



Food for Life

FALL 2012

HAVE AN ALLERGY SAFE HALLOWEEN

Maybe it's best **NOT to reuse** some of those old costumes. Storing costumes in boxes, attics or garages can accumulate dust mites, mold and other creepy crawlies. Especially with asthma, these are allergy triggers waiting to happen.



Halloween makeup- Using makeup can be fun but it's best to look for a hypo-allergenic brand and test out a small area before Halloween. It's better to find out there's a reaction on a small spot rather than having a disastrous night of trick or treating and itching.

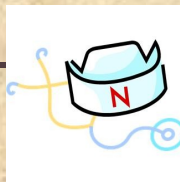
Fog- Yes, the scary but cool vapors can also set off an asthma attack. Enjoy, but use caution.

Candy- thankfully, there are some safe candies out there for our allergic trick or treaters. Just a word of advice- spring for a bag of safe goodies rather than a mixed bag that may contain nut products as well. Although they are individually wrapped, there is still a slight threat of cross contamination.

As always, keep your **Epipen** and other medications handy in case there is a reaction during the Halloween hunt. Better safe than sorry.

WHERE TO DONATE EXPIRED EPIPENS

Ask your school nurse, local EMT's or call the hospitals to see if they need Epipens for certification classes. By donating them, they still get used, they are disposed of safely and they are still saving lives by helping to certify some newcomers to food allergies.



5 SHADES OF ORANGE- GREAT WAYS TO USE PUMPKIN

1. Pumpkin Tartlets

The key to this recipe is to make sure the muffin tin is greased properly and to use a plastic frosting knife to gently remove the tartlet



Baking Spray (or) Oil of your choice
2 Boxes Enjoy Life Foods Snickerdoodle Cookies
1/2 Can Pumpkin
1/2 Cup Milk
1/4 Cup Sugar
1 Tablespoon Cornstarch (can substitute with Tapioca or Potato)
1 Teaspoon Ener-G Powdered Egg Replacer
1 Teaspoon Cinnamon
1/2 Teaspoon Ginger
1/2 Teaspoon Salt
1/4 Teaspoon Allspice

Preheat oven to 350°. Prepare a mini muffin tin by spraying it with baking spray or using oil.

On waxed paper, use a rolling pin or the palm of your hand to flatten each Snickerdoodle cookie as evenly as you can. Gently place one cookie in each mini muffin indent to form a small pie shell.

In a large bowl, combine the rest of the ingredients. Beat with an electric mixer, scraping the sides to ensure an even mixture. Spoon enough pumpkin batter into each shell but do not fill more than half way (this will cause it to bubble over and crust it to the pan).

Bake for 15-20 minutes until the pie shell starts to slightly brown. Cool completely before trying to remove the tartlets to ensure a solid treat.

Makes 24 Tartlets

Get organized and prepare for the Holidays ahead of time to prevent last minute scrambling.

Indigestion could be a sign of an undiagnosed food allergy or sensitivity.

Vertebral subluxations can also effect allergies, specifically the T9, T1 and C2 regions.

Eczema is often misdiagnosed as a skin condition rather than how it may relate to a food.

Tinnitus has been linked to food allergies. Allergic reactions can cause the blood vessels to narrow, reducing the blood flow and can cause ringing in the ears.

Hives are one of the most common symptoms seen when someone has an allergic reaction.

Acne is from an inflammation on the skin which happens when the body is trying to eliminate toxins, particularly from foods.

New research, information and support are always becoming more readily available to anyone who needs it.

Keratosis Pilaris is a skin condition where the skin is rough and bumpy. The specific cause is unknown but evidence has shown that a change in diet, specifically gluten, may help to clear it up.

Send some allergy-friendly foods to family members, friends, loved ones and food banks. Chances are they will be greatly appreciated.

MOM TIP

Do you have trouble getting your baked goods out of the trays without scratching the tins? Use a plastic frosting knife to gently loosen the edges and they pop right out, leaving the tins unscathed.



2. Pumpkin Smoothie

Have your cake..I mean pie and drink it too!

1/2 Cup Pumpkin
3/4 Cup Milk of Your Choice
1/4 Teaspoon Cinnamon
1/4 Teaspoon Allspice
1 Tablespoon Sunflower Oil
4 Tablespoons Pure Maple Syrup
1 Frozen Banana (or) 1/2 an Apple (peeled and pureed)
4-6 Ice Cubes



Blend all ingredients in a blender and enjoy!
Serving size will vary

3. Penne with Pumpkin Sauce

A slightly creamy sauce with just a hint of sweetness

3 Tablespoons Butter or Oil
2 Tablespoons dehydrated, minced onion
1 1/2 Tablespoons Garlic Powder
1 Red Bell Pepper, pureed
1/2 Can Pumpkin
1 Cup Pacific Organic Free Range Chicken Broth
1/4 - 1/2 Cup Water
2-3 Tablespoons Milk of Your Choice
1/2 Teaspoon Nutmeg
1 Box Lundberg Family Farms Penne or Rotini Pasta
Parsley and Sea Salt to Taste

Using a large pan, heat the butter or oil on medium heat. Add the onion, garlic and pepper and cook until mixed well and the pepper has softened.

Begin to prepare the pasta.

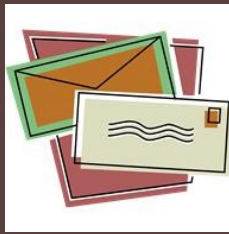
In a blender, add the pumpkin, chicken broth, water and milk. Blend well. Add the mixture to the pan and stir in the remaining ingredients. Use a whisk to keep the sauce smooth. Once the sauce has begun to boil and thicken, add the cooked pasta and combine gently.



Makes approximately 4 servings

MOM TIP:

With the Holidays arriving, there are lots of cards to be mailed out. Before you start to lick that envelope or stamp, did you know they may contain gluten?



Colic-Ease GRIPE WATER

The Fall sometimes riles up some breathing issues and colic. Have you tried Colic-Ease Gripe Water? This is a product that I personally used for both of my children and during my pregnancy. Although my Doctor recommended a few store brands, Colic-Ease was a much better choice for our family. The ingredients are all natural and there are no artificial dyes or side effects to make me worry.

Colic-Ease has graciously set up a promotional code so that you can try it out as well! From now through November 15, 2012 you can receive \$2.00 off shipping by using the code **nutrimom**. To view their product information, simply visit their website at www.colicease.com



All families feel the budget tighten up around the Holidays. This holiday, why not help others feel it a little less by donating to an organization? Keep in mind that each organization has their own uses of how they decide to utilize the money they receive. I recommend that you contact each organization and see which approach fits with your desired donation expectancy.



4. Pumpkin Pancakes

1/2 Box of Gluten Free Bisquick
2 Tablespoons Ener-G Powdered Egg Replacer
1/2 Cup Bob's Red Mill Gluten Free Oats (optional)
1 Teaspoon Allspice
1 Teaspoon Cinnamon
1 Large Squirt of honey
2 Teaspoons Gluten Free Baking Powder
2 Tablespoons Lemon Juice
1/2 Can Pumpkin
1-2 Tablespoons Pure Maple Syrup
1 1/4 Cups Almond Milk (OR) milk of your choice (soy, rice, etc)

Preheat a griddle to 300°. In a large bowl, combine all of the ingredients up to the sugar. Combine well. Add baking powder and lemon juice, letting it "bubble". Add remaining ingredients and still well. If the batter is too thick, add your choice of milk to get the desired consistency (thicker will be fatter pancakes, more watery will be a thinner pancake).

Pour spoonfuls onto the griddle, checking with a plastic, flexible spatula for brownness on the underside. Once it's brown, flip it. Gluten free pancakes do not bubble like regular pancakes, so you will have to check them.



Serve with syrup, sliced fruit or just eat them plain.

Can be refrigerated for up to 5 days or frozen. Reheat in a toaster oven (microwaving makes them rubbery).

The Food Allergy and Anaphylaxis Network (FAAN)
www.foodallergy.org/section/donate21

Kids With Food Allergies (KFA)
<https://www.kidswithfoodallergies.org/donate.html>

Asthma and Allergy Foundation of America (AAFA)
<http://www.aafa.org>

Food Allergy Initiative (FAI)
<http://www.faiusa.org>

ALLERGY-FRIENDLY ADVENT CALENDARS & MORE

LEGO has a great selection of advent calendars. I got one for my son last year and he loved it. In fact, my daughter (who had the usual chocolate advent) wanted one of her own. You can view them at <http://www.lego.com/en-us/default.aspx> and search "advent calendar"



Playmobil also has a selection of advent calendars for boys and girls. Everything from castles to Santa's workshop to a nativity scene. You can order them at: <http://store.playmobilusa.com/on/demandware.store/Sites-US-Site>



Amanda's Own Advent Calendar offers an advent that is free of peanut, tree nut, dairy, egg and gluten (they do contain soy) as well as other holiday goodies. These can be ordered at www.amandasown.com.



Available at peanutfreeplanet.com **Guardian Angel** offers a Chocolate Advent Calendar. This option is peanut free, tree nut, dairy and egg free but they contain soy and may contain traces of wheat.

VermotNutFree.com has nut free coins and menorah lollipops but they do contain dairy.

Moo Free has a dairy free, gluten free, wheat free calendar but I am unsure about nut products. You can check out this product at: www.moofreechocolates.com



PeanutFreePlanet.com is a great resource for Chanukah as well to find some nut free chocolate coins.

Chocolategelt.com offers nut free and dairy free chocolate coins. They also offer chocolate-covered Matzah, chocolate driedels, chocolate menorahs and gift sets but the website is unclear about whether those products are free of nuts and dairy as well.



5. Pumpkin Hummus

- 2 Cups Garbanzo Beans (canned or prepared)
- 15 Ounces of Pumpkin
- 3 Tablespoons Lemon Juice
- 1/4 Cup Olive Oil
- 1 Tablespoon Dehydrated, Minced Onion
- 1 Tablespoon Garlic Powder
- 1/2 Teaspoon Cumin
- 1/2 Teaspoon Allspice
- 1 Teaspoon Sea Salt

Rinse and drain the garbanzo beans. Place into a container and put enough water into the container to cover the garbanzo beans. Soak overnight.

Drain the beans, saving 1 cup of the water. Using a food processor, add the garbanzo beans, 1/2 cup of water and blend until very smooth, stopping to scrape with a plastic spatula to get all of the beans pureed. Add the remaining ingredients and blend. If the mixture is too thick, continue to add some of the water little by little until you get the desired consistency. Refrigerate.



Always check with your favorite companies to see if they have any promotional offers going on. Some companies offer gifts or other items for proof of purchases. And since you are buying the items anyway, why not get a little something extra as well? Some examples are:

Amy's-

<http://www.amys.com/community/proof-of-purchase>
Amy's offers a range of gift items you can receive from proof of purchases.

ZenSoy-

<http://zensoy.com/free-t-shirt-offer/>
ZenSoy has a free t-shirt promotion available.

Ian's Natural Foods-

<http://www.iansnaturalfoods.com/promotions>
Ian's offers coupons towards future purchases.

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