at this age
- Iron-fortified infant formula, along with age-appropriate solids, can give enough iron and zinc until your child is one year old.
- It is important to give breast milk and/or formula for at least the first year. Do not use whole milk until after your child is one year old.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.

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Feeding Your Toddler

1 to 3 years old

Your child is ready to move from baby food to regular food. You can help your child move from being fed to self-feeding by watching for signs of interest in new foods. As you introduce new foods, watch closely for signs of allergy, such as a rash, upset stomach or difficulty breathing. If you have concerns, talk with your child's health care provider.

Set a good example. Good eating habits are formed when families eat regular meals together that include a variety of foods. Offering your child different foods helps your child get all the nutrients needed for growth.

Wean your child from the bottle at about one year of age. Continue breastfeeding for as long as you and your baby desire. It is important that breastfeeding doesn't interfere with eating solid food. After your child's first birthday they may switch to whole milk. It may take your child a while to get used to the taste of whole milk, but keep offering it. After age 2, they may switch to low fat dairy products.

Picky eating and eating a limited variety of foods (called food jags) is common in toddlers. It can be frustrating, but it is normal and does not last forever. A child who is growing well and eating some foods from each basic food group is most likely getting enough to eat. Talk to your child's healthcare provider if you:

- Are having a hard time feeding your child.
- Think your child's diet is inadequate.

Feeding tips and mealtime advice

- Offer 3 meals and 2 to 3 snacks each day. Do not skip meals. Do not let your child eat between meals and snacks. This is called grazing.
 - Meals and snacks should be every 2½ to 3 hours.
 - Let your child decide how much to eat and **if** they are going to eat.
 - Have a regular eating place and limit distractions like TV, iPad, or cell phone.
 - Use a belted booster seat or highchair during meals and snacks.
 - Limit mealtimes to 20 to 30 minutes.
- Offer a variety of foods.
- Give new foods in small amounts. If your child doesn't like the food, try again in a few days.
 - Try the new food at a meal that includes other favorite foods.
 - Try the new food at the beginning of the meal when they are the hungriest.
- Offer finger foods so your child can eat on their own. Cut food into bite-sized pieces. Expect your child's first tries at self-feeding to be messy.
- Give water between meals; only offer milk at meal and snack times.
- Avoid juice or limit to 4 ounces a day.
- Avoid offering too many foods at one meal or making special meals.
- Do not force or bribe your child to eat. It does not work and may cause your child to overeat.
- If your child refuses a meal, offer a snack in 2 ½ to 3 hours.

Feeding Your Toddler, Cont.

How much food should my child eat?

Food Group	Serving Size	Offer
Grains Bread Cooked Cereal Dry Cereal Rice, noodles, pasta	½ slice ¼ to 1/3 cup ¼ to ½ cup ¼ to 1/3 cup	Offer 3 to 5 times each day
Fruit Canned Fresh Juice	2 to 3 tablespoons ¼ to ½ small ¼ to 1/2 cup	Offer fruits 2 to 4 times each day. Offer veggies 2 to 4 times each day.
Vegetable	2 to 3 tablespoons	
Dairy Milk Yogurt Cheese	½ cup ½ cup ½ ounce	Offer 4 times each day.
Protein Meat, poultry, fish Dry beans Eggs Peanut Butter	½ to 1 ounce 1/3 cup, cooked ½ to 1 each 1 tablespoon	Offer 2 to 4 times each day.



- Half of the plate should be fruits and vegetables.
- Use this picture to guide food choices and the table to guide portion sizes.

- Start with a small amount on the plate and add more food to the plate as the child eats.
- Foods with protein and fat are important for toddler development and growth. These foods can be difficult for toddlers to accept and eat. It is important to include foods with protein and fat at each meal and snack.
 - If having problems with proteins like meat, try offering softer, easier to eat meats like very tender meat that falls apart or thinly sliced meat.

Feeding Your Toddler, Cont.

How much food should my child eat?

- Healthy meals should include:
 - At least a grain, protein, and fruit or vegetable.
 - An age appropriate milk.

Prevent Choking

- Have your child safe, seated and supervised at meal and snack times.

Foods to avoid:

Nuts

Raisins

Whole grapes

Hot Dogs, unless sliced into 4ths



Raw hard vegetables

Hard candy and jelly beans

–

– Use Caution when serving these foods:

Dried Fruits

Popcorn

Pretzels

Chips

Peanut Butter

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

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Feeding Your School Age Child

Your child is getting more independent. Regular meals and snacks are still important. Use these ideas to help your child start learning to manage meal and snack times.

- Have 3 meals a day at set times. Meals should last only 20 to 30 minutes.
- Let your child start to choose snacks with some rules. For example, snacks should be at set times and at the table.
- Try to keep your child from eating and drinking between meal and snack times (grazing). Try to have your child drink water between meals and snack if they are hungry.
- Set a good example. Eat regular meals that include a variety of foods.
- Try to keep meals and snacks pleasant and stress free.
- Have your child help with grocery shopping and cooking. Let your child pick out fruits and vegetables with you!
- Make eating fun and be creative. Cut foods into shapes with cookie cutters or eat breakfast foods at dinner.
- Be patient with new foods and keep offering them. It can take up to 12 tries for a child to accept a new food.
- Do not use food as a bribe or reward for your child.
- Add colorful veggies like broccoli and carrots to sauces, casseroles, or soups.
- Add bright fruits such as berries to cereal or yogurt.
- Don't be a short order cook. Have your child try what the rest of the family is eating. Let them try a small portion first.



****If your child is a picky eater, talk to your doctor or dietitian about giving them an appropriate complete multivitamin.**



How much should my child eat?

Use the MyPlate method to learn portion sizes.



Feeding Your School Age Child, Cont.

Recommended Daily Amount from Each Food Group

Daily intake from each food group varies based on each child's age.

Food Group (recommended serving)	Serving Examples
Vegetables (1½ to 4 cups per day)	• 1 cup cooked or raw vegetable • 2 cups raw leafy greens
Fruit (1 to 2½ cups per day)	• ½ cup cut up fruit • 1 piece fresh fruit (equal to the size of a baseball)
Milk/Dairy (2½ to 3 cups per day)	• 8 ounces of cow's milk, enriched soy milk • 1 cup yogurt • 2 slices of cheese or 1/3 cup shredded cheese
Grains (4 to 10 ounces per day)	1 ounce equals: • 1 slice of bread • ½ cup cooked cereal, rice or pasta • 1 cup breakfast cereal • 1 regular pancake or waffle
Meat/protein (3 to 7 ounces per day)	1 ounce equals: • 1 ounce cooked meat, poultry, fish or seafood • ¼ cup cooked beans • 1 egg • 1 tablespoon nut butter • 1/2 ounce of nuts or seeds

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#1596 July 2022

Allergen Free Multivitamins

Supplement Name	Website	Serving Size	Mg of Calcium	IU of Vitamin D
Up & Up Kids Complete Multivitamin (Target brand)	www.target.com	Under 4 years of age: ½ chewable tablet 4 years of age and older: 1 chewable tablet	100 mg per tablet	600 IU per tablet
NanoVM Powder Multivitamin 1-3 years	www.solacenutrition.com	2 scoops	700 mg	600 IU
NanoVM Powder Multivitamin 4-8 years	www.solacenutrition.com	2 scoops	1000 mg	600 IU
VitaFlo FruitiVits Powder Multivitamin	www.vitaflousa.com	4 years of age and older: 1 packet	715 mg	520 IU
Buried Treasure Children's Daily Liquid Multivitamin and Mineral Supplement	www.buriedtreasureln.com	2 Tablespoons	200 mg	400 IU
Garden of Life Vitamin Code Kids	www.gardenoflife.com	Under 4 years of age: 1 chewable tablet 4 years of age and older: 2 chewable tablets	0 mg per tablet	400 IU per tablet

Note:

Always choose supplements with vitamin D3, **not** vitamin D2.

Allergen Free Calcium and Vitamin D

Supplement Name	Website	Serving Size	Mg of Calcium	IU of Vitamin D
Lil' Critters Calcium with Vitamin D	www.gummyvites.com	Under 4 years of age: 1 gummy bear 4 years of age and older: 2 gummy bears	110 mg per gummy bear	220 IU per gummy bear
FitFormula Classic Calcium + Vitamin D	Fitformulawellness.com	1 packet	1000 mg	1000 IU
Calcium 2 Go	www.olympianlabs.com	1 packet	1000 mg	1500 IU
Kirkman Labs Calcium with Vitamin D Powder—Hypoallergenic	www.kirkmangroup.com	1/2 teaspoon (3 grams)	1000 mg	175 IU
Tums Regular Strength	http://www.tums.com	1 tablet	500 mg	0 IU
Tums Extra Strength	http://www.tums.com	1 tablet	750 mg	0 IU
Tums Smoothies - Peppermint	http://www.tums.com	1 tablet	750 mg	0 IU
Tums Ultra Strength	http://www.tums.com	1 tablet	1000 mg	0 IU
D-Vi-Sol	http://www.enfamil.com	1 mL	0 mg	400 IU
Rainbow Light Sunny Gummies Vitamin D ₃ 400 IU	http://www.rainbowlight.com	4 years of age and older: 1 gummy	0 mg	400 IU

Note: Always choose supplements with vitamin D3, **not** vitamin D2.

Chapter Two:

How to Read the Food Label

- Food Allergies: How to read food labels
- Tips for Avoiding Your Allergen
- How to Read a Label for a Sesame-Free Diet
- Questions to Ask the Food Manufacturer



Food Allergies

How to read food labels

Know what to avoid

The Food Allergen Labeling & Consumer Protection Act (FALCPA) of 2004 and the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act of 2021 say that the source of ingredients for some food allergens must be on the food label. These laws cover the 9 most common food allergens.

They are:

- Milk
- Soy
- Peanuts
- Wheat
- Eggs
- Tree nuts
- Fish
- Shellfish
- Sesame

Read all labels. This includes foods, medicines, vitamins, lotion, mouthwash, toothpaste, and pet food.

Read the label every time you buy the product. Ingredients can change without warning.

Where can I find allergens on the label?

The allergens can be found on the food label in two ways.

1. **In the ingredient list.** This list must state the common name, such as wheat. The common name may be in parentheses after the ingredient name.
2. **In the “contains” statement.** This always lists the common name, such as wheat.

INGREDIENTS: SEMOLINA
(WHEAT), DURUM FLOUR, NIACIN,
IRON (FERROUS SULFATE),
THIAMINE MONONITRATE,
RIBOFLAVIN, FOLIC ACID.

CONTAINS WHEAT INGREDIENTS.
THIS PRODUCT IS
MANUFACTURED ON EQUIPMENT
THAT PROCESSES PRODUCTS

What is a manufacturers warning?

This warning lets you know that there **may be** cross-contact with an allergen. Phrases like “may contain”, “processed in”, or “manufactured on” may be used. These warnings may show up anywhere on the label. (See example – last sentence on the sample label)

Avoid foods that have a manufacturers warning on the label.

This type of labeling is voluntary. **It is not regulated by the Food and Drug Administration (FDA).** You won't know the risk of cross-contact based on the statement. A label that says, “processed in a facility” **does not mean** that food is safer than food with a label that says “may contain”.

You can call the manufacturer for more information about the risk of cross-contact.

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#1576 June 2022



- All FDA-regulated manufactured food products that contain a “major food allergen” (milk, wheat, egg, peanuts, tree nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- *Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients.

For a Milk-Free Diet

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactulose
buttermilk	milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
casein	milk protein hydrolysate
casein hydrolysate	pudding
caseinates (in all forms)	Recaldent®
cheese	rennet casein
cottage cheese	sour cream, sour cream solids
cream	sour milk solids
curds	tagatose
custard	whey (in all forms)
diacetyl	whey protein hydrolysate
ghee	yogurt
half-and-half	
lactalbumin, lactalbumin phosphate	
lactoferrin	
lactose	

Avoid foods that contain milk or any of these ingredients:

artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat

Keep the following in mind:

- Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.

For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	protein
bulgur	Kamut®
cereal extract	matzoh, matzoh meal (also spelled as matzo, matzah, or matza)
club wheat	pasta
couscous	seitan
cracker meal	semolina
durum	spelt
einkorn	sprouted wheat
emmer	triticale
farina	vital wheat gluten
farro	wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)	wheat bran hydrolysate
freekah	wheat germ oil
hydrolyzed wheat	wheat grass
	wheat protein isolate
	whole wheat berries

Wheat is sometimes found in the following:

glucose syrup	starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
oats	surimi
soy sauce	

For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

albumin (also spelled albumen)	mayonnaise
egg (dried, powdered, solids, white, yolk)	meringue (meringue powder)
egg nog	surimi
globulin	vitellin
livetin	words starting with “ovo” or “ova” (such as ovalbumin)
lysozyme	

Egg is sometimes found in the following:

baked goods	lecithin
breaded items	marzipan
drink foam (alcoholic, specialty coffee)	marshmallows
egg substitutes	meatloaf or meatballs
fried rice	nougat
ice cream	pasta

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.

For a Soy-Free Diet

Avoid foods that contain soy or any of these ingredients:

edamame	soy protein (concentrate, hydrolyzed, isolate)
miso	shoyu
natto	soy sauce
soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)	tamari
soya	tempeh
soybean (curd, granules)	textured vegetable protein (TVP)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

For a Shellfish-Free Diet

Avoid foods that contain shellfish or any of these ingredients:

barnacle	lobster (langouste, langoustine, Moreton)
crab	bay bugs, scampi, tomalley)
crawfish (crawdads, crayfish, ecrevisse)	prawns
krill	shrimp (crevette, scampi)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	oysters
clams (cherrystone, geoduck, littleneck, pismo, quahog)	periwinkle
cockle	scallops
cuttlefish	sea cucumber
limpet (lapas, opihi)	sea urchin
mussels	snails (escargot)
octopus	squid (calamari)
	whelk (Turban shell)

Shellfish are sometimes found in the following:

bouillabaisse	seafood flavoring (e.g., crab or clam extract)
cuttlefish ink	surimi
glucosamine	
fish stock	

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	monkey nuts
beer nuts	nut pieces
cold pressed, expeller pressed, or extruded peanut oil	nut meat
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes	egg rolls
baked goods (e.g., pastries, cookies)	enchilada sauce
candy (including chocolate candy)	marzipan
chili	mole sauce
	nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.

For a Tree-Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

almond	natural nut extract (e.g., almond, walnut)
artificial nuts	nut butters (e.g., cashew butter)
beechnut	nut meal
Brazil nut	nut meat
butternut	nut paste (e.g., almond paste)
cashew	nut pieces
chestnut	pecan
chinquapin nut	pesto
filbert/hazelnut	pili nut
gianduja (a chocolatenut mixture)	pine nut (also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut)
ginkgo nut	pistachio
hickory nut	praline
litchi/lychee/lychee nut	shea nut
macadamia nut	walnut
marzipan/almond paste	
Nangai nut	

Tree nuts are sometimes found in the following:

black walnut hull extract (flavoring)	nut oils (e.g., walnut oil, almond oil)
natural nut extract	walnut hull extract (flavoring)
nut distillates/alcoholic extracts	

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.

For a Fish-Free Diet

Fish is sometimes found in the following:

barbecue sauce	fish stock
bouillabaisse	fishmeal
Caesar salad	nuoc mam (Vietnamese name for fish sauce; beware of other ethnic names)
caviar	pizza (anchovy topping)
deep fried items	roe
fish flavoring	salad dressing
fish flour	seafood flavoring
fish fume	shark cartilage
fish gelatin (kosher gelatin, marine gelatin)	shark fin
fish oil	surimi
fish sauce imitation fish or shellfish	sushi, sashimi
isinglass lutfisk maw, maws (fish maw)	Worcestershire sauce

Keep the following in mind:

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.

Updated November 2020

For more information, visit: foodallergy.org/foodlabels

Sesame free diet



Your child is allergic to sesame. It's important to not eat foods or use products that have sesame in them. This will help stop an allergic reaction from happening. Use this teaching sheet to know what to avoid.

What ingredients should we avoid?

Avoid foods that have sesame or any of these ingredients:

- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Gomasio (sesame salt)
- Halvah
- Sesame flour
- Sesame oil
- Sesame paste
- Sesame salt
- Sesame seed
- Sesamol
- Sesamum indium
- Sesemonlina
- Sim
- Tahini, Tahina, Tehina
- Til

What other foods may have sesame as an ingredient?

Sesame has been found in the food items below.

- Asian foods (sesame oil is used in cooking)
- Baked goods (bagels, bread, buns, rolls)
- Bread crumbs
- Cereals (granola, muesli)
- Chips (pita chips, tortilla chips)
- Crackers (melba toast, sesame snap bars)
- Dipping sauces (baba ghanoush, hummus)
- Dressings, gravies, marinades, sauces
- Falafel
- Flavored Rice
- Goma-dofu (Japanese dessert)
- Herbs and herbal drinks
- Margarine
- Pasteli (Greek dessert)
- Processed meats and sausage
- Protein and energy bars
- Snack foods (pretzels, candy)
- Soups and stews
- Sushi
- Tempeh
- Turkish cake
- Vegetarian burgers

Remember:

- This list does not have all of the foods that may have sesame.
- Sesame is not always in these foods.
- Always check the food label. Ask what is in a food before you eat it.

What are some non-food items that may have sesame?

- Makeup and skincare products
- Vitamins
- Pet foods
- Perfumes
- Medicines

In these items, **Sesamum indicum** may be on the label.

All information is based on content from FARE (Food Allergy Research and Education).

For more information visit: www.foodallergy.org

For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.

Questions to Ask the Food Manufacturer

When you have a food allergy, there may be times when you need to call a food manufacturer. The contact information is on the product label. You can call them:

- To get more information about precautionary labeling.
- To clarify ingredient information.

Make sure you have the food label in front of you when you call. It is important to ask clear, direct questions. Use this list as a guide.

- What is your company's food allergy labeling policy?
 - o When do you use precautionary labeling such as "may contain".
- What is your Allergen Control Plan?
 - o Does this plan include information about how food is: stored, handled, processed and packaged?
 - o Does the plan identify allergenic foods and ingredients?
- Are incoming raw ingredients reviewed for food allergens?
- Are allergenic ingredients or products stored separately to prevent cross-contact?
- Are the employees trained on how to prevent cross-contact?
 - o What type of training do they get and how often do they get this training?

Product information:

1. Does it contain any _____ (allergen)?
2. Is it made or packaged on the same equipment as another product that contains this allergen?
 - o If the answer is yes, ask:
 - What steps are taken to reduce the risk of cross-contact?
 - Are the machines cleaned between products? Is the equipment taken apart so that everything is thoroughly cleaned?
 - Is the allergen free product made on the same day or a different day as the allergen containing product?
3. Is it made or packaged in the same facility as another product that contains the allergen?
 - o If the answer is yes, ask:
 - How do you make sure there is no cross contact?
 - Where is the allergen? Is it in the same room, the other side of the factory, or in a different building?

To sign up for allergy alerts for food recalls and ingredient notices, visit the FARE website at: <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/allergy-alerts>

For more information about food allergies and food manufacturing, visit the FDA website at: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation>

November 2022

Chapter Three:

Cross-Contact

- Avoiding Cross-Contact With Food Allergens



AVOIDING CROSS-CONTACT WITH FOOD ALLERGENS

What is “Cross Contact”?

This happens when an “un-safe” food allergen accidentally comes in contact with an allergen “safe” food.

As a result, the safe food contains small amounts of the allergen and could cause a reaction in persons who are sensitive.

How can I look out for and prevent “Cross Contact”?

It is helpful to understand the ways cross-contact can happen.

Manufactured (labeled) products might volunteer that their product could have accidental inclusion of an allergen by using “advisory” warnings such as: “May contain [allergen]” or “Processed in a facility that also processes [allergen]”. These should be avoided.

Review the following examples, teach others, and ask appropriate questions when obtaining food outside the home.

Examples of Cross Contact in the Home

<i>Problem</i>	<i>Solution(s)</i>
A knife used to spread peanut butter may also be dipped in the jelly jar, tainting the jelly with peanut protein.	Keep a separate jelly jar for the child with allergies. Use clean knives in Jelly first. Some families choose to eliminate peanut from the household.
Preparing an allergen (e.g., chopping walnuts on a counter surface) and then a safe food (e.g., slicing tomatoes) without properly cleaning.	Make the allergen safe food first. Clean cooking equipment including the cooking area with hot soapy water.
Ingredients from an allergenic food may splatter, splash or spill into the allergen free food.	Prepare the allergen free foods first, cover and remove from the cooking area prior to preparing the foods for other members of the household.
Allergen free foods may come in contact with an allergen in storage, in the refrigerator or the cupboard.	Designate a separate shelf in the refrigerator and cupboard for allergen free foods. This shelf should be above the shelf that may store foods with potential allergens. Consider using stickers to identify “safe” foods.

Examples of Cross Contact in Foods from Stores

<i>Problem</i>	<i>Solution (s)</i>
Ice cream shops use the same scoop for multiple flavors thereby causing cross contact with a flavor that may have been safe.	Soft serve ice cream from a separate machines dedicated to one flavor may be safe. Avoid toppings.
In a grocery, open barrel foods may get cross contacted with allergens.	Select manufacturer pre-packaged foods with labels.
A bakery may use allergens without cleaning mixing bowls, baking pans, etc. between uses.	Review your concerns with responsible staff and discuss whether an allergen-safe item can be purchased.
Inadequate cleaning of equipment (for example a grinder used to make peanut and cashew butter, or a mixer used for soy and milk drinks) may expose a food to allergen cross contact.	Ask specific questions about how and when the equipment is cleaned if the equipment is/is not dedicated to one type of food.
Delicatessens may slice various meats and cheeses on shared equipment. Meats could contain allergenic ingredients such as milk, soy, wheat or nuts.	Choose safe packaged meats or ask your delicatessen to slice your order first thing in the morning on a clean machine (and set aside for later pick up).

Examples of Cross Contact in Restaurants

<i>Problem</i>	<i>Solution (s)</i>
Shared grills, pans, utensils, food processors and other equipment may be used without thorough cleaning between the preparations of different dishes	Ask that your food be prepared with clean and separate pans, utensils, and all cooking areas and equipment. Suggest cooking on clean tin foil.
In a Chinese restaurant, a wok may not be cleaned between the preparations of multiple dishes.	Ask for a dish prepared in a clean wok with clean utensils. Depending on the allergen, some families avoid Asian restaurants.
Foods deep fried in a fryer will come in contact with the proteins of other foods previously fried in the fryer	Ask if the fryer used is dedicated to one food. If not, ask for your food to be pan fried or oven fried using clean pans and utensils
The “finishing” chef (or wait staff) may be responsible for the garnish or adding the final touch (such as a pat of butter to a meat dish).	Speak to the person who will be responsible for preparing your safe meal and ask that he/she deliver directly to you
Cafeteria lines and buffets may have greater risk of cross contact due to shared utensils and spills	Avoid buffets. If eating in a school cafeteria, have the food service manager keep the safe food separate to prevent cross contact

RESOURCES

- This program has additional information sheets that you may find helpful
- Explore web sites such as www.foodallergy.org

Chapter Four:

Allowed Foods

- Simple Foods for Kids with Food Allergies
- Egg Replacers
- Wheat Free Cooking Tips



Simple Foods for Kids with Food Allergies

	Milk	Soy	Egg	Wheat	Peanut
Fresh or frozen fruit					
Raw or cooked vegetables					
No salt added canned vegetables					
Meat: Read labels carefully when adding spice mixes or choosing processed meats					
Sticky cooked rice					
Corn tortillas					
Cooked pasta				X	
Milk-free graham crackers				X	
Toast (milk-free, egg-free) Wheat-free toast				X	
Dry cereal (milk-free) - Rice Krispies/Rice Chex - Cheerios				X	
Rice Cakes, plain					
Legumes: - Pinto beans, black beans - Chick peas					
Hummus					
Sliced black olives					
Tofu chunks		X			
Soy cheese, soy yogurt, soy pudding Note: These often will contain casein (ingredient that is made from milk). Read labels carefully.		X			

- This is a list of suggestions. You must still read labels carefully, every time you buy a food product.
 - Avoid foods that contain an 'X' in your allergen column.
- Pay attention to choking hazards for young children (<4 yrs). Offer soft fruits, well cooked vegetables, and tender meats.
- Allergen Free Margarines – (no milk, soy, wheat, eggs, peanuts, tree nuts, fish, or shellfish):
 - Fleishmann's Unsalted Stick margarine (works well for baking)
 - Earth Balance brand: Original, Soy Free, Olive Oil, and Omega-3 Buttery Spreads
 - Look at your store for other brands of allergen-free margarine

*Always check the label. Ingredients can change!

Egg Replacers

Ener-G Egg Replacer:

Ingredients: Potato Starch, tapioca starch flour, leavening (calcium lactate- not made from dairy, calcium carbonate, citric acid), sodium carboxymethylcellulose, methylcellulose

Website: www.ener-g.com

Bob's Red Mill Egg Replacer:

Ingredients: whole soy flour, wheat gluten, corn syrup solids, algin (from algae)

Website: www.bobsredmill.com

*Note: Always check the food label as the ingredients may change.

Egg Replacement Options

1 egg is equal to:

- 2 tablespoons potato starch
- 1/4 cup mashed potatoes
- 1/4 cup canned pumpkin or squash
- 1/4 cup puréed prunes
- 2 tablespoons water + 1 tablespoon oil + 2 teaspoon baking powder
- 1 tablespoon ground flax seed simmered in 3 tablespoons water
- 1 tablespoon soy milk powder + 1 tablespoon cornstarch + 2 tablespoons water
- 1 tablespoon of flaxseed oil + 1/4 cup of banana or applesauce + 1/4 cup of tofu
- 1 tablespoon arrowroot, 1 tablespoon soya flour and 2 tablespoons water
- 2 tablespoons flour + 1/2 tablespoon shortening + 1/2 teaspoon baking powder + 2 teaspoons water
- 1 tablespoon plain agar powder dissolved in 1 tablespoon water, whipped, chilled, and whipped again
- 2 tablespoons cornstarch
- 2 tablespoons arrowroot flour
- 1 heaping tablespoon soy powder + 2 tablespoon water
- 1 tablespoon milled flax seed + 3 tablespoon water – use for light, fluffy cakes!
- 1 tablespoon water + 1/2 tablespoon of oil + 1 tablespoon baking powder
- 1 tablespoon gram (chick pea) or soya flour + 1 tablespoon water
- 1/2 large banana, mashed
- 1 banana - use in cakes.

Tofu: Tofu is a great egg substitute in recipes that call for a lot of eggs, like quiches or custards. To replace one egg in a recipe, purée 1/4 cup soft tofu. Keep in mind that tofu doesn't fluff up like eggs, but it does create a texture that is perfect for "eggy" dishes. Tofu can also be used instead of eggs in eggless egg salad, breakfast scrambles, and meatloaf. Be sure to use plain tofu, not seasoned or baked.

Egg Replacers, Cont.

Homemade Egg Substitute Recipe

To replace 2 whole eggs, sift together:

- 1 tablespoon tapioca or corn starch
- 1 tablespoon potato starch
- 1/4 teaspoon baking powder
- 1/8 teaspoon xanthan gum

Add 1/2 cup water and 2 tsp oil. Whisk until completely mixed and somewhat frothy. This egg replacement works well in delicate, light-colored items like yellow cakes and sweet muffins.

Flax Goop Recipe

To replace 1 egg, mix together in a small bowl or mug and let sit for a couple of minutes until it gets like jelly:

- 2 tablespoons finely ground flax seeds
- 3 tablespoons water

Flax goop has a nutty flavor that works fine in breads, cookies, bars and brownies. It may not be good for cakes or lighter vanilla-flavored items. It does help with browning, and it provides some omega-3 oils and fiber. **Remember to freeze ground flax**, because it goes bad very quickly (turns rancid) from oxidation of the healthy oils. If you use ground flax seeds, grind them only as you need them.

Eggs as a Binder

For recipes that use eggs mostly to hold ingredients together, such as drop cookies and breaded meats. Possible substitutes for one egg include:

- 1/2 of a medium banana, mashed
- 1/4 cup of applesauce (or other pureed fruit)
- 3-1/2 tablespoons gelatin blend (mix 1 cup boiling water and 2 teaspoons unflavored gelatin, and then use 3-1/2 tablespoons of that mixture per egg)
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water; let stand 1 minute before using
- Commercial egg replacement products (see above)
- Soy milk
- Soy dessert - vanilla, chocolate, strawberry...
- Soya cream
- Plain silken tofu
- Sweet white sauce (soya milk, vegan margarine, sugar and corn flour)
- Agar

Xanthan Gum: Xanthan gum can be added to egg-free cakes and cookies, and milk-free ice cream, to bind and add texture. Use about one teaspoon per recipe. Xanthan gum is a white powder that comes from the exoskeleton of a bacterium. It is cultivated on corn sugar.

August 2022

Wheat-Free Cooking Tips

A wheat free diet is the avoidance of the grain *wheat*. A wheat free diet is different from a gluten free diet. A wheat free diet does not require the avoidance of all gluten. Gluten is found in wheat, barley, rye, and some oats. Patients with celiac disease follow a gluten free diet. Celiac disease is not a food allergy. It is a disease of the GI tract.

Gluten-free is a claim that is now regulated by the FDA. Manufacturers can choose whether or not to put a gluten-free claim on the food label. If they add this claim to the label, the product must contain less than 20 parts per million of gluten. This means that the product could contain a small amount of wheat.

Gluten-free products may be safe for a wheat free diet, however, it is required that you read the ingredient list and allergy information to make sure the product is also wheat free. This means you can use the gluten-free claim to find options for wheat-free products, but you must still read the ingredient list to ensure the product is wheat-free.

Substitutes for wheat flour:

- **Amaranth Flour:** can be used to replace up to 25% of flour needed. Great for baking when combined with a non-grain flour.
- **Arrowroot Flour:** used to thicken recipes.
- **Banana flour:** made from unripe, green bananas. Has a bran-like taste.
- **Barley Flour:** used to thicken or flavor soups or stews. Has a moist, sweet, nut- like flavor. Can be used for biscuits, pancakes, cookies, and breads.
- **Brown Rice Flour:** helpful in a heavier product, but normally mixed with other flours because it is so heavy.
- **Buckwheat Flour:** not generally used on its own. Unique flavor that can be used in both quick and yeast breads.
- **Cassava Flour:** made from grating and drying cassava root.
- **Chia Flour:** made from ground chia seeds.
- **Chick Pea Flour** (Gram or Garbanzo Flour): not normally used on its own.
- **Coconut Flour:** made from dried, defatted coconut meat. Contains a light coconut flavor.
- **Coffee Flour:** made from coffee cherry fruit. Does not taste like coffee.
- **Corn Flour:** used to thicken recipes and sauces.
- **Cornmeal:** not generally interchangeable in recipes.
- **Hemp Flour:** made from ground hemp seeds. Has a mild, nutty flavor.
- **Lupin Flour:** made from a legume in the same plant
- **Millet Flour:** used to thicken soups and make flatbreads and griddle cakes.
- **Potato Flour:** very heavy with a strong potato flavor.
- **Potato Starch Flour:** light potato flavor, normally not noticed in recipes.
- **Oat flour:** made from ground oats. May not be gluten-free.

Wheat-Free Cooking Tips, Cont.

- **Quinoa flour:** has a nutty taste, higher in fiber and protein than other flours. Often used for baking. Makes baked goods more moist.
- **Rye Flour:** has a strong flavor. Often used to make bread, pancakes and muffins.
- **Sorghum Flour:** millet like grain that adds flavor to wheat free baking.
- **Soya (Soy) Flour:** has a nutty taste. Not used on its own, and can be used to thicken recipes or add flavor.
- **Tapioca Flour:** adds chewiness, and is a good thickener.
- **Teff Flour:** light whole grain flour, which adds a unique flavor for baking.
- **White Rice Flour:** very bland in taste. Can be used on its own for many things.

Flour Substitute Options

1 cup of wheat flour is equal to:

- 1 cup rye meal
- 1-1 ¼ cups rye flour
- 1 cup potato flour
- 1 1/3 cups rolled oats or oat flour
- ½ cup potato flour plus ½ cup rye flour
- 5/8 cup potato starch
- 5/8 cup rice flour plus 1/3 cup rye flour
- 1 cup amaranth flour
- 1 cup bean flour
- 1 cup corn flour
- ¾ cup corn meal
- 1 cup millet flour
- ½ cup of nuts-finely ground (almond, hazelnut)
- 1 1/3 cup oat flour
- ¾ cup soya (soy) flour
- 7/8 cup sweet rice flour
- 1 cup tapioca flour
- 7/8 cup of white/brown rice flour
- 1 cup sorghum flour
- 7/8 cup teff flour

Xanthan Gum: Xanthan Gum is used to smooth out the texture of foods, and to hold them together.

- Use ¼ teaspoon of Xanthan Gum per 1 cup gluten-free flour for cakes.
- Use 1 teaspoon Xanthan Gum per 1 cup gluten free flour for breads.
- Use 2 teaspoons of Xanthan Gum per 1 cup of gluten free flour for pizza crusts.

Thickening agents that can be used as substitutes for 1 tablespoon of wheat flour:

- 1 ½ teaspoons cornstarch
- 1 ½ teaspoons potato starch flour
- 1 ½ teaspoons arrowroot starch
- 1 tablespoon white or brown rice flour
- 2 teaspoons quick cooking tapioca
- 1 ½ teaspoons sweet rice flour

Wheat-Free Cooking Tips, Cont.

Wheat-Free All Purpose Flour Mix Recipe #1

Mix the following flours together:

- 1 cup cornstarch
- 2 cups soy flour
- 2 cups rice flour
- 3 cups potato starch flour

Use a little bit more flour than recipe calls for. Reduce oven temperature by about 25 degrees. Store extra flour mix in the refrigerator.

Wheat-Free All Purpose Flour Mix Recipe #2

Mix the following flours together:

- ½ cup millet
- ¼ cup potato starch
- ¼ cup oat flour

Commercially Available Wheat-Free Flour Mixture

Bob's Red Mill All Purpose Gluten Free Flour Mixture

http://www.bobsredmill.com/gf-all_purpose-baking-flour.html

More Wheat-Free Baking Tips:

- Baked goods such as bread, muffins, and desserts may be challenging at first. Don't expect the same results if you use wheat-free flour in place of regular flour.
- Wheat contains gluten that helps products rise and gives a chewy texture to baked goods. Wheat-free baked products may need xanthan gum and guar gum to help the product rise properly.
- If you're not a skilled baker, wheat-free mixes may be the best approach. Wheat-free mixes are available for bread, pizza crust, rolls, etc.
- If you'd like to experiment with wheat-free baked goods, start with muffins, pancakes, and cookies. They are more forgiving than other baked products.
- Wheat-free baked goods may be less nutritious than regular versions. The flour used to make wheat-free products is lower in iron, folic acid, other B vitamins, and fiber.
- Wheat-free recipes may rely more on refined flours like white rice flour. In time, you should learn how to bake with more nutritious, whole grain flours to improve nutrition. Try brown rice flour, amaranth flour, potato flour, or flour made from beans.
- Nut flours are nutrient rich. Many people enjoy baking with almond flour. Replace 1/3 of the wheat-free flour blend with almond flour. Try making your own almond flour by grinding whole, frozen almonds in a food processor.

Adapted from the Wheat Free and Gluten Free Website, the Wheat free Website and the Food Allergy News Cookbook.

Chapter Five:

Food Allergy Resources

- Food Allergy Resources
- Food Allergy Support Groups
- Food Allergy and Anxiety
- Medical Identification



Food Allergy Resources

Food Allergy Research & Education (FARE)

National Offices

7901 Jones Branch Dr., Suite 240

Mc Lean, VA 22102

(800) 929-4040

(703) 691-3179

(703) 691-2713

<http://www.foodallergy.org>

New York Office

515 Madison Avenue, Suite 1912

New York, NY 10022

(212) 207-1974

(917) 338-5130

Mothers of Asthmatics, Inc.

Allergy & Asthma Network Mothers of Asthmatics

8229 Boone Blvd, Suite 260

Vienna, VA 22182

(800) 878-4403

<https://www.allergyasthmanetwork.org>

Kids with Food Allergies

1235 South Clark Street, Suite 305

Arlington, VA 22202

(800) 727-8462

<http://www.kidswithfoodallergies.org>

American Academy of Allergy, Asthma, and Immunology

555 E Wells St, Suite 1100

Milwaukee, WI 53202-3823

(414) 272-6071

<https://www.aaaai.org>

Allergy Home

<http://www.allergyhome.org>

Tools and information for families, schools and healthcare providers.

Online product search & ordering:

<http://www.namebubbles.com>

<http://www.bizzylizzybakery.com>

<http://www.vitacost.com>

<http://www.theglutenfreeshoppe.com>

Food Allergy Resources, Cont.

Brand information:

This is not a complete list and information can change at any time. Always read ingredient lists carefully. Check with manufacturers periodically to ensure safety.

AH! LASKA	http://www.ahlaska.com
All Free	http://allfreebakery.com 855-636-8447
Applegate Farms	http://www.applegate.com (866) 587-5858
Ancient Harvest	http://ancientharvest.com (310) 217-8125
Andean Dream	http://www.andeandream.com (310) 281-6036
Angelic Bakehouse	https://www.angelicbakehouse.com (844) 726-4354
Annie's Homegrown	http://www.annies.com (800) 288-1089
Amy's Organic	http://www.amys.com (707) 781-6600
Arnold's Bread	http://www.arnoldbread.com (800) 984-0989
Arrowhead Mills	http://www.arrowheadmills.com (800) 434-4246
Bare Fruit	http://www.baresnacks.com (800) 940-0019
Barbara's Bakery	http://www.barbarasbakery.com (866) 465-4633
Barney Butter	http://www.barneybutter.com
Banza	https://www.eatbanza.com ; info@banza.com
Beanitos	http://beanitos.com (512) 609-8017
Bionature	http://www.bionaturae.com (860) 535-0494
Blue Diamond	http://www.bluediamond.com (800) 987-2329
Bob's Red Mills	http://www.bobsredmill.com (800) 349-2173
Breads from Anna	http://www.breadsfromanna.com (319) 354-3886
Cascadian Farm	http://cascadianfarm.com (800) 624-4123
Cherrybrook Kitchen	http://www.cherrybrookkitchen.com (888) 417-9343 x1
Crisco Canola Oil	http://www.crisco.com (800) 766-7309
Crofter's Organic	http://www.croftersorganic.com (705) 746-6301
Daiya Cheese	http://us.daiyafoods.com (877) 324-9211
Divvies	http://www.divvies.com (844) 434-8843
Dare Ultimate	https://www.darefoods.com (800) 668-3273
Don't Go Nuts	https://dontgonuts.com (855) 666-8826

Food Allergy Resources, Cont.

East Side Ovens	http://www.eastsideovens.com (414) 369-1249
East Wind Nut Butters	http://www.eastwindnutbutter.com (417) 679-4682
Eden Foods	http://www.edenfoods.com (888) 424-3336
Edy's Ice cream	http://www.edys.com (888) 590-3397
Ener-G Foods	http://www.ener-g.com (800) 331-5222
Enjoy Life Foods	http://www.enjoylifefoods.com (888) 503-6569
Envirokids	http://www.naturespath.com (888) 808-9505
Erewhon	http://www.usmillsinc.com (800) 641-4508
Exotic Meats	http://www.exoticmeatsandmore.com (800) 444-5687
Farmers Market	http://www.farmersmarketfoods.com (541) 757-1497
Fage	http://www.fageusa.com (866) 962-5912
Food for Life	http://www.foodforlife.com (800) 797-5090
Foods Alive	http://www.foodsalive.com (260) 488-4497
Follow Your Heart	http://www.followyourheart.com (888) 394-3949
French Meadow Bakery	http://www.frenchmeadow.com
From the Ground Up	https://fromthegroundupsnacks.com/
Frontier	http://www.frontiercoop.com (844) 550-6200
Galaxy Foods	http://www.galaxyfoods.com (800) 441-9419
Garden of Eatin'	http://www.gardenofeatin.com (800) 434-4246
123 Gluten Free	http://www.123glutenfree.com (216) 378-9233
Gluten Free Café	http://www.myglutenfreecafe.com (800) 434-4246
Glutino	http://www.glutino.com/products (877) 266-2472
Go Veggie	http://www.goveggiefoods.com (800) 441-9419
Good Foods	https://goodfoods.com (844) 872-6999
Grainfield's	http://grainfields.ca (905) 415-0090
Health Valley Co.	http://www.healthvalley.com (888) 220-9792
Heidi Ho	http://www.heidiho.com
Hol-Grain	http://www.holgrain.com (800) 551-3245
Holic	https://holicfoods.com (765) 444-8115
Hungry Harry's	http://www.hungryharrys.com

Food Allergy Resources

Ian's Natural Foods	http://www.iansnaturalfoods.com (508) 283-1174
Imagine Foods	http://www.imaginefoods.com (800) 434-4246
Kashi	http://www.kashi.com (877) 747-2467
Katz	https://katzglutenfree.com (888) 431-5289
Kettle	http://www.kettlebrand.com (503) 364-0399
King Arthur	http://www.kingarthurfLOUR.com (800) 827-6836
Kitchen Basics	http://www.kitchenbasics.net (800) 632-5847
Kite Hill	https://www.kite-hill.com (888) 588-0994
Libre Naturals	http://www.librenaturals.com (866) 714-5411
Live G Free	http://www.aldi.us
Lundberg Family Farms	http://www.lundberg.com (530) 538-3500
MadeGood	https://www.madegoodfoods.com
Maple Grove Farms of Vermont	http://www.maplegrove.com (800) 813-4416
Maria & Ricardo's	https://www.mariaandricardos.com (781) 828-0848
Mary's Gone Crackers	http://www.marysgonecrackers.com (888) 258-1250
Mestemacher Breads	http://www.germandeli.com/mebr.html (714) 897-1470
Mori-Nu	http://www.morinu.com (310) 787-0200
Muir Glen Organic	http://www.muirglen.com (800) 248-7310
Murray's Chicken	http://www.murrayschicken.com (800) 588-5051
My Own Meal	http://www.myownmeals.com (847) 948-1118
Nature's Highlights	(800) 313-6454
Natural Ovens	http://www.naturalovens.com (800) 772-0730
Natures Path	http://www.naturespath.com (888) 808-9505
Namaste Foods	https://www.namastefoods.com ; admin@namastefoods.com
Nayosa	http://www.nasoya.com (800) 328-8638
Newman's Own	http://www.newmansown.com
NuGo Nutrition	http://www.nugonutrition.com (888) 421-2032
NOW Foods	http://www.nowfoods.com (888) 669-3663
NoNuts	http://www.nonuts.com (800) 961-2470

Food Allergy Resources, Cont.

O'Doughs	https://odoughs.com/ 855-636-8447
Organic Valley	http://www.organicvalley.coop (888) 444-6455
Orgran Natural Foods	http://www.orgran.com
Omega Nutrition	http://www.omeganutrition.com (800) 661-3529
Pacific Natural foods	http://www.pacificfoods.com (800) 668-43172
Pamela's Products	http://www.pamelasproducts.com (707) 462-6605
Partake Foods	http://www.partakefoods.com (551) 226-9557
Penzey's Spices	http://www.penzeys.com (800) 741-7787
Perdue Chicken	http://www.perdue.com (800) 473-7383
Quick Bake Kids	http://www.foodtek.com/Products/QBKids.html
Rice Dream	http://www.tastethedream.com (800) 434-4246
Ripple Milk	http://www.ripplefoods.com (888) 206-1664
Roads End (Edward and Son)	http://www.edwardandsons.com (805) 684-8500
Rumford	https://www.clabbergirl.com (812) 232-9446
Schar- Gluten Free	http://www.schar.com/en-us (201) 355-8470
Scharffen Berger	http://www.scharffenberger.com (866) 608-6944
Sensible Foods	http://www.sensiblefoods.com (707) 569-0170
Shiloh Farms	http://www.shilohfarms.com (800) 362-6832 x103
Silk Soy (WhiteWave Foods)	http://www.silk.com (888) 820-9283 or http://www.whitewave.com
Simply Organic	http://www.simplyorganic.com (844) 550-7100
So Delicious	http://www.sodeliciousdairyfree.com (866) 388-7853
Surf Sweets	http://wholesomesweet.com (800) 680-1896
Sunbutter	http://www.sunbutter.com (877) 873-4501
Sunspire	http://www.sunspire.com (866) 613-2780
Spectrum Organics	http://www.spectrumorganics.com (800) 343-7833
Spice Garden	http://www.healthwisefoods.com (334) 277-9925
Tinkyada	http://www.tinkyada.com (416) 609-0016
Tofutti	http://www.tofutti.com (908) 272-2400
Udi's Gluten Free	http://udisglutenfree.com (800) 254-3768
Van's Natural Foods	http://www.vansfoods.com (800) 323-7117
Vermont Nut Free Chocolate	http://www.vermontnutfree.com (888) 468-8373

Food Allergy Resources, Cont.

Violife	https://violifefoods.com/us/
VitaCost.com	https://www.vitacost.com (800) 381-0759
Walnut Acres	http://www.walnutacres.com (800) 434-4246
Wayfare	http://www.wayfarefoods.com (877) 586-5220
Westbrae Natural	http://www.westbrae.com (800) 434-4246
Wildwood Soyogurt	www.wildwoodfoods.com (800) 588-7782
Yum Earth Organic	https://yumearth.com (855) 972-0558
Zen Soy	http://tryzen.com

Mail Order Companies:

Gluten Free Pantry	http://www.gfpantry.com
Thrive Market	https://thrivemarket.com

Online Recipe and Cookbook Resources:

http://www.usarice.com/	http://www.godairyfree.org
http://www.foodallergykitchen.com	http://www.bestallergysites.com
http://www.celiac.com	http://www.savorypalate.com
http://www.specialtyfoodshop.ca	http://www.homefreetreats.com
http://www.allrecipes.com/	http://www.egglesscooking.com

Allergen Recall Alerts

You can sign up to receive email alerts for allergen recalls at the following websites:

- FARE: <http://www.foodallergy.org/alerts>
- FDA: <http://www.fda.gov/Safety/Recalls/>
- USDA: <http://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/current-recalls-and-alerts>
- FAACT: <https://www.foodallergyawareness.org/alerts/>

If you find a problem, or have a reaction caused by an undeclared allergen, please report it to the FDA by contacting the Consumer Complaint Coordinator for your area. A list of contact numbers can be found at <https://www.fda.gov/safety/report-problem-fda/consumer-complaint-coordinators>

December 2020

Food Allergy Support Groups

Food Allergy Support groups should not be a source of medical advice. Always talk with your primary doctor about medical recommendations and concerns. Children's Hospital of Wisconsin does not endorse these support groups.

Support group meetings may change. For meeting and event information, please check the website or email the support group contact.

Food Allergy Association of Wisconsin

Email contact: ericsheree@hotmail.com
Madison, WI

Food Allergy Association of Wisconsin – Southeast Chapter

Email contact: susan@foodallergywis.org
Southeastern WI Chapter meets a few times per year. Contact Susan for date and times.

Food Allergy Association of WI – Kenosha County Chapter

Email contact: Lulumarie1126@gmail.com
Bristol, WI

Food Allergy Association of WI – Central WI Chapter

Email contact: jen@foodallergywis.org
Wausau, WI

Fox Valley Food Allergy Support Group

Email contact: freundc@charter.net
Fond du Lac & Fox Cities area, WI

Food Allergic Children Education and Support (FACES)

<https://facesgb.weebly.com/>
Email contact: facesgreenbay@gmail.com
Green Bay, WI

Mothers of Children Having Allergies (MOCHA)

<http://www.MOCHAllergies.org>
Highland Park, IL

FARE: Find a Support Group

<https://www.foodallergy.org/living-food-allergies/join-community/find-support-group>

November 2022

Food Allergy and Anxiety

What is food allergy anxiety?

You or your child may be worried or nervous about your child's food allergy. It is normal to have some worry. This is called food allergy anxiety. If the worry about food impacts the child or parent's daily routine, it is important to get help.

How can I talk to my child about a serious food allergy?

Method	How?
Explain	• Tell your child as much about the allergy as possible. Use words they will understand. • Explain simple ways to avoid danger foods.
Teach	• Teach good habits. Start at a young age. Teach your child to: - o carry epinephrine at all times. - o avoid the allergen; read labels. - o wash hands often. • Make sure teachers know when and how to use epinephrine injector (like an Epi pen ®.) Teach them if they do not know. • Make sure your child and people they are with a lot know when and how to use an epinephrine injector, in case of an emergency. • Practice using an expired or trainer epinephrine injector on an orange. This will help your child and others to be more comfortable using it.
Use Caution	• Be careful how you discuss anaphylactic reactions. Avoid the word "death." Use other phrases like, "it could make it really hard to breathe". This will cause children to pay attention and use caution without making them too afraid. • Be aware of how you talk about your child's allergies to others when the child is around. Be careful not to talk about it causing death. • Have a private talk with your child's teacher. The teacher should be told that this food allergy is very serious and could lead to death. • Pay attention to your emotions. Children are very good at picking up on their parent's emotions. Try not to talk with a lot of worry and emotion. Your child may notice that you have a fear or anxiety about their food allergy. This may make them more likely to have anxiety about their food allergen too.

What are the signs of anxiety?

If your child has anxiety, watch for:

- Headaches.
- Stomach aches.
- Trouble sleeping.
- Angry, scared, or disruptive behavior when it is time to eat.
- A lot of talk about fear of food, or fear of allergies.

Food Allergy and Anxiety, Cont.

What are the signs of anxiety? (Cont.)

- Avoiding or refusing safe foods because of worry about allergies.
- Clinginess that is not normal for a child's age. A child may cling to their parents. They may try to avoid going out of the house due to fear of being exposed to their allergen.

How can I help my child with anxiety?

- Watch your child. Notice their feelings about their food allergy.
- Have a "worry journal" so your child can write down all of their worries. Talk with your child about these worries.
- Write down a plan to deal with your child's worries. Let them know you will help them with this plan. Ask for help if your child is having trouble doing their regular activities, eating, or if their worries are impacting the family.

Tips

- Be aware
- Be alert
- Be prepared
- Keep a daily routine

Fear and anxiety are normal, especially when you first learn about a food allergy. If you ever feel like it has gotten out of control, talk to your doctor for help.

Where can I get more information?

- Food Allergy Research and Education: www.foodallergy.org
- Anxiety and food allergies website: <http://700childrens.nationwidechildrens.org/anxiety-food-allergies/>
- (Book) The Food Allergy Experience by Dr. Ruchi Gupta and Denise Bunning. This book includes tips and quotes from real parents of children with food allergies from all age groups.
- #1317 Relaxation techniques
- A child psychologist may be able to help your child.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.

Medical Identification (ID)

What is a medical ID?

This ID has important medical information about the person who wears it. The ID can be a bracelet, necklace, keychain, or a zipper pull. They come in many styles and colors. They can be engraved with:

- Some medical conditions.
- Drug or food allergies.
- Important medicines.
- Emergency contact information.



Who should have one?

Anyone at risk for a life threatening event should have a medical ID. It is a good idea for people with food or drug allergies, or other chronic medical conditions, to wear or carry a medical ID.

Why should a medical ID be worn?

The medical ID gives emergency personnel important information about the person wearing it. This could save a life.

- Quick diagnosis leads to better and faster treatment.
- It may help prevent medical errors.

Where can I buy one?

You can buy a medical ID from many places, including:

Company	Web site	Phone
Allerbling	www.allerbling.com	
AllerMates	www.allermates.com	
Creative Medical ID	http://www.creativemedicalid.com	1-800-252-0661
ID on ME	http://www.idonme.com	1-801-281-9876
Lauren's Hope	www.laurenshope.com	1-800-360-8680
MedicAlert	www.medicalert.org	1-888-633-4298
N-Style ID	www.n-styleid.com	1-877-445-0030

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.

#1214 January 2020

Chapter Six:

Specialty Stores

- Milwaukee and Madison Area Specialty Stores
- Wisconsin Specialty Stores (excluding Milwaukee and Madison area)
- Northern Illinois Specialty Grocery Stores and Bakeries



Milwaukee and Madison Area Specialty Stores

Milwaukee Area Specialty Grocery Stores and Bakeries

Beans & Barley Market & Café

Web site: <http://www.beansandbarley.com/>

1901 E. North Ave., Milwaukee, WI 53202 (414) 278-7878

6300 W. Mequon Rd., Mequon, WI 53092 (262) 236-9728

East Side Ovens (Vegan Bakery – milk-free, egg-free and some nut-free foods)

Web site: <http://www.eastsideovens.com>

5430 S. Packard Ave, Cudahy, WI 53110 (414) 369-1249

Festival Foods

Web site: <http://www.festfoods.com/>

810 East Washington Avenue, Madison, WI 53703 (844) 511-3887

5600 South 108th Street, Hales Corners, WI 53130 (844) 988-1125

3207 80th St, Kenosha, WI 53142 (262) 694-7200

595 S. Taylor Drive, Sheboygan, WI 53081 (920) 694-6260

Good Harvest Market

Web Site: <http://www.goodharvestmarket.com>

2205 Silvernail Road, Pewaukee, WI 53072 (262) 544-9380

Gooseberry's

Web site: <http://www.gooseberriesmarket.com>

690 W. State Street, Burlington, WI 53105 (262) 763-5955

Health Hut

Web site: <http://www.healthhut-wi.com/>

19035 W. Bluemound Road, Brookfield, WI (262) 821-2122

2225 S. 108th Street, West Allis, WI (414) 545-8844

5610 S. 108th Street, Hales Corners, WI (414) 529-2989

325 Bay View Road, Mukwonago, WI (262) 378-3811

Molbeck's Health & Spice

Web site: <http://www.molbecks.com/>

3212 Washington Ave., Racine, WI 53405 (262) 632-5204

Molly's Gluten-Free Bakery (some items nut-free, egg-free and milk-free)

Web Site: <http://www.mollysglutenfreebakery.com>

N47 W28270 Lynndale Rd (Hwy JK), Pewaukee, WI 53072 (262) 369-1404

Milwaukee and Madison Area Specialty Stores, Cont.

Nature's Best Inc

Web site: <http://vitaminswisconsin.com/>

837 Riverfront Dr Ste 100, Sheboygan, WI 53081 (920) 452-6176

Organic Market

Web site: <http://www.myorganicmarket.org/>

1040 E. Commerce Blvd, Slinger, WI 53086 (262) 644-1040

Outpost Natural Foods

Web site: <http://www.outpost.coop/>

2826 S. Kinnickinnic Av, Milwaukee, WI 53207 (414) 755-3208

7000 W. State St., Wauwatosa, WI 53213 (414) 778-2012

100 E. Capitol Dr., Milwaukee, WI 53212 (414) 961-2597

7590 W. Mequon Road, Mequon, WI 53092 (262) 242-0426

(Shopping assistance available – call to schedule an appointment)

Riverwest Food Co-op

Web site: <http://riverwestcoop.org/>

733 E Clarke St., Milwaukee, WI 53212 (414) 264-7933

Slow Pokes Local Food (Gluten-free bakery and entrees)

Web site: <http://www.slowpokesfood.com>

1229 12th Ave, Grafton, WI 53024 (262) 375-5522

Trader Joe's

Web site: <http://traderjoes.com>

Bayshore Town Center, 5600 North Port Washington Rd., Glendale, WI (414) 962-3382

12665 W. Bluemound Rd., Brookfield, WI 53005 (262) 784-4806

Whole Foods Market

Web site: <http://www.wholefoodsmarket.com>

2305 North Prospect Avenue, Milwaukee, WI 53211 (414) 223-1500

11100 W Burleigh St, Wauwatosa, WI 53222 (414) 808-3600

Woodman's Market

Web site: <http://www.woodmans-food.com/>

W124N8145 Highway 145, Menomonee Falls, WI 53051 (262) 415-4001

8131 South Howell Avenue, Oak Creek, WI (414) 376-4023

1877 Madison Road, Beloit, WI 53511 (608) 362-0420

7145 120th Avenue, Kenosha, WI 53142 (262) 857-3801

1600 E. Main St, Waukesha, WI 53186 (262) 408-5231

Milwaukee and Madison Area Specialty Stores, Cont.

Madison Area Specialty Stores

Green Grocer

Web site: <http://www.greengrocergenevalake.com/>
24 West Geneva St., Williams Bay, WI 53191 (262) 245-9077

Trader Joe's

Web site: <http://traderjoes.com>
1810 Monroe Street, Madison, WI 53711 (608) 257-1916

Viroqua Food Co-op

Web site: <http://viroquafood.coop/>
609 N Main, Viroqua, WI 54665 (608) 637-7511

Whole Foods Market

Web site: <http://www.wholefoodsmarket.com>
3313 University Ave, Madison, WI 53705 (608) 233-9566

Willy Street Co-op

Web site: <http://www.willystreet.coop/>
1221 Williamson St., Madison, WI 53703 608-251-6776
2817 N Sherman Ave, Madison, WI 53704 (608) 471-4422
6825 University Ave., Middleton, WI 53562 608-284-7800

Woodman's Market

Web site: <http://www.woodmans-food.com/>
2819 North Lexington Drive, Janesville, WI 53545 (608)754-3373
1877 South Madison Road, Beloit, WI 53511 (608)362-0420
3817 Milwaukee Street, Madison, WI 53714 (608) 244-6630
725 South Gammon Road, Madison, WI 53719 (608) 274-8944
1099 South Grand Avenue, Sun Prairie, WI 53590 (608) 825-1511

December 2020

Wisconsin Specialty Stores (excluding Milwaukee and Madison area)

Western Wisconsin Specialty Stores

Driftless Market

Website: <http://www.driftlessmarket.com/>

95 W. Main St., Platteville, WI 53818 (608) 348-2696

Family Fresh Market

Web site: <http://www.familyfreshmarket.com/>

110 W. 4th St., New Richmond, WI 54017 (715) 246-2668

303 South Main St., River Falls, WI 54022 (715) 425-7277

Festival Foods

Web site: <http://www.festfoods.com/>

30 Copeland Ave., La Crosse, WI 54603 (608) 785-1000

2500 State Rd., La Crosse, WI 54601 (608) 788-8777

1260 Crossing Meadows Dr., Onalaska, WI 54650 (608) 781-2272

123 Hale Holmen Dr., Holmen, WI 54636 (608) 526-3339

328 Washington St., Fort Atkinson, WI 53538 (920) 563-3531

1613 North Central Ave., Marshfield, WI 54449 (715) 384-8866

Fresh and Natural Foods

Web site: <http://www.freshandnaturalfoods.com/>

Plaza 94 Shopping Center, 1701 Ward Ave., Suite 200, Hudson, WI 54016 (715) 377-9913

Island City Food Coop

Web site: <http://www.islandcityfoodcoop.com/>

1490 2nd Ave., Cumberland, WI 54829 (715) 822-8233

La Crosse People's Food Co-op

Web site: <http://www.peoplesfoodcoop.com/>

315 5th Ave. S., LaCrosse, WI 54601-4043 (608) 784-5798

Menomonie Market Food Cooperative

Web site: <http://www.menomoniemarket.org/>

814 Main Street East, Menomonie, WI 54751 (715) 231-3663

Mother Nature's Food

Web site: <http://www.mothenaturesfood.net/>

2434 London Rd., Eau Claire, WI 54701 (715) 834-2341

Whole Earth Grocery Co-op

Web site: <http://wholeearthgrocery.coop/>

126 S. Main St., River Falls, WI 54022 (715) 425-7971

Woodman's Market

Web site: <http://www.woodmans-food.com/>

9515 Highway 16, Onalaska, WI 54650 (608) 783-2233

1877 S Madison Rd., Beloit, WI 53511 (608) 362-0420

2855 Woodman Dr., Altoona, WI 54720 (715) 598-7255

Wisconsin Specialty Stores, Cont. (excluding Milwaukee and Madison area)

Central Wisconsin Specialty Stores

Downtown Grocery.com

Web site: <http://www.downtowngrocery.com/>

607 Third St., Wausau, WI 54403 (715) 848-9800

Family Natural Health Foods

Web site: <http://www.rapidswestside.com/family-natural-foods.php>

910 W. Grand Ave., Wisconsin Rapids, WI 54495 (715) 423-3120

Festival Foods

Web site: <http://www.festfoods.com/>

1613 North Central Ave., Marshfield, WI 54449 (715) 384-8866

The Grainery Whole Foods & Supplements

Web site: <http://grainery.biz/>

127 3rd St., Baraboo, WI 53913-2423 (608) 356-9768

Nutrition Center

207 N Main St., Waupaca, WI 54981 (715) 258-7733

Plan-It-Earth Health & Fitness

101 West Clark St., Spencer, WI 54479 (715) 659-5436

148 N Central Ave., Marshfield, WI (715) 384-7100

Steven's Point Area Cooperative

Web site: <http://www.spacoop.com/>

633 2nd St., Stevens Point, WI 54481 (715) 341-1555

Northern Wisconsin Specialty Stores

Chequamegon Food Co-op

Web site: <http://www.chequamegonfoodcoop.com/>

700 Main St., Ashland, WI 54806-1429 (715) 682-8251

Golden Harvest Foods

Web site: <http://www.goldenharvestmarket.com/>

3215 County Rd G, Rhinelander, WI 54501 (715) 369-5266

Wisconsin Specialty Stores, Cont. (excluding Milwaukee and Madison area)

Northeastern Wisconsin Specialty Stores

Festival Foods

Web site: <http://www.festfoods.com/>

2534 Steffens Ct., Green Bay, WI 54311 (920) 465-3800
W3195 Van Roy Rd., Appleton, WI 54915 (920) 968-2200
2415 Westowne Ave., Oshkosh, WI 54904 (920) 966-3378
2151 S. 42nd St., Manitowoc, WI 54220 (920) 645-6880
2250 W. Mason St., Green Bay, WI 54311 (920) 496-2966
1200 W Northland Ave., Appleton, WI 54915 (920) 968-2212
2430 University Ave., Green Bay WI 54302 (920) 465-3707
1355 Oneida St., Menasha, WI 54952 (844) 358-1454
647 S Green Bay Rd., Neenah WI 54956 (920) 967-3300

Free Market, Inc.

734 W Wisconsin Ave., Appleton, WI 54914 (920) 968-1260 or (877) 373-6758

Greens N Grains

Web site: <http://greens-n-grains.com/>

7821 Hwy 42, Egg Harbor, WI 54209 (920) 868-9999

Happy Bellies Bake Shop

Web site: <http://www.happybelliesbakeshop.com/>

2107 North Richmond St., Appleton, WI 54911 (920) 730-2253

Main Street Market

Web site: <http://doorcountygrocery.com/>

7770 Hwy. 42, Egg Harbor, WI 54209 (920) 868-2120

Woodman's Market

Web site: <http://www.woodmans-food.com/>

595 North Westhill Boulevard, Appleton, WI 54914 (920) 735-6655
2400 Duck Creek Parkway, Green Bay, WI 54303 (920) 499-1480

Northern Illinois Specialty Grocery Stores and Bakeries

All Ways Healthy

Web site: <http://www.allwayshealthy.com>

123 S. Rand Rd, Lake Zurich, IL, 60047 (847) 438-9200

A Way of Life

Web site: <http://www.wellness365online.com/>

9515 Milwaukee Ave., Niles, IL 60714 (847) 966-5565

Choices Natural Market

Web site: <http://www.choicesnaturalmarket.com>

6781 Broadcast Parkway, Loves Park, IL, 61111 (815) 282-1861

Corner Health Foods

Web site: <http://www.cornerhealthfood.com/>

Liliana Espinosa 502 N Seymour Ave. Mundelein IL 60060 (847) 566-5435

Deerfield's Bakery (Gluten-free Products)

Web site : <http://www.deerfieldsglutenfree.com/>

(847) 520-0068

201 N. Buffalo Grove Road, Buffalo Grove IL, 60089

813 N. Waukegan Road, Deerfield, IL 60015

25 S. Roselle Rd, Schaumburg IL, 60193

Earthly Goods Health Foods

Web site: <http://www.earthlygoodshealthfoods.com/>

6951 W. Grand Ave., Gurnee, IL, 60031 (847) 855-9677

Fruitful Yield

Web site: <http://www.fruitfulyield.com>

520 E. North Ave. Carol Stream, IL 60188

366 W. Army Trail Rd, Bloomingdale, IL, 60108 (630) 894-2553

2141 W 75th St, Darien, IL, 60561 (630) 969-7614

135 North Addison Ave., Elmhurst, IL, 60126 (630) 530-1445

229 W. Roosevelt, Lombard, IL, 60148 (630) 629-9242

168 E. Golf Rd., Schaumburg, IL, 60173 (847) 882-2999

360 Randall Rd, South Elgin, IL, 60177 (847) 888-0100

155 N. Randall Rd, Batavia, IL 60510 (630) 897-3490

1124 Douglas Rd, Oswego, IL 60543 (630) 554-3304

2378 Essington Rd, Joliet, IL 60435 (815) 823-8240

425 N La Grange Rd, La Grange Park, IL 60526 (708) 788-9103

7230 W North Ave., Elmwood Park, IL 60707 (708) 395-5880

Northern Illinois Specialty Grocery Stores and Bakeries, Cont.

Lil's Dietary Specialty Shop

Web site: <http://www.lilsdietary.com>

2738 W. 111 St., Chicago, IL, 60655 (773) 239-0355

Natures Cornucopia

Web site: <http://www.naturescornucopia.com>

1717 N Richmond Road, Mc Henry, IL, 60051 (815) 385-4500

New Vitality Health Foods

Web site: <http://www.newvitalityhealthfoods.com>

9564 West 147th Street, Orland Park, IL, 60462 (708) 403-0120

Pass Health Foods

Web site: <http://www.passhealthfoods.com/>

7228 W. College Dr, Palos Heights, IL, 60463 (708) 448-9114

Polson's Natural Foods

Web site: <http://www.polsonsnatural.com/>

960 Main St., Antioch, IL, 60002 (847) 395-0461

Southtown Health Foods

Web site: <http://www.southtownhealthfoods.com>

2100 W. 95th St., Chicago, IL, 60643 (773) 233-1856

Sunrise Health Foods

Web site : <http://www.sunrise2you.com>

3203 Vollmer Rd, Flossmoor, IL 60422 (708) 365-5400

17650 Torrence Ave., Lansing, IL, 60438 (708) 474-6166

4111 183rd St., Country Club Hills, IL 60478 (708) 957-0595

4700 N. University Street, Peoria, IL 61614 (309) 692-4448

1708 E. Lincolnway, Valparaiso, IN 46383 (219) 465-1984

Sunset Foods

Web site: <http://www.sunsetfoods.com>

1812 Green Bay Road, Highland Park, IL 60035 (847) 432-5500

825 S. Waukegan Road, Lake Forest, IL 60045 (847) 234-8380

1451 E Peterson Rd, Libertyville, IL, 60048 (847) 573-9570

4190 Route 83, Long Grove, IL 60047 (847) 478-8150

1127 Church Street, Northbrook, Illinois 60062 (847) 272-7700

Trader Joe's

Web site: <http://www.traderjoes.com>

17 W Rand Road, Arlington Heights, IL 60004 (847) 506-0752

122 Ogden Ave. Downers Grove, IL 60515 (630) 241-1662

44 E. Ontario St. Chicago, IL 60611 (312) 951-6369

Northern Illinois Specialty Grocery Stores and Bakeries, Cont.

Trader Joe's, Cont.

1840 North Clybourn Avenue Chicago, IL 60614 (312) 274-9733
680 Roosevelt Rd. Glen Ellyn, IL 60137 (630) 858-5077
25 North La Grange Road La Grange, IL 60525 (708) 579-0838
735 W. Route 22 Lake Zurich, IL 60047 (847) 550-7827
44 West Gartner Road Naperville, IL 60540 (630) 355-4389
483 N. Harlem Ave. Oak Park, IL 60301 (708) 386-1169
14924 S. La Grange Road Orland Park, IL 60462 (708) 349-9021
190 North Northwest Highway Park Ridge, IL 60068 (847) 292-1108
1407 Waukegan Rd Glenview, IL 60025 (847) 657-7821
3745 N Lincoln Ave Chicago, IL 60613 (773) 248-4920
667 W Diversey Pkwy, Chicago, IL 60614 (773) 935-7255
1800 S Randall Rd, Algonquin, IL 60102 (847) 854-4886
1147 S Wabash Ave Chicago, IL 60605 (312) 588-0489
1426 E Golf Rd, Schaumburg, IL 60173 (847) 619-0095
1211 Chicago Ave, Evanston, IL 60202 (847) 733-0690
1942 W Fabyan Pkwy, Batavia IL 60510 (630) 879-3234
1528 E 55th Street, Chicago, IL 60615 (773) 363-8831
127 Skokie Blvd, Northbrook, IL 60062 (847) 480-9280
1600 S Milwaukee Ave, Libertyville, IL 60048 (847) 680-1739

Whole Foods Market

Web site: <http://www.wholefoodsmarket.com>

30 West Huron St, Chicago, IL 60654 (312) 932-9600
3640 N Halsted St, Chicago, IL 60613 (773) 472-0400
3300 N. Ashland Ave, Chicago, IL 60657 (773) 244-4200
1550 N. Kingsbury Street, Chicago, IL 60642 (312) 587-0648
6020 N Cicero Ave, Chicago, IL 60646 (773) 205-1100
1101 S. Canal St, Chicago, IL 60607 (312) 435-4600
750 N Martingale Rd, Schaumburg, IL 60173
225 W Touhy Ave, Park Ridge, IL 60068
760 Waukegan Rd, Deerfield, IL 60015 (847) 444-1900
1640 Chicago Ave, Evanston, IL 60201 (847) 733-1600
1111 Chicago Ave., Evanston, IL 60202 (847) 475-9492
500 E. Ogden Ave., Hinsdale, IL 60521 (630) 986-8500
2607 W. 75th Street, Naperville, IL 60540 (630) 579-7700
840 Willow Road, Suite M Northbrook, IL 60062 (847) 205-5353
7245 Lake St, River Forest, IL 60305 (708) 366-1045
151 Rice Lake Square, Wheaton, IL 60189 (630) 588-1500
201 63rd St, Willowbrook, IL 60527 (630) 655-5000
15260 S La Grange Rd, Orland Park IL 60462 (708) 364-1350
20281 N Rand Rd, Kindler IL 60074 (847) 726-4601

Northern Illinois Specialty Grocery Stores and Bakeries, Cont.

Woodman's Market

Web site: <http://www.woodmans-food.com>

3155 McFarland Road, Rockford, IL 61114 (815) 986-0220

2100 Randall Road, Carpentersville, IL 60110 (847) 649-9005

151 Hansen Boulevard, North Aurora, IL 60542 (630) 723-3900

1550 Deerfield Parkway, Buffalo Grove, IL 60089 (847) 243-4736

27555 IL Route 120, Lakemoor, IL 60051 (779) 704-4220

March 2020

Chapter Seven:

Dining Away From Home

- Dining Away From Home



Dining Away From Home

Know what to avoid:

- There are many different names for food allergens. You need to know all of the names so there is no question if you can eat a food. Food Allergy Research and Education (FARE) has a great resource that lists the ingredient names of the top 8 most common food allergies. Go to: www.foodallergy.org.
- To help keep track of foods that you can and cannot have you may want to keep a journal. Take it when you will be eating away from home.
- **Be Prepared! If you are prescribed emergency epinephrine, make sure you have it with you.**

Choose the restaurant:

- Check the menu before you go
 - Some large chain restaurants have menus and ingredient information online.
 - Many chain restaurants explain how they handle food allergies on their website.
 - If this information is not available online, call the restaurant.
- Call before you go:
 - Ask to talk to the manager or chef.
 - Call the restaurant in between busy meal times. Ask if they can accommodate food allergies.
- Avoid restaurants that you're not so sure of. High risk restaurants include:
 - Buffets. There is a high risk for cross-contamination.
 - Bakeries. There is a high risk for cross-contamination.
 - Restaurants that serve pre-made food. The restaurant may not have the most current list of all ingredients in the food items.

At the restaurant:

- Ask to talk to the manager. Explain which allergens are being avoided.
- After explaining your restrictions, give them a food allergy restaurant card. This is a card that includes your name, what you are allergic to, and an emergency contact.
 - You can create your own food allergy restaurant cards at the following websites. Some of these websites also let you make cards in other languages.
 1. www.foodallergy.org
 2. www.selectwisely.com
 3. www.allergytranslation.com
 - 4. Use any computer program that makes business cards to create your own food allergy restaurant card.

Dining Away From Home, Cont.

- Keep your meal simple. If you have to ask a lot of questions about the ingredients and how a dish was prepared, it is less likely to be safe. Try ordering a simple meal such as grilled chicken, steamed broccoli, and a plain baked potato. Avoid fried foods - the grill and the frying oil are high risk for cross contamination.
- Always ask questions about ingredients and how foods are prepared.
- Eat dessert at home. A lot of restaurants don't make their desserts. They order them from other stores. The restaurant may not have the most recent ingredient list.
- Be sure to wear your Medical Alert Bracelet!!!
- At the end of your visit, make sure you thank the staff. Building a good relationship with the restaurant will motivate them to help keep you safe in the future.

Other resources:

Websites:

- www.allergyeats.com

iPhone and Android Apps with websites:

- Allergy Eats (iPhone & Android)
- iEatOut Gluten & Allergen Free (iPhone)
- Gluten Free Dining & Travel (Android)
- Find Me Gluten Free (iPhone)
- CeliHack Gluten Free Restaurants Guide for Celiacs (Android)

FARE Resources

- www.foodallergy.org/resources/dining-out
 - o Includes tips such as knowing what to avoid, how to select a restaurant, how to prepare for your restaurant experience, etc.
 - o Dining Out with Food Allergies (pdf) available for downloading.
 - o Some resources designed specifically for teens.

November 2022

Chapter Eight:

Daycare & School

- Keeping Children with Food Allergies Safe at School
- Back to School with Food Allergies





Keeping Children with Food Allergies Safe at School

50%

Food allergies among children increased by 50 percent between 1997 and 2011, according to a 2013 study released by the Centers for Disease Control and Prevention (CDC).

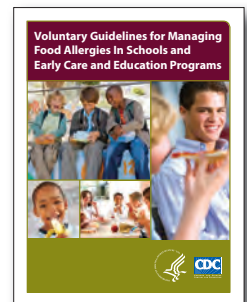
40%

Today, one in 13 children has food allergies, and nearly 40 percent of these children have already experienced a severe allergic reaction. Many of these reactions happen at school.

The CDC recently published National Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs, available at www.foodallergy.org/CDC. The information in these guidelines helps schools to avoid, recognize and treat allergic reactions while ensuring that students with food allergies are safely included in all school activities.

Important highlights and recommendations from the CDC National Guidelines:

1. Every school should have a Food Allergy Management and Prevention Plan (FAMPP) that outlines the school or district's overall policy and procedures for managing food allergies.
2. Every child at risk for anaphylaxis should have an individual written accommodation plan. In public schools, this plan will often be a Section 504 plan. In private schools, a similar written plan will serve the same purpose.
3. A child's accommodations plan (504 plan or other written plan) has two parts:
 - a. The accommodations or services needed for the child to be safely included in activities.
 - b. The emergency care plan that explains how to treat an allergic reaction.
4. Common accommodations (e.g. allergen-free classroom) and recommended practices can be found in pages 41-43 of the guidelines.
5. Food allergies may constitute a disability under the law. This is important because schools cannot exclude children with food allergies from activities (e. g. science experiments, classroom celebrations, field trips etc.) because of their food allergies.



Additional Resources:

National Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs

www.foodallergy.org/CDC

Trends in Allergic Condition: Data Brief from the Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/nchs/data/databriefs/db121.pdf>

Protecting Students with Disabilities—Guidance from the Office for Civil Rights (OCR)

<http://www2.ed.gov/about/offices/list/ocr/504faq.html>

Food Allergy & Anaphylaxis Emergency Care Plan

<http://www.foodallergy.org/document.doc?id=234>



What to Do Before School Starts

Be well-versed on your child's food allergy.

- The foods he or she must avoid.
- The signs and symptoms of an allergic reaction.
- The ways your [child might describe](#) an allergic reaction.
- The correct way to use an epinephrine auto-injector.
- Make sure your child knows what to do if he or she experiences an allergic reaction.

Schedule an appointment with your child's pediatrician or allergist.

- Check your child's medication supply and expiration dates.
- Get a prescription for any medications you may need (e.g., for school, self-carry, home).
- Check that you have the correct strength of [epinephrine auto-injector](#) for your child's weight.
- Have the medical provider fill out any required school forms, including a food allergy [emergency care plan](#).

Meet with your child's teacher, school nurse, cafeteria manager and other staff (e.g., coach, band director).

- Be clear on the school's guidelines for managing students with food allergies.
- Discuss your child's needs throughout the school day in different areas, including the [classroom](#), cafeteria, playground and school bus.
- Ask if cafeteria staff have been trained on [safe food preparation](#) for food allergies.
- Share your child's [emergency care plan](#) with everyone who comes in contact with him or her
- Work with the school to develop a [Section 504 Plan](#), or other written food allergy management plan
- Know who is [trained](#) to give your child's medication in the event of an emergency.
- Determine if guidelines like no food sharing or [handwashing](#) after eating or handling food can be implemented in the classroom.
- Discover where food will be kept, where your child will eat and who will oversee meals or snacks.
- Ask to be given advanced notice about [field trips](#) and other events

BACK to SCHOOL

with Food Allergies

A PARENT CHECKLIST

Everything a parent needs to know when sending their child with food allergies to school for the first time

When School Starts

- Deliver your child's emergency care plan and medication(s) on or before the first day of school.
- Remind your child to avoid eating any food whose ingredients are unknown, such as home-baked goods.
- Check-in with your child's teacher(s) to see how things are going.
- Always be on the lookout for signs that your child might be experiencing [bullying](#) or teasing because of his or her food allergy.
- Share resources, like those found on [FARE's Back-to-School Headquarters](#), with your child's school.



Learn more at [FoodAllergy.org](https://www.foodallergy.org)



Chapter Nine:

Cookbooks & Recipes

- Recipes from Food Allergy Research and Education (FARE)
- Supplemental Allergy Cookbooks



Breakfast Foods

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

Lemony Blueberry Muffins

M, E, P, S, N

1 Tbsp. plus ½ cup sugar, divided	1 ½ cups flour
½ cup yellow cornmeal	1 ½ tsp. baking powder
½ tsp. baking soda	¼ tsp. salt
1 cup frozen blueberries	1 cup apple juice
3 Tbsp. milk-free, soy-free margarine, melted	1 Tbsp. lemon zest
1 ½ Tbsp. water; 1 ½ Tbsp. oil, 1 tsp. baking powder, mixed together	

Preheat oven to 400 degrees. Coat muffin tin with cooking spray and sprinkle with 1 TBSP sugar. Set aside. In medium bowl, combine flour, cornmeal, ½ cup sugar, baking powder, baking soda and salt. Stir in blueberries. Set aside. In small bowl, whisk together apple juice, margarine lemon zest, and water, oil, and baking powder mixture. Stir into flour mixture until dry ingredients are moistened. Spoon batter into muffin cups, 2/3 full. Bake 20 minutes or until toothpick inserted into center comes out clean. Remove from tins and place on wire rack to cool.

Breakfast Skillet

M, E, W, P, S, N

½ lb. Bacon	6 cups packaged frozen cubed potatoes*
1 green bell pepper, seeded and chopped	1 red bell pepper, seeded and chopped
½ cup onion, chopped	Salt and pepper

In large, deep skillet, cook bacon over medium high heat until evenly browned. Remove from heat. Discard grease. Transfer bacon to a plate, pat dry with paper towels, and crumble. Set aside.

Reduce heat to medium. Cook potatoes according to package directions, stirring and flipping frequently. Drain. Stir in peppers and onion. Cook until vegetables are tender. Stir in crumbled bacon. Season with salt and pepper.

*Read the ingredient label carefully. Instead of using frozen potatoes, can peel and cube a pound of potatoes and boil for 15 minutes or microwave 5 to 7 minutes. Add to the recipe as directed.

Milk-Free Pancake Recipe

M, P, N (may be soy and egg free with substitutions)

1 cup flour	1 Tbsp. sugar
2 tsp. baking powder	½ tsp. baking soda
½ tsp. Salt	1 cup enriched soy beverage
1 Tbsp. vinegar or lemon juice	1 egg (or egg-replacement)
1 Tbsp. oil	

Add vinegar or lemon juice to milk and set aside. Combine dry ingredients in medium mixing bowl and set aside. In a small bowl, blend milk mixture with egg. Add milk and egg mixture to bowl of dry ingredients. Mix well. Stir in oil. Pour pancake batter onto lightly greased or non-stick frying pan. Flip as needed until both sides are golden brown.

Main Dishes

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

Chicken Nuggets

M, E, P, S, N

4-6 boneless, skinless chicken breast halves	½ cup milk-free, soy-free margarine, melted
1 cup flour	1 tsp. salt
1 tsp. white pepper	2 tsp. poultry seasoning

Preheat oven to 400 degrees. Spray oven-proof dish with cooking spray. Set aside. Cut chicken into 3-inch pieces. Set aside. Place melted margarine in wide cup. Set aside. In medium bowl, combine flour, salt, pepper, and poultry seasoning. Set aside. Dip chicken in margarine. Roll in flour mixture until well coated. Place in prepared dish. Bake 25 minutes, or until light brown, turning once. Serve plain or with a dipping sauce, such as sweet and sour sauce.

Green Bean Mushroom Casserole

M, E, W, P, S, N

1 lb. green beans	1 (6.5 oz) can mushrooms
Rice beverage	1 Tbsp. cornstarch
1 ½ tsp. onion powder	½ tsp. garlic powder
¼ tsp. salt	1 Tbsp. dried onion
1 cup flaked corn cereal, crushed	

Preheat oven to 350 degrees. Clean green beans, place in large saucepan, fill with about 1 inch of water. Bring water to boil; boil 10 minutes or until green beans are tender. Drain and set aside. Open mushrooms, drain liquid into measuring cup. Add rice beverage to mushroom liquid to make 1 cup. Mix in cornstarch. Pour into medium saucepan. Add onion powder, garlic powder and salt. Cook over medium heat, stirring constantly until thickened, about 10 minutes. Stir in mushrooms. Pour over green beans. Stir in dried onion. Spoon into casserole dish. Top with flaked corn cereal. Bake uncovered about 20 minutes until hot throughout. Cover, let stand 5 minutes.

Turkey Burgers

M, E, W, P, S, N

¼ cup brown mustard	2 Tbsp. honey
1 lb. ground turkey	½ tsp. salt
¼ tsp. coarse black pepper	2 Tbsp. oil

In small bowl, combine mustard and honey until well blended. Set aside. In medium bowl, combine turkey, salt and pepper. Add 3 Tbsp. mustard mixture. Mix well. Form mixture into four small patties about ¾-inch thick. Brush both sides of burgers lightly with oil. Grill 6 minutes on each side or until center is no longer pink. Brush with remaining honey mustard while grilling. Serve with or without a hamburger bun.

Turkey Casserole

M, E, P, N

2 cups soy beverage	1 cup mushrooms, canned or fresh
2 cups uncooked elbow macaroni	2 cups cooked turkey, diced
1 cup peas	¼ cup onion, chopped
Salt and pepper to taste	½ cup breadcrumbs
2 Tbsp. milk-free margarine, softened	

Preheat oven to 350 degrees. Grease 2-quart casserole dish; set aside. In blender, combine soy beverage and mushrooms. Puree and set aside. Add macaroni, turkey, peas, onion, and salt and pepper to prepared casserole dish. Stir in soy beverage mixture, mixing well. Cover and bake 50 minutes; remove casserole from oven. In small bowl, combine breadcrumbs and margarine, and sprinkle mixture over top of casserole. Return casserole to oven uncovered and cook 10 minutes more.

Note: To make this dish wheat-free, substitute 1 cup uncooked rice for elbow macaroni, and omit the breadcrumb topping.

Chicken Chili Soup

M, E, W, P, S, N

2 Tbsp. olive oil	1 medium onion, diced
2 clove garlic, minced	½ cup fresh cilantro, chopped
12 green peppers, seeded, diced	6 cups chicken broth
1 (15-oz) can cannellini beans, rinsed and drained	Salt
1 Tbsp. ground cumin	Pepper
2 cups cooked chicken breast, shredded	

In large pot, heat olive oil over medium heat. Add onion and garlic and cook about 3 minutes until soft. Add cilantro and green pepper, cook about one minute. Add chicken broth, cannellini beans, cumin and salt and pepper to taste. Bring to a boil. Reduce heat, then simmer 10 minutes.

Transfer about one third of soup to a blender and puree. Return to pot. Add chicken; cook about five minutes, then serve.

Note: This soup is great served with tortilla chips.

Mexican Casserole

M, E, W, P, S, N

1 pound ground turkey	½ cup mild chunky salsa
1 (8-oz.) can tomato sauce	½ tsp. salt
1 tsp. chili powder	6 corn tortillas
2 (25- to 260z) cans kidney beans, rinsed and drained	

Preheat oven to 375 degrees. Brown turkey in skillet over medium heat, stirring frequently to separate; drain. Stir in beans, tomato sauce, salsa, chili powder and salt. Line bottom of 8-inch square casserole dish with 3 tortillas. Cut one of the tortillas into pieces to fill in empty areas. Cover with 1/3 of meat mixture (approximately 2 cups). Repeat layers twice. Cover with aluminum foil and bake 45 minutes. Let cool 5 minutes before serving

Southwestern Casserole

M, E, W, P, S, N

1/4 cup water	1 Tbsp. oil
12 Tbsp. sugar	1 (15-oz) can black beans, drained and rinsed
1 cup cornmeal	1 lb. ground beef
2 cups onion, thinly sliced	2 ½ cups zucchini, thinly sliced
2 cups red bell pepper, cut into ¼-inch strips	2 garlic cloves
½ cup frozen corn kernels, thawed	1 tsp ground cumin
¼ tsp ground red pepper	1 cup taco sauce*

Preheat oven to 3540 degrees. Grease 9x13-inch pan. Set aside. Process water, oil, sugar and beans in a food processor until smooth. Stir in cornmeal until well blended. Brown ground beef. Set aside. Coat large skillet with cooking spray. Heat on medium until hot. Add onion, zucchini, bell pepper and garlic. Cook 10 minutes. Add corn, cumin and ground red pepper; cook 2 minutes. Add beef and set aside. Spread bean mixture onto bottom of prepared pan. Add beef mixture. Top with taco sauce. Bake 35 minutes.

Suggestion: Substitute ground turkey for beef.

*Read the ingredient label carefully.

Honey-baked Chicken Strips

M, E, W, P, S, N

4 boneless chicken breasts (or chicken tenders)	1 cup honey
½ cup milk-free, soy-free margarine, melted	1 ½ tsp. curry powder
½ tsp. mustard powder	

Preheat oven to 350 degrees. Cut chicken breasts into long strips. Place in baking pan. Mix remaining ingredients in a bowl and pour over chicken. Bake 1 hour, basting every 15 minutes.

Suggestion: Serve over noodles or rice. For extra sauce to flavor noodles or rice, double the amount of sauce ingredients.

Note: For a crowd-pleasing appetizer, cut chicken strips into bite-size pieces after cooking and serve warm with toothpicks.

Beef Stir-fry

M, E, W, P, S, N

½ cup water	2 Tbsp. oil
1 Tbsp. vinegar	1 lb. snow peas, frozen
¼ cup orange-mango juice frozen concentrate	3 green onions, cut into ¼-inch
12 oz. top round steak (or sirloin steak), cut into thin strips.	1 tsp. garlic, minced
4 small carrots, thinly sliced	Dash salt
1 small red pepper, julienned pieces	1 (5-oz.) can water chestnuts, cut in halves

In small bowl, combine the concentrate, water and vinegar. Set aside. In large skillet over medium-high heat, heat oil. Add steak, and cook 4 to 5 minutes or until browned. Add juice mixture and carrots; cook 2 minutes. Add remaining ingredients and cook 2 minutes, stirring frequently. Reduce heat to low, cook 2 more minutes. Serve over rice or rice noodles.

Suggestion: Plain frozen orange juice concentrate may be used in place of the orange-mango.

Note: To avoid overcooking vegetables, have all ingredients ready to add as soon as oil gets hot.

Easy Grilled Southwestern Pork

M, E, W, P, A, N

1 Tbsp. chili powder	½ tsp. dried oregano leaves
½ tsp. dried marjoram	½ tsp. ground cumin
½ tsp. salt	2 cloves garlic, minced
¼ tsp. pepper	1 Tbsp. vegetable oil
1 ½ lbs pork tenderloin, cut in half lengthwise	

In small bowl, mix all ingredients except pork and vegetable oil. Place tenderloin in shallow pan. Rub spice mixture over meat to coat completely. Cover and refrigerate 2 hours or overnight. Preheat grill. Grill tenderloin 30 minutes or until thermometer inserted in center reads 155-160 degrees.

Editor's Note: This dish also may be prepared in an oven by baking 30 minutes at 425 degrees.

Side Dishes/Sauces

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

Sweet and Sour Sauce

M, E, W, P, S, N

½ cup apricot juice	3 Tbsp. oil
4 Tbsp. brown sugar	2 Tbsp. apple cider vinegar
1 Tbsp. cornstarch	

In small saucepan, mix all ingredients. Cook over medium heat, stirring constantly until thickened

Easy Gravy

M, E, P, S, N

1 ½ cups plus 2 Tbsp. chicken broth	2 ½ Tbsp. milk-free, soy-free margarine
¼ cup flour	¼ tsp. coarse black pepper
¼ tsp. salt	1 tsp. parsley

In small saucepan, warm chicken broth. Set aside. In separate small saucepan, melt margarine over medium-low heat. Add flour, whisk 1 minute. Slowly whisk 1 ½ cups broth into flour mixture. Cook over medium heat 2 minutes, stirring frequently. Add 2 Tbsp. broth and remaining ingredients. Stir well. Reduce heat to low. Cook until gravy thickens, stirring occasionally. Serve hot.

*Read the ingredient label carefully.

Oven Fries

M, E, W, P, N, S

2 large potatoes, unpeeled

2 Tbsp. olive oil

½ tsp. Salt

¼ tsp. onion powder

¼ tsp. coarse black pepper

¼ tsp. garlic powder

Place oven rack on upper level and preheat oven to 450 degrees. Coat baking sheet with cooking spray; set aside. Cut potatoes in half lengthwise, and again widthwise. Cut quarters into wedges, and place in a large bowl; set aside. In small bowl, combine remaining ingredients. Drizzle over potato wedges, tossing to coat. Spread wedges onto prepared baking sheet and bake 20 minutes. Remove from oven. Loosen and flip wedges. Return to oven and bake 10 to 15 minutes longer, or until golden brown.

Desserts

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

Chocolate Bite Cookies

M, E, P, S, N

1 cup flour

2 Tbsp. unsweetened cocoa powder

1 tsp. baking powder

1/8 tsp. salt

½ cup sugar

½ tsp. vanilla extract

Preheat oven to 375 degrees. In medium bowl, mix together flour, cocoa powder, baking powder and salt. Set aside. In large bowl, beat margarine and sugar with electric mixer at high speed until creamy. Add vanilla extract; stir gently. Add dry ingredients; stir until well blended. Drop 2 inches apart onto ungreased cookie sheets. Bake 15-18 minutes, or until firm. Allow to cool slightly before gently moving to wire racks to cool completely.

Seth's Ice Cream

M, E, W, P, S, N

3 cups rice milk

2/3 cup sugar

2 tsp. vanilla extract

1 envelope plain gelatin

In large bowl, combine ingredients. Mix well, cover, and freeze.

Note: For soft ice cream, make in an ice cream maker. Experiment and add cocoa powder or fruit pieces.

Marshmallow Shamrocks

M, E, W, P, S, N

2 packages unflavored gelatin	1/3 cup water
1/3 cup cranberry juice	1 ¼ cup sugar
1/3 cup light corn syrup	2 tsp orange extract
Confectioners' sugar	Green coarse colored sugar

Mix gelatin in water. Let stand until dissolved. Set aside. In small covered saucepan over medium-high heat, bring cranberry juice and sugar to a boil, stirring occasionally. Uncover and boil 5 more minutes, stirring occasionally. Pour into large bowl. Stir in corn syrup and gelatin mixture. Using standing mixer, beat on medium speed, 15 to 20 minutes or until stiff peaks form. Beat in orange extract. Using small pieces of tape, secure wax paper to countertop. Sift confectioners' sugar over wax paper. Spoon marshmallow onto wax paper and spread into a rectangle, 1 inch thick. Sift confectioners' sugar over the top. Let stand until firm. Use a small shamrock-shaped cookie cutter or a small knife to cut out shapes, rinsing between each cut. Remove cutouts and sprinkle with colored sugar.

Note: Keep this recipe on hand if you are planning Easter recipes – use bunny- and chick-shaped cookie cutters and roll in coarse pastel-colored sugar.

Suggestion: To make plain marshmallows, substitute water for the cranberry juice and vanilla extract for the orange extract. Cut into squares of desired size and omit coarse colored sugar.

Holiday Cutout Cookies

M, E, P, S, N

1 ½ cups confectioners' sugar	2 ½ cups flour
1 cup milk-free, soy-free margarine, softened	1 tsp. baking soda
1 tsp. vanilla	1 tsp. cream of tartar
½ tsp. lemon extract	
1 ½ Tbsp. water, 1 ½ Tbsp. oil, 1 tsp. baking powder, mixed together	

In large bowl, beat confectioners' sugar and margarine with an electric mixer until well blended. Stir in remaining ingredients. Mix well. Wrap in plastic and refrigerate 2 hours or until firm. Preheat oven to 375 degrees. Lightly dust countertop and rolling pin with flour. Working with half of the dough at a time, roll out 1/8-inch thick. Use desired cookie cutters to cut out shapes. Transfer to cookie sheet. Bake 7 to 8 minutes. Cool on pan 10 minutes. Transfer to cool, flat surface to cool completely. Frost with Cookie Frosting and decorate as desired.

Suggestion: Instead of frosting these cookies, sprinkle tops with sugar before baking.

Cookie Frosting

M, E, W, P, S, N

3 cups confectioners' sugar

½ cup milk-free, soy-free margarine, softened

2 Tbsp. water

1 tsp. vanilla extract

In medium bowl, beat all ingredients together with electric mixer until smooth and creamy.

Brown Sugar Shortbread Cookies

M, E, P, S, N

2 ¼ cups flour

½ cup milk-free, soy-free margarine, softened

½ cup shortening

½ cup light brown sugar, firmly packed

¼ cup sugar

1 tsp. salt

1/8 tsp. vanilla extract

Preheat oven to 300 degrees. In large bowl, beat all ingredients until mixture resembles coarse crumbs. Using your hands, knead dough to completely mix all ingredients. Line countertop with plastic wrap. Roll out ¼-inch thick. Gently remove top layer of plastic. Cut out dough using a 2-inch round cookie cutter. Bake 20 to 25 minutes or until set.

Chewy Apricot-Raisin Jumbles

M, E, P, S, N

¾ cup light brown sugar, firmly packed

½ cup milk-free, soy-free margarine, softened

1/3 cup apple juice

2 Tbsp. applesauce

2 cups flour

½ tsp. ground nutmeg

½ tsp. ground cinnamon

2 tsp. baking powder

1/8 tsp. ground cloves

1 cup dried apricots, diced

½ cup raisins

Preheat oven to 350 degrees. In large bowl, beat brown sugar, margarine, apple juice and applesauce with an electric mixer on medium speed until combined. Stir in flour, baking powder, cinnamon, nutmeg and cloves. Mix well. Stir in apricots and raisins. Drop by teaspoonfuls onto cookie sheet. Bake 11 to 2 minutes or until lightly browned. Cool on pan 10 minutes. Transfer to cool, flat surface to cool completely.

Lime-Flavored Italian Ice

M, E, W, P, S, N

5 cups water	1 cup sugar
½ tsp. ground ginger	1 tsp. grated lime rind
½ cup lime juice	

In large saucepan over high heat, combine water, sugar, ginger and lime rind and bring to a boil. Reduce heat to low and cook 10 minutes, stirring occasionally. Strain mixture and discard lime rind. Cool completely. Add lime juice, stirring well to blend. Pour mixture into freezer-safe container. Cover tightly and allow freezing overnight.

Vanilla Cream Filling

M, E, W, P, S, N

4 Tbsp. milk-free, soy-free margarine, softened	¼ cup vegetable shortening
2 cups confectioners' sugar	2 tsp. vanilla extract

In medium bowl beat margarine and shortening at low speed with electric mixer, gradually adding confectioners' sugar and vanilla extract. Beat on high for 2 minutes until light and fluffy.

Halloween Graveyard Cake

M, E, P, S, N

1 2/3 cups flour	1 ½ cups sugar
½ cup unsweetened cocoa powder	1/1/2 tsp. baking soda
1 tsp. salt	½ tsp. baking powder
3 Tbsp. water & 3 Tbsp. oil & 2 tsp. baking powder, mixed together	
1 1/2 cups water	½ cup shortening
½ tsp. orange extract	

Preheat oven to 350 degrees. Grease and lightly flour 9x13x2-inch pan. Set aside. In large bowl, combine flour, sugar, cocoa powder, baking soda, salt and baking powder. Add water, oil and baking powder mixture; water, shortening and orange extract. Beat well on high speed. Pour batter into prepared pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Move to wire rack and cool completely before frosting.

Suggestion: Crush chocolate cookies or tint shredded coconut green and sprinkle on frosted cake. Using frosting, write or draw on "safe" cookies; position them on top of cake to resemble tombstones.

Creepy Crawly Cupcakes

M, E, P, S, N

1 ¼ cups flour	¾ tsp baking powder
½ tsp. baking soda	¼ tsp salt
¾ tsp. ground cinnamon	1/8 tsp. ground cloves
1/8 tsp. ground nutmeg	1/8 tsp. ground allspice
½ cup water	2 Tbsp. molasses
¼ cup milk-free, soy-free margarine, softened	¼ cup sugar
¼ cup light brown sugar, firmly packed	½ tsp. vanilla extract
3 Tbsp. water & 3 Tbsp. oil & 2 tsp. baking powder, mixed together	

Preheat oven to 350 degrees. Line muffin tin with paper liners. Set aside. In medium bowl, combine flour, baking powder, baking soda, salt, cinnamon, cloves, nutmeg and allspice. Set aside. In small bowl, blend water and molasses, set aside. In large bowl, beat margarine until creamy. Beat in sugars until light and fluffy. Add water, oil and baking powder mixture, and vanilla extract. Blend well. Add flour and molasses mixtures to margarine mixture; beat well. Spoon batter into prepared muffin cups, about ½ full. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Move to wire racks and cool completely before frosting.

Suggestion: Place a black plastic spider or place your own “creepy crawlies” using allowed candy on top of frosting.

Creamy Chocolate Frosting

M, E, W, P, S, N

6 Tbsp. milk-free, soy-free margarine, softened	2 2/3 cups confectioners' sugar
½ cup unsweetened cocoa powder	4 to 6 Tbsp. water
½ tsp. orange extract	

In medium bowl, beat margarine, confectioners' sugar, cocoa powder and water. Beat until mixture is proper spreading consistency, adding more water if needed. Stir in orange extract.

Creamy Maple Frosting

M, E, W, P, S, N

2 Tbsp. milk-free, soy-free margarine, softened	1 Tbsp. water
2 Tbsp. maple syrup	1 ½ cups confectioners' sugar

In medium bowl, beat margarine, water and maple syrup until well blended. Beat in confectioners' sugar until smooth.

Apple Cranberry Pie

M, E, W, P, S, N

No Roll Ginger Cookie Pie Crust (see below)	1 cup dried cranberries
2 Granny Smith apples, peeled and chopped.	¼ tsp. vanilla extract
5 Tbsp. dark brown sugar	1 tsp. sugar
¼ tsp. ground cinnamon	

Preheat oven to 375 degrees. Press pie crust into a 9-inch pie plate. Set aside. In medium bowl, combine all ingredients, mixing well. Spoon filling into pie crust. Bake 35 minutes or until apples are tender.

Note: For wheat-free pie crust recipes, see the Food Allergy News Cookbook.

No Roll Ginger Cookie Pie Crust

M, E, P, S, N

1 ½ cups flour	1 ½ tsp. ground ginger
1 tsp. ground cinnamon	½ tsp. ground allspice
¼ cup honey	1 Tbsp. molasses
½ cup oil	

In large bowl, combine dry ingredients. Drizzle in honey and molasses. Cut in oil with a knife until the flour mixture is moistened. Dough will be soft. Form into ball and chill 2 hours. Gently press into a pie plate.

Carrot Snacking Cake

M, E, P, S, N

3 cups flour	1 ½ tsp. baking powder
2 tsp. ground cinnamon	½ tsp. ground nutmeg
½ tsp. salt	2/3 cup vegetable oil
¾ cup light brown sugar, firmly packed	2 tsp. orange zest
1 ¼ cups white grape juice	3 tsp. vanilla extract
1 ½ cups peeled, grated carrots	

Preheat oven to 350 degrees. Grease fluted tube pan. In small bowl, combine flour, baking powder, cinnamon, nutmeg and salt. Set aside. In large bowl, mix oil, brown sugar, and orange zest until smooth. Stir in white grape juice and vanilla extract. With an electric mixer on medium speed, beat in flour mixture until smooth. Batter will be thick. Stir in carrots. Spoon batter evenly into prepared pan. Bake 30 minutes or until a toothpick inserted into the center comes out clean. Cool in pan 10 minutes. Loosen edges with a knife. Invert onto serving plate and allow cooling completely.

Suggestion: Stir in 1 cup golden raisins along with the carrots.

Cake Glaze

M, S, W, E, N

2 cups confectioners sugar

3 Tbsp. water

In small bowl, make glaze out of confectioners sugar and water, adding more water 1 TBSP at a time, if necessary, to achieve desired drizzle consistency. Drizzle generously over cooled cake.

Baseball Cupcakes

M, E, P, S, N

2 ¼ cups flour

1 1/3 cups sugar

3 tsp. baking powder

½ tsp. salt

½ cup shortening

1 cup rice milk

1 tsp. vanilla extract

3 Tbsp. water & 3 Tbsp. oil & 2 tsp baking powder, mixed together

Red decorating gel or licorice lace*

Preheat oven to 350 degrees. Line cupcake tins with paper liners. In large bowl, combine flour, sugar, baking powder and salt. Add shortening, rice milk and vanilla extract. With an electric mixer on medium speed, beat 1 minute. Add water, oil and baking powder mixture; beat until well mixed. Spoon batter into cupcake liners until half to two-thirds full. Bake 20-25 minutes or until toothpick inserted in center comes out clean. Cool in pans 5 minutes; transfer to wire racks to cool completely. Frost with white frosting recipe, then use red decorating gel or licorice lace to make baseball stitching.

*Read the ingredient label carefully.

White Frosting

M, S, W, E, N

1 ¾ cups confectioners sugar

6 Tbsp. shortening

3 tsp. water

3 tsp. vanilla extract

In large bowl with electric mixer on low speed, cream confectioners sugar and margarine, adjusting speed to high once confectioners sugar is incorporated into margarine. Beat until creamy. Add water and vanilla extract and continue to beat on high speed until frosting reaches desired consistency.

Chewy Chocolate Bliss Cookies

M, E, P, N

1 ¼ cups flour	½ cup unsweetened cocoa powder
½ tsp. baking soda	½ tsp. salt
½ cup milk-free margarine, softened	1 cup sugar
1 ½ Tbsp. water & 1 ½ Tbsp. oil & 1 tsp. baking powder, mixed together	
¼ cup water	1 tsp. vanilla extract

Preheat oven to 350 degrees. Grease cookie sheets. Set aside. In medium bowl, sift together flour, cocoa powder, baking soda and salt; set aside. In large bowl with an electric mixer on medium speed, beat together the margarine and sugar until light and fluffy. Beat in water, oil and baking powder mixture. Stir in water and vanilla extract. Gradually beat in dry ingredients until well blended. Drop by rounded spoonfuls onto prepared cookie sheets. Bake 8 to 10 minutes, or until set. Transfer to wire racks and cool completely.

Valentine Brownies

M, E, P, S, N

½ cup shortening	1 cup sugar
2 ¼ cup flour	¾ cup unsweetened cocoa powder
2 ½ tsp. baking powder	½ tsp. salt
1 cup water	1 tsp. vanilla extract

Preheat oven to 375 degrees. Grease 13x9-inch pan. Cream shortening and sugar until light and fluffy, about 4 minutes. Mix in dry ingredients. Add water and vanilla extract. Beat well. Bake 40 to 45 minutes. Cool completely. Spread or drizzle Raspberry Icing on top.

Valentine Pretzel Rods

M, E, P, N

Raspberry Icing (see recipe below)	Pretzel rods*
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Prepare Raspberry Icing and microwave for about 20 to 30 seconds until melted. Dip pretzel rods to coat half of rod, then roll in red, white or Valentine-themed sprinkles. Place on wax paper to dry.

Note: If the first coat of icing is too thin, let dry 5 minutes, dip again and then roll rods in sprinkles as directed.

*Read the ingredient label carefully.

Raspberry Icing

M, E, P, N

4 Tbsp. milk-free margarine, softened	2 Tbsp. shortening
2 cups confectioners sugar	2 Tbsp. water
1 tsp. vanilla extract	1 tsp. raspberry extract
4 to 6 drops red food coloring	

With an electric mixer on medium speed, cream the margarine and shortening until blended. Beat in confectioners sugar, water and vanilla and raspberry extracts until smooth. Beat in food coloring.

Vanilla Pudding

M, E, W, P, N

$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup cornstarch
$\frac{1}{4}$ tsp. salt	1 $\frac{1}{2}$ cups vanilla soy beverage
2 Tbsp. water	2 Tbsp. milk-free margarine, softened
1 $\frac{1}{2}$ tsp. vanilla extract	

In medium saucepan, stir together sugar, cornstarch, salt, vanilla soy beverage and water. Cook over medium to medium-high heat until thickened, stirring frequently. Remove from heat. Stir in margarine and vanilla extract until margarine melts. Transfer to serving dishes and refrigerate until set.

Suggestion: Make parfaits by layering crumbled Valentine Brownies and Vanilla Pudding in a pretty stemmed glass.

Halloween Party Mix

M, E, W, P, N

4 cups popped popcorn	2 cups crispy rice square cereal
1 cup crispy corn cereal	$\frac{1}{4}$ cup raisins
$\frac{1}{2}$ cup dried apples	6 Tbsp. milk-free margarine
5 tsp. honey	2 tsp pumpkin pie spice

Preheat oven to 350 degrees. In 9x13-inch pan, stir together popcorn, cereals, raisins and dried apples. Set aside. In small saucepan over low heat, combine margarine, honey, and pumpkin pie spice. Stir occasionally until margarine is melted. Drizzle over popcorn mixture. Stir to coat. Bake 7 minutes. Remove from oven, stir, and return to oven to bake 6 more minutes. Cool in pan. Store in airtight container.

Scarecrow Cake

M, E, P, S, N

4 ½ cups flour	2 cups light brown sugar, firmly packed
1 cup sugar	3 tsp. baking soda
2 tsp. ground cinnamon	1 tsp. ground cloves
1 tsp. ground nutmeg	½ tsp. salt
3 cups water	1 cup oil
Allowed candies or colored icing	Shredded wheat cereal, crumbled

Preheat oven to 350 degrees. Grease and flour two 8-inch round pans. Set aside. In large bowl, combine dry ingredients. With an electric mixer on medium speed, beat in water and oil. Pour into prepared pans.

Bake 35 to 40 minutes, or until toothpick inserted in center comes out clean. Frost and decorate as a scarecrow's face using allowed candies or colored icing. Sprinkle cereal around edges to resemble straw.

Frosting

M, E, W, P, N

4 cups confectioners sugar	¼ cup milk-free margarine, softened
¼ cup water	1 tsp. vanilla extract

In large bowl, beat all ingredients with an electric mixer on medium speed until smooth and creamy.

Caramel Corn

M, E, W, P, N

1 cup milk-free margarine	1 cup brown sugar
½ cup corn syrup*	1 tsp baking soda
2 tsp white vinegar	
20 cups popped corn (best to use air popped corn rather than microwaved popcorn)	

Preheat oven to 250 degrees. Place popcorn in a large roasting pan. Set aside. Melt margarine, sugar and syrup in small pan. Let mixture boil 5 minutes, stirring constantly. Add baking soda and vinegar, and stir until it bubbles (almost instantly).

Pour mixture over popcorn. Stir until coated. Bake for 1 hour, stirring every 15 minutes. Remove from oven and stir until the coating hardens.

*We used Karo Syrup.

Fortune Cookies

M, E, P, S, N

3 Tbsp. oil & 3 Tbsp. water & 2 tsp. baking powder, mixed together

2 Tbsp. melted milk-free, soy-free margarine, melted and cooled

¼ cup sugar

Dash of salt

2/3 cup flour

¼ tsp lemon extract

½ tsp vanilla extract

2-inch strips of paper with printed messages

Preheat oven to 350 degrees. Grease cookie sheet. Set aside, in large bowl, whisk together oil, water, baking powder mixture, sugar and margarine until well blended. Stir in flour, salt and extracts. Mix well. Drop batter by teaspoonfuls onto prepared cookie sheet, spreading batter until thin 2 1/2-inch circles. Bake 8 minutes or until the edges are light golden in color. Remove from oven and place a message in the center of the cookie. Fold cookie in half, bending slightly to form a crescent. Drag the crease across the rim of a small measuring cup with the ends facing down. Cool completely.

Note: Work quickly to shape baked cookies. Cooled cookies will be difficult to fold and shape, therefore bake only 3 or 4 at a time.

Suggestion: This makes a fun party activity for children. Invite children to create their own messages to be sealed inside the cookies.

Chocolate Banana Loaf

M, E, P, S, N

2 cups cake flour

2 Tbsp. unsweetened cocoa powder

1 tsp. baking soda

½ tsp. salt

1 large ripe banana

¾ cup water

2/3 cup light brown sugar, firmly packed

¼ cup dark corn syrup

3 Tbsp. oil

1 Tbsp. vanilla extract

Preheat oven to 400 degrees. Grease loaf pan. Set aside. In large bowl, combine flour, unsweetened cocoa powder, baking soda, and salt. Set aside. In medium bowl, mash banana. Whisk in remaining ingredients. Add to flour mixture, stirring until dry ingredients are moistened. Pour batter into prepared loaf pan. Bake 20 minutes, or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove and cool completely.

Three Berry Cobbler

M, E, P, S, N

1 cup strawberries, slices	1 cup raspberries
½ cup blueberries	2/3 cup flour
3 Tbsp. light brown sugar	1 tsp. baking powder
Dash of salt	4 Tbsp. milk-free, soy-free margarine, softened
2 ½ Tbsp. water	½ Tbsp. lemon juice

Preheat oven to 375 degrees. Sprinkle berries into a shallow, 1-quart casserole dish. Set aside. In medium bowl, combine flour, brown sugar, baking powder and salt. Using 2 forks, cut in margarine until the mixture resembles small peas. Stir in water and lemon juice until dough forms. Drop dough by rounded tablespoonfuls on top of berry mixture. Bake 30 minutes.

Suggestion: Drizzle chocolate syrup on the top of the cobbler before serving.

Chocolate Syrup

M, E, W, P, S, N

1 cup light brown sugar, firmly packed	½ cup unsweetened cocoa powder
1 Tbsp. light corn syrup	1 cup sugar
1 cup water, divided	1 tsp. vanilla extract

In saucepan, combine brown sugar, unsweetened cocoa powder, corn syrup and sugar. Stir in ½ cup water, mixing well. Stir in remaining water. Bring to boil. Continue boiling 5 minutes. Stir in vanilla. Cool.

Strawberry-Orange fruit Sorbet

M, E, W, P, S, N

1 lb (3 cups) strawberries	1 ½ cups orange juice, divided
½ cup lemon juice, divided	2 cups sugar, divided

Wash strawberries, remove tops and cut in half. Place half the strawberries, ¾ cup orange juice, ¼ cup lemon juice, and 1 cup sugar in blender; blend at high speed until smooth. Pour mixture into 9x9-inch pan. Set aside. Repeat with remaining ingredients. Cover pan with aluminum foil or plastic wrap and place in freezer until partially frozen, about 4 hours. Spoon mixture into large bowl and, using hand mixer at medium speed, blend until smooth but still frozen. Return mixture to pan. Cover and freeze until firm. To serve, let mixture stand at room temperature 10 minutes for easy scooping. Store in freezer.

Strawberry-Peach Fruit Dip

M, E, W, P, S, N

1 (16 oz.) package frozen sliced peaches, thawed	½ Tbsp. sugar
1 (10 oz) package frozen strawberries, thawed	¾ Tbsp. lemon juice
¼ tsp. vanilla extract	¼ tsp. lemon extract

Add all ingredients to a food processor or blender, Cover and process until smooth. Serve with fruits such as cantaloupe and pineapple chunks, banana slices, strawberries, or grapes for dipping.

Be A PAL Cookie

M, E, P, S, N

¾ cup shortening	1 ¼ cups light brown sugar, firmly packed
2 Tbsp. water	1 tsp. vanilla extract
1 ½ Tbsp. water & 1 ½ Tbsp. oil & 1 tsp. baking powder, mixed together	
1 ¾ cups flour	1 tsp. salt
¾ tsp. baking soda	1/8 tsp. xanthan gum
1 cup allowed chocolate chips, carob chips or raisins	

Preheat oven to 375 degrees. Line large baking pan with parchment paper. Grease and set aside. In large bowl, combine shortening, brown sugar, water and vanilla extract. Beat at medium speed with an electric mixer until well blended. Add water, oil and baking powder mixture. Set aside. In medium bowl, combine flour, salt, baking soda and xanthan gum. Stir into creamed mixture until just blended. Stir in allowed chips or raisins. Press dough into 9-inch circle, keeping it at least 1-inch away from sides of pan. Bake 20 minutes. Center will be soft. Cool completely. Use tinted frosting to decorate cookie with the Be A PAL: Protect A Life from Food Allergies logo (see image above).

Note: This large cookie is perfect for an end-of-the-year “thank you” for classmates who have helped your child with food allergies throughout the school year.

Vanilla Silk Frosting

M, E, W, S, N, P

3 cups confectioners sugar	½ cup milk-free, soy-free margarine, softened
3 Tbsp. water	1 tsp. vanilla extract

In large bowl, combine all ingredients. Mix until smooth.

Chocolatey Chocolate Cake

M, E, P, N

1 1/2 cups water, divided	1 tsp. baking soda
2 cups flour	2 cups sugar
1/4 tsp. Salt	1/2 cup milk-free margarine
1/4 cup unsweetened cocoa powder	
3 Tbsp. water, 3 Tbsp. oil, 2 tsp. baking powder, mixed together	

Preheat oven to 350 °. Grease and flour two 8x8-inch pans. Set aside. In small bowl, combine 1/2 cup water and baking soda. Set aside. In large bowl, combine flour, sugar, and salt. Set aside. In small saucepan, combine margarine, 1 cup water, and cocoa powder; bring to a boil. Pour over flour mixture and mix well; allow to cool. Add water, oil, and baking powder mixture; stir. Add water and baking soda mixture. Stir well. Pour into prepared pans. Bake 25 to 30 minutes, or until toothpick inserted in center comes out clean. Cool in pans 10 minutes, remove, and complete cooling on wire racks. Frost with Silky Chocolate Frosting.

Birthday Blondie Cake

M, E, N, S, P

1½ cups flour	1 ¼ tsp. baking powder
½ tsp. Salt	1 cup dark brown sugar, firmly packed
½ cup sugar	½ cup milk-free, soy-free margarine, softened
3 Tbsp. water & 3 Tbsp. oil & 2 tsp. baking powder, mixed together	
1 tsp. vanilla extract	

Preheat oven to 350 degrees. Grease springform pan. Set aside. In medium bowl, combine flour, baking powder, and salt. Mix well. Set aside. In large bowl, mix brown sugar, sugar, and margarine. Beat until well combined. Add water, oil, and baking powder mixture; and vanilla extract. Beat until light and creamy. Add flour mixture and beat until well blended. Pour batter into pan. Bake 30 minutes, or until light golden brown in color and toothpick inserted in center comes out clean. Cool completely. Frost with Vanilla Silk Frosting.

Wheat-Free Chocolate Cupcakes

M, E, W, N, S, P

¾ cup sugar	¼ cup oil
1 Tbsp. water & 1 Tbsp. oil & 1 tsp. baking powder, mixed together	
1 tsp. vanilla extract	¼ tsp. salt
1 tsp. baking soda	2/3 cup apple juice
1 Tbsp. lemon juice	1/3 cup unsweetened cocoa powder
1 cup oat flour	¼ cup white rice flour
1 tsp. xanthan gum	

Preheat oven to 350 degrees. Line muffin tins with paper liners. Set aside. With electric mixer, beat first 3 ingredients (sugar, water, baking powder) until smooth. Add vanilla extract, salt, baking soda, and juices. Beat well. Beat in cocoa powder, flours, and xanthan gum. Beat 3 minutes. Spoon into prepared muffin tins, 2/3 full. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool completely. Frost with Raspberry Frosting.

Raspberry Frosting

M, E, W, P, S, N

1½ cups confectioners sugar	½ cup seedless raspberry jam
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In a small bowl, whisk ingredients together until smooth.

Beverages

M= Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

Easter Punch

M, E, W, P, S, N

1 (2-liter) bottle ginger ale, chilled	1 can frozen pink lemonade concentrate
Ice, if desired.	

In large punch bowl, add ginger ale and pink lemonade concentrate, stirring until combined. Serve immediately. Ice may be added, if desired.

Miscellaneous

M= Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

Wheat-Free Play-Dough

M, E, W, P, S, N

2 cups water

Food coloring

1 Tbsp. oil

4 tsp. cream of tartar

2½ cups oat flour

1 cup salt

Put water in pan on stove. Add food coloring to desired color. Add oil, then dry ingredients. Cook over medium heat for approximately 5 minutes, or until mixture pulls away from sides of pan. Place on counter and knead until smooth. Store in a zip-lock bag.

For more recipes, visit www.foodallergy.org

Supplemental Allergy Cookbooks

Note: These recipes are free from 8 of the most common food allergies.

Corn Free

- *Corn Free Cookbook and Survival Guide- For The Corn Intolerant and Corn Allergic.* Author: Merelee Knott Laurel Lee Steele

Gluten Free

- *Allergy and Celiac Diets with Ease Money and Time Saving Solutions for Food Allergy and Gluten-Free Diets.* Author: Nicolette M. Dumke
- *1,000 Gluten Free Recipes.* Author: Carol Fenster
- *Gluten Free Everyday Cookbook: More than 100 Easy and Delicious Recipes from the Gluten Free Chef.* Author: Robert Landolphi.
- *Gluten-Free Quick & Easy: From Prep to Plate Without the Fuss - 200+ Recipes for People with Food Sensitivities.* Author: Carol Fenster
- *You Won't Believe its gluten Free: 500 delicious, Foolproof Recipes for Healthy Living.* Author: Roben Ryberg
- *The Gluten Free, Almond Flour Cookbook: Breakfasts, Entrée, and More.* Author: Elana Amsterdam (Found at <http://barnesandnoble.com>)
- *The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation.* Author: Annalise G. Roberts, Claudia Pillow (Found at <http://barnesandnoble.com>)
- *Wheat- Free, Worry-Free: The Art of Happy, Healthy, Gluten Free Living.* Author: Danna Korn
- *Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non- Celiac Gluten Intolerance.* Author: Stephen Wangen M.D.
- *Gluten-Free Cooking.* Author: Betty Crocker
- *The Gluten-Free Bible.* Author: Tate Hunt
- *Weeknight Gluten Free: Simple, healthy meals for every night of the week.* Author: Kristine Kidd
- *The Big Book of Gluten Free Cooking: Delicious Meals, Breads, and Sweets for a Happy, Healthy Gluten-Free Life.* Author: Gigi Stewart
- *The Easy Gluten-Free Cookbook: Fast and Fuss-Free Recipes for Busy People on a Gluten-Free Diet.* Author: Lindsay Garza
- *Danielle Walker's Against All Grain: Meals Made Simple: Gluten-free, Dairy-free, and Paleo Recipes to Make Anytime.* Author: Danielle Walker
- *The Gluten Free Cookbook for Families: Healthy Recipes in 30 Minutes or Less.* Author: Pamela Ellegen

Supplemental Allergy Cookbooks, Cont.

Peanut Free

- *The Peanut Allergy Answer Book*. Author: Michael C. Young M.D.
- *Children's Allergy Free Recipes: No Peanuts, Tree-Nuts or Eggs Used In These Family Recipes*. Author: Lora Cipriano
- *No Peanuts, No Problem!: Easy and Delicious Nut-Free Recipes for Kids with Allergies*. Author: Katrina Jorgensen

Milk Free

- *Vegan Cookies Invade your Cookie Jar: 100 Dairy Free Recipes for Everyone's Favorite Treats*. Authors: Isa Chandra Moskowitz and Terry Hope Romero
- *Vegan Cupcakes take over the world: 75 Dairy Free Recipes for Cupcakes that Rule*. Authors: Isa Chandra Moskowitz and Terry Hope Romero
- *Vegan Pie in the Sky: 75 Out-of-This-World Recipes for Pies, Tarts, Cobblers and More*. Authors: Isa Chandra Moskowitz and Terry Hope Romero

Milk and Egg Free

- *Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerances, and Casein Free Living*. Author: Alisa Marie Fleming
- *Amazing Dairy-Free Desserts*. Author: Penny Wantuck Eisenberg
- *Bakin' Without Eggs: Delicious Egg- Free Dessert Recipes from the Heart and Kitchen of a Food- Allergic Family*. Author: Rosemarie Emro and Kevin Emro.
- *Dairy Free, Egg Free Kid Pleasing Recipes and Tips*. Author: Theresa Kingma
- *Complete Allergy-Free Comfort Foods Cookbook: Every Recipe is Free Of Gluten, Dairy, Soy, Nuts And Eggs*. Author: Elizabeth Gordon

Milk and Gluten Free

- *The Intolerant Family Cookbook Gluten-Free Dairy Free Family Friendly Food*. Authors: Ellen Fitzsimmons & Molly Lepaske (Can only be found at <http://www.glutenfreemall.com>)
- *Cooking for Isaiah: Gluten-Free & Dairy-Free Recipes for Easy Delicious Meals*. Author: Silvana Nardone and Rachael Ray
- *Gluten-Free & Dairy-Free for the Frugal and Lazy Cook: Healthy Eating-Eating for Life*. Author: Heather Demeritte
- *Gluten, Wheat and Dairy Free Cookbook*. Author: Antoinette Savill
- *The Pure Kitchen: Clear the Clutter from Your Cooking with 100 Gluten-Free, Dairy-Free Recipes*. Author: Hallie Klecker
- *Mastering Your Gluten- And Dairy-Free Kitchen: Easy Recipes, Chef's Tips, and the Best Products for Your Pantry*. Author: Chef Einat Mazor
- *The Dairy-Free & Gluten-Free Kitchen* Author: Denise Jardine
- *The Intolerant Gourmet: Glorious Food without Gluten and Lactose*. Author: Barbara Kafka

Supplemental Allergy Cookbooks, Cont.

Milk and Gluten Free, Cont.

- *The Eat Well Cookbook: Dairy-Free and Gluten-Free Recipes for Food Lovers.* Author: Jan Purser and Kathy Snowball
- *Bake Deliciously! Gluten and Dairy Free Cookbook.* Author: Jean Duane
- *The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes.* Author: Tammy Credicott

Milk and Wheat Free

- *No Wheat No Dairy No Problem: Delicious recipes for people with food allergies Sensitivity and Everyone who is Looking for Healthy Alternatives.* Author: Lauren Hoover
- *The Wheat- and Dairy-Free Cookbook.* Author: Terence Stamp and Elizabeth Buxton
- *Gluten-Free, Wheat-Free & Dairy-Free Recipes: More Than 100 Mouth-Watering Recipes for the Whole Family.* Author: Grace Cheetham (Found at <http://barnesandnoble.com>)
- *The Gluten, Wheat and Dairy Free Cookbook.* Author: Nicola Graimes

Milk, Egg, and Nut Free

- *The Food Allergy Mama's Baking Book: Great Dairy-, Egg-, and Nut-Free Treats for the Whole Family.* Author: Kelly Rudnicki (Found at <http://barnesandnoble.com>)
- *What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook.* Author: Linda Marienhoff Coss
- *What Else is to Eat? The Dairy-, Egg-, and Nut-Free Food Allergy Cookbook.* Author: Linda Marienhoff Coss
- *The Egg, Dairy and Nut Free Cookbook.* Author: Donna Beckwith
- *Allergy Free for All Ages: Milk-Free, Egg-Free, Nut-Free Recipes.* Author: Penny L. Webster
- *Allergy Proof Recipes for Kids.* Author: Leslie Hammond and Lynne Marie Rominger

Milk, Wheat and Soy Free

- *Food Allergy Cookbook.* Author: Lucinda Bruce-Gardyne.
- *The Yummi Cookbook: Delicious, Healthy, Affordable Meals: without Meat, Dairy, Wheat or Soy and Nut Free!* Author: Nathalie Thandiwe
- *Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame.* Author: Cybele Pascal

Supplemental Allergy Cookbooks, Cont.

Eggs, Milk and Nuts

- *What Else is to Eat?* Author: Linda Marienhoff Coss. (Can only be found at : <http://www.foodallergycookbook.com/>)
- *The Egg, Dairy and Nut Free Cookbook.* Author: Donna Beckwith
- *Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts.* Authors: Colette Martin and Stephen Wangen

Gluten, Nut and Casein Free

- *The Super Allergy Girl: Gluten Free, Casein Free, Nut Free Allergy and Gluten Free Cookbook.* Author: Lisa A. Lundy (Can only be found at: <http://www.thesuperallergycookbook.com/buycookbook.html>)
- *Celeste's Best Gluten-Free, Allergen-Free Recipes: Over 250 Recipes Free of Gluten, Wheat, Dairy, Casein, Soy, Corn, Nuts and Yeast.* Author: Celeste Clevenger

Milk, Egg and Wheat Free (Not all recipes are Gluten Free)

- *Vegan Cookies Invade your Cookie Jar: 100 Dairy Free Recipes for Everyone's Favorite Treat* Authors: Isa Chandra Moskowitz and Terry Hope Romero
- *The Egg-Free, Milk-Free, Wheat-Free Cookbook.* Author: Becky Hamrich and S.L. Wiesenfeld
- *The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free.* Author: Laurie Sadowski
- *So, What Can I Eat Now?!: Living Without Dairy, Soy, Eggs, and Wheat.* Author: Rhonda Peters

Milk, Gluten, and Egg Free

- *Cooking Free: 220 Flavorful Recipes for People with Food Allergies and Multiple Sensitivities.* Author: Carol Fenster (Can be Found at Barnes and Noble Book Stores)
- *Special Foods for Special Kids: Practical Solutions, and Great Recipes for Children With Food Allergies.* Author: Todd Adelman and Jodi Behrend
- *Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes.* Author: Elana Amsterdam

Milk, Gluten and Wheat Free

- *The Gluten, Wheat, and Dairy Free Cookbook.* Author: Nicola Graimes
- *Gluten, Wheat, and Dairy Free Cookbook.* Author: Antoinette Savill
- *Gluten, Wheat & Dairy Free.* Author: Parragon Books

Supplemental Allergy Cookbooks, Cont.

Wheat, Egg, Milk, Nut and Soy Free

- *The Food Allergy News Cookbook: A collection of recipes from Food Allergy News and Members of the Food Allergy network.* Author: Anne Munoz-Furlong
- *The Everything Food Allergy Cookbook.* Author: Linda Larsen

Milk, Gluten, Wheat, Egg and Nut Free

- *The Kid-Friendly Food Allergy Cookbook: More than 150 Recipes that are Wheat free, Gluten free, Dairy free, Nut free and Egg free.* Authors: Leslie Hammond and Lynne Marie Rominger.
- *The Child-Friendly Food Allergy Cookbook: more than 150 recipes that are: wheat free, nut free, gluten free, egg free and dairy free.* Author: Leslie Hammond and Lynn Rominger
- *The Allergy Free Cookbook: Dairy Free, Gluten free, Wheat Free, Egg Free.* Author: Michelle Berriedale-Johnson
- *Allergy Proof Recipes for Kids: More Than 150 Recipes That Are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free, Dairy-Free and Low in Sugar.* Authors: Leslie Hammond, Lynne Marie Rominger, Kevin A. Tracy
- *Allergy-Free.* Author: Alice Sherwood (Found at <http://barnesandnoble.com>)
- *Allergy-Free and Easy Cooking: 30- Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame.* Author: Cybele Pascal

Milk, Gluten, Wheat, Egg, Peanuts, and Soy Free

- *I Love Dessert but NOT Sugar, Wheat, Milk, Gluten, Corn, Soy, Unhealthy Fat...* Author: Nicolette M Dumke
- *The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten.* Authors: Alexandra Anca, Gordon Sussman
- *Yummy Yum for Everyone.* Author: Denise McCabe

Free From the Top 8 Most Common Food Allergies

- *The Everything Food Allergy Cookbook: Prepare easy-to-make Meals—without nuts, milk, wheat, eggs, fish, or soy.* Author: Linda Larsen
- *Allergy Free For the Family Cookbook: Over 100 recipes without milk, eggs, peanuts, tree nuts, wheat, fish, shellfish and many gluten free recipes.* Author: Brianna Rose Monson
- *The allergy Self-Help Cookbook.* Author: Marjorie Hurt Jones
- *Sophie- Safe Cooking: A Collection of Family Friendly Recipes That Are Free of Milk, Wheat, Soy, Eggs, Peanuts, Tree Nuts, Fish, and Shellfish.* Author: Emily Hendrix
- *Allergy Cooking With Ease: The No Wheat, Milk, Eggs, Corn, Soy, Yeast, Grain, and Gluten Cookbook.* Author: Nicolette M. Dumke
- *The Allergen-Free Baker's Handbook.* Author: Cybele Pascal

Supplemental Allergy Cookbooks, Cont.

Free From the Top 8 Most Common Food Allergies, Cont.

- *8 Degrees of Ingredients.* Author: Melissa Priem.
- *The Allergy Free Cookbook: How to avoid the Eight Major Food Allergies and Eat Happily Ever After.* Author: Eileen Rhude Yoder
- *The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for food allergies and Recover Good Health.* Author: Nicolette M. Dumke
- *What to Eat When You Can't Eat Anything: The Complete Allergy Cookbook.* Author: Chupi Sweetman and Luke Sweetman and Patricia Quinn
- *Kitchen Garden Cookbook.* Author: Steve Meyerowitz
- *Food Allergies For Dummies.* Author: Robert A Wood MD, and Joe Kraynak
- *Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens.* Author: Marjorie Hurt Jones (Found at <http://barnesandnoble.com>)
- *My Kid's Allergic to Everything Dessert Cookbook: Sweets and Treats the Whole Family Will Enjoy.* Authors: Mary Harris, Wilma Nachsin
- *Extreme Cooking for Exceptional Diets.* Authors: American Partnership for Eosinophilic Disorders (Found at <http://apfed.org/store.htm>)
- *Let's Eat out With Celiac/Coeliac & Food Allergies! A Timeless Reference to Special Diets.* Authors: Kim Koeller and Robert La France
- *The Whole Foods Allergy Cookbook: Two hundred Gourmet and Homestyle Recipes for the Food Allergic Family.* Author: Cybele Pascal
- *Complete Allergy-Free Comfort Foods Cookbook: Every Recipe is Free of Gluten, Dairy, Soy, Nuts, And Eggs.* Author: Elizabeth Gorden
- *Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights.* Author: Elizabeth Gordon
- *The Ultimate Allergy-Free Snack Cookbook: Delicious No-Sugar-Added Recipes for the Allergic Child.* Authors: Judi Zucker, Shari Zucker
- *Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts.* Author: Colette Martin
- *The Food Allergy Mama's Easy, Fast Family Meals: Dairy, Egg and Nut Free Recipes for Every Day.* Author: Kelly Rudnicki
- *Sweet, Savory, and Free: Insanely Delicious Plant-Based Recipes without Any of the Top 8 Allergens.* Author: Debbie Adler
- *The Allergy-free Cookbook for Kids: 150 Recipes that are Free of the 8 Most Common Allergens.* Author: Leslie Hammond and Lynne Rominger

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