



Food for Life

SUMMER 2012

FREE BOOKS FOR CHILDREN

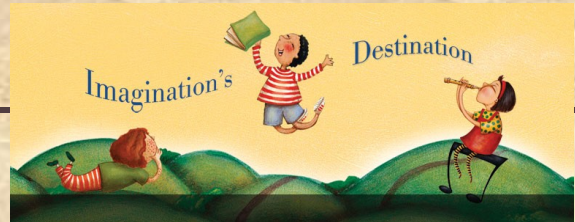
Summer Reading Fun With Barnes & Noble

Barnes & Noble offers a summer adventure for your children without ever leaving home. After reading eight literary adventures, Barnes & Noble will reward them with a FREE book.

Your children can read any eight books- it can even be a borrowed book or a library book. Parents and children keep track of the books they've read in a "Reading Journal". Once completed, the readers can take it to any participating Barnes & Noble location to pick out a book from a limited selection of children's books.

For grades 1 through 6, the program ends September 4th. The bookstore also offers a FREE Kids Club with rewards and special offers all years long. To download the reading journal, go to:

<http://img1.imagesbn.com/plImages/kidsummerreading/2011/BN-Tear-Pad.pdf>. 1 book per child.



GLUTENFREE FLOUR BLENDS

Storage: Freeze or refrigerate all your gluten-free flours and gums (xanthan and guar). They tend to go rancid easier than wheat and are more prone to pantry moths. Protect your investment through proper storage.

HOMEMADE COLORED BUBBLES



- 1 cup granulated soap or soap powder
- 1 quart warm water
- Liquid food coloring, optional
- Plastic straws
- Small 6-8 ounce containers

Dissolve soap in warm water. Stir in food coloring until desired color is attained. Give each child a can about 1/3 full of mix and a plastic straw to blow the bubbles.

As seen at: <http://babyparenting.about.com/cs/activities/a/bubbles.htm>

*for a list of all-natural food coloring, please visit:
<http://www.corn-gluten-foodallergies.com/Homemade-Food-Coloring.html>

SUMMERTIP

Epipen Refills for the Fall

If you are an allergy parent like me, you most likely start refilling your child's Epipens for school 3-4 months before the school year because most insurance companies will only allow a refill 30 days in between. But has your local pharmacy told you that it's possible to refill a multiple Epipen prescription and only pay **1 copay**? To do so, you have to work closely with your insurance company, your pharmacy and your child's allergy specialist.

Step 1-have your pharmacy contact your insurance company to get the specifics on what is required for them to cover a multiple refill. Explain the reason for needing several Epipens to be filled at once.

Step 2- Contact your child's allergy specialist and ask them to write the prescription as required (ex: please fill 3 Epipens as needed for school: 1 for homeroom, 1 for office and 1 for school Nurse).

Step 3- Pickup at the pharmacy and pay one single copay rather than double or triple that which you have paid in the past.

Remember- there are other allergy parents out there also, so don't wait until the beginning of school to get these filled! Shortages do happen and you want your child to be prepared and start the new school year safe.

ALLERGIES & SUMMERTIME FUN DID YOU KNOW?

During the summer months, there are a few everyday factors that could turn into small mishaps as well. The best prevention is to plan ahead, always carry your necessary medications and know the warning signs of an allergic reaction.

- **Swimming** Whether it be an allergy to the chlorine or a condition known as Urticaria (allergy to cold foods, drink or swimming in cold water) symptoms can range from skin irritation to shortness of breath.
- **Insects** Being bitten or stung can bring on swelling, hives or an even worse reaction depending on your specific allergy.
- **Grass and pollen allergies** How many times have you and your family spread a blanket to watch fireworks or have a picnic lunch? Make sure your blanket is clean and large enough to protect you from additional exposure.
- **Barbeque and fireworks** For people with asthma, these events could set off an asthma attack. Smoke from both a barbeque and fireworks can send an asthmatic into a coughing fit. Always carry your inhaler to try to prevent a full blown asthma attack.
- **Balloons** (yes, you read that right!). People with a severe latex allergy that come into contact with balloons may find themselves in an allergic situation.

SMORES PARTY MIX

This recipe has several options for the mix-ins. Use some, mix and match or use them all. Either way, this is an easy summer snack.

1/2 Cup popped corn (or) 1/4 cup popped Amaranth
1/4 Cup Enjoy Life Foods Chocolate Chips (or) Mega Chunks
1/4 Cup mini marshmallows
4-5 Josef's Gluten Free Square Cinnamon Cookies, broken into pieces
1/4 Cup Glutino Gluten Free Pretzel Sticks, broken into pieces
Dash of Sea Salt

Prepare the popped corn or popped amaranth.



In a medium bowl, combine just-popped corn/amaranth, combine with your choice of chocolate chips or chunks. If using amaranth, mix well so the warm amaranth sticks to the chocolate. Add remaining ingredients, mix gently. Store leftovers in an airtight container.

RED, WHITE & BLUE FROZEN CAKE

4 Pints Strawberry non-dairy frozen dessert of your choice (or) Vanilla with 10-12 pureed strawberries mixed in

1 Box Enjoy Life Foods Cocoa Loco Bars

+4 Pints of vanilla non-dairy frozen dessert of your choice
White frosting of your choice

Strawberries or red berries for decoration

You will need a 9-inch spring form pan for this recipe.

Take the pints of non-dairy frozen dessert out and let them warm up for about 5-10 minutes on the counter.

In a large bowl, empty (either) 2 pints of the strawberry frozen dessert of your choice or vanilla with 10-12 pureed strawberries mixed in. Mix the frozen dessert well in a bowl- doing this prior to adding it to the spring form pan will make it easier to spread smoothly in the pan. Spread in the bottom of the pan, making a level surface. Place the spring form pan into the freezer with some waxed paper underneath in case it starts to drip.



Using a food processor, add the entire box of Cocoa Loco bars and chop until only slightly bumpy. (This will be your chocolate middle.) Remove the spring form pan from the freezer. Gently add the chopped cocoa loco bars, starting with the edges of the pan first, and then filling in the center. Place back into the freezer.

In the large bowl, mix the next 2 pints of plain vanilla non-dairy frozen dessert. Once it is soft enough to spread, remove the pan from the freezer and gently spread the vanilla on top of the chocolate, starting around the edges. You will have to be gentle and slow so as not to mix the chocolate too much. Place the pan back into the freezer.

Prepare a small icing bag with your choice of white frosting. Remove the spring form pan from freezer. Using the frosting bag, decorate the top of the cake but try not to push along the edges of the pan. (This will make it easier to remove when it's frozen). Cover with plastic wrap, freeze for 2-3 hours.

When completely frozen, gently open the side of the spring form pan to release the cake. If the frosting is sticking, gently use a thin knife to separate the frosting, going around the top



"Illustration used with permission of the artist, Tiffany Glass Ferreira of www.foodallergyfun.com"

WHAT NOT TO EAT DURING SUMMERTIME

Food allergies are complicated enough on their own but then you throw "synergistic foods" into the mix there's a whole, new line of worries for you!

Synergistic foods are foods that might not normally cause a reaction but can cause problems if the air is filled with the pollens that you are allergic to. The main fruits and vegetables that are most likely to cause allergic reactions in the summer months are apples, celery, pears, peaches and tomatoes. Some experts say the reason for these being more likely to cause problems is due to the fact that they share the same/similar proteins as some trees, pollens, and weeds that flourish during the same time of year.

So how do you enjoy your favorite foods? There are some simple steps to use that should lower the risk of a reaction. **1** Wash, peel and cut up the fruit or vegetable you are going to eat. **2** Try not to eat these foods outside when the pollen levels are high **3** Try cooking the

foods as opposed to eating them raw and **4** check your local pollen levels to be even more prepared. A great site to try is at www.Pollen.com They will send you a daily email with pollen levels and what type of pollen is in your area.

MOM TIP:

Keep your aloe in the fridge to help with sunburn



FROZEN WATERMELON

"Are you allergic to watermelon? Try this safe, cool Summer treat!"

Green Grapes
Ice Cubes
Sugar
1 Lemon
5-6 Strawberries
Blueberries, quartered
1 3-section hard plastic plate

* Layer a 3-section plastic plate with waxed paper, making sure to indent the paper into the grooves of the plate.

* In blender, combine grapes, 4-5 ice cubes & 3-4 teaspoons of sugar. Blend until slushy. Spoon mixture on bottom part of each plate section like a "u", forming the rind. Place into the freezer.

* Rinse blender. Add juice from one lemon, sugar & ice cubes, repeat. Remove plate from freezer, spoon the white of the rind above the green layer. Place in freezer.

* Take out the quartered blueberries and put them aside.

* Rinse the blender. To get the red add the strawberries, sugar and ice cubes and repeat again. Spoon in the remainder of the open plate area.

* Gently place quartered pieces of blueberry into red areas, be sure the cut side of blueberries face downward.

* Place back into freezer until ready to serve. To make a smaller watermelon slice from the larger plate area, simply remove the ice piece & gently slice on a flat surface.



ALLERGY FREE SUMMER FUN

10 Things to Keep Your Children Happy & Busy

1. CRAFTS: A new craft every day

Find crafts to make at home. You can use things around the house to create fun and easy projects.



2. GAMES: Bored? Try a new activity

Have you ever looked at a photo and thought of a funny saying, or caption that would go with the photo? Find photo's, write the caption. Be creative!



3. READ: Curl up with a book

Check out Barnes & Nobles Summer Reading Fun program or see what your local library has to offer.



4. Silly Songs: All you need is your imagination!

Think of your favorite songs. Instead of singing the right words to the song see if you can come up with your own words.



5. Clipart: Fun summer clipart

Print and color fun summer images.



6. Garden: Get a green thumb

Build a greenhouse! Find one at: <http://www.amazon.com/Professional-Jiffy-Greenhouse-Products-America/dp/B000RND2EG>



7. Beach: Fun at the beach

Learn how to make sand castles. Take pictures of them and later make a scrapbook telling the story of your beach adventure.



8. Explore: Go somewhere fun

Plan a picnic or hike. Skip rocks, look for different birds, rocks and flowers. Watch the clouds for animal shapes.



9. Summer Sports: Learn a new sport
Make and fly kites, try bowling or learn how to play marbles.



10. Camping out at home: Pack up the tent

Head into the back yard or the living room for a fun weekend of camping.



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