



Food for Life

September 2014

~ Special Edition Newsletter ~

Thank you to my Sponsors

As a Food Allergy Consultant, I have had an amazing journey finding allergy-friendly products that are not only safe for our family and yours but that taste good too. During my continuing efforts, I have had the incredible honor of working with some companies that believe in me as much as I believe in them. I would like to take the time to say thank you to all of my sponsors – [SunButter](#), [Brothers-All-Natural](#) and [Smart Flour Foods](#). Because of your generous support, I am proudly attending this year's [Food Allergy Bloggers Conference](#) September 26 – 28th. This event will not only improve my knowledge of how I can help others but it will offer additional guidance and support for all walks of the food allergy community. I am privileged to be affiliated with all of your companies and know that we can increase food allergy awareness together.

Why I Believe in These Companies

SunButter is free of nut, peanut, tree nut, gluten, dairy & egg and has the same amount of protein as peanut butter without the allergy concerns. The founder's niece, who has a peanut allergy, was part of the reason they created SunButter in the first place!



They also have employees with food allergies, and their employees all live with and know people with food allergies and food sensitivities of all types. SunButter offers six varieties of their sunflower seed spread as well as portable packets and a 5-pound pail for those of you who cannot get enough of a great thing. SunButter is very involved in the food allergy community, participating in awareness events, conferences, school programs, online forums; supporting allergy physicians, schools and institutions, emergency food shelves and individuals who are also helping keep those with food allergies safe.

Brothers-All-Natural produces Fruit Crisps and Fruit Clusters that are nothing but 100% REAL FRUIT; absolutely NO additives or preservatives. These healthy and convenient freeze-dried fruit snacks contain two full servings of fruit per pouch. The perfect allergy-friendly snack; gluten free, soy free, peanut/tree nut free, non GMO, vegan, and OU Kosher certified. Fruit Clusters are crunchy, bite-sized pieces of freeze-dried fruit rolled into the perfect, healthy, on-the-go snack! Fruit Clusters fruit snacks are made with the best quality of fruit from around the world that has been picked at the peak of ripeness, cut into pieces, freeze-dried, and rolled into a fun, bite-sized "cluster." They also offer Harvester Farms- a line of free freeze-dried fruits and vegetables that are 100% natural with absolutely no additives or preservatives, and contain the same nutritional value as their fresh counterparts. Easily prepare a healthy meal in minutes without having to wash, slice, or dice the fruits and veggies. When used for cooking, they will absorb liquid and rehydrate into delicious, flavorful pieces. Use the vegetables in your favorite soups, stews, or casseroles; and the fruits for cereals, pies, jams, or baked goods.



Smart Flour Foods believes that everyone should love what they eat and the company's passion is creating great tasting gluten-free foods through the power of Ancient Grains. Loaded with vitamins, minerals and fiber, their pizzas & crusts use only the highest quality ingredients and contain no artificial preservatives or synthetic hormones. Combined with the unrivaled Ancient Grain taste, Smart Flour Foods are delicious, nutritious and always gluten-free. They offer an award-winning line of retail frozen pizzas & crusts that are available in over 500 stores (and growing) including many Whole Foods Markets around the country. The company also provides its pizza crusts, desserts and pancake mixes to nearly 500 restaurants around the country, including chains like Pie 5, Mellow Mushroom, Blue Moon Pizza and the Original Pancake House.



Mega Allergy-Friendly Back-To-School Giveaway!



Not only do I have awesome sponsors but we have all teamed up to give back to all of you! Starting September 15 – 30th, you can be entered into our *Mega Allergy-Friendly Giveaway*. One lucky person will receive 36 items. **(Please note that this link will not be active until Monday, September 15th).**



TO ENTER: Go to <http://blog.brothersallnatural.com/mega-allergy-friendly-giveaway/> and enter your name and email address **NO PURCHASE NECESSARY**. **ADDITIONAL BONUS ENTRIES:** 10 additional entries are awarded for each referral a participant receives by sharing the giveaway on their social media network (optional). How's that for showing our appreciation to all of you for also believing in all of us?!

~ MOM TIPS ~



*Make a point to clean out your asthma inhalers to avoid a build-up of mold or debris to avoid making your allergies even more dangerous.

Are your gluten free rolls too thick to bite into? Slice off the ends and use them for instant garlic bread rounds.



Anaphylaxis Spreads to Multiple States!

Last year, I had the privilege to attend the first AANMA US Anaphylaxis Summit in Washington, D.C. and I cannot wait to join them again this year in Georgia!* What is the US Anaphylaxis Summit all about? It is a one-day regional event that will bring together allergists, school nurses, nutritionists, asthma educators, pediatricians, and others to share resources, strategies and experiences and build a stronger community-based anaphylaxis network.



Summit attendees will discuss the impact of stock epinephrine laws and explore options for policy development and implementation as well as participate in interactive forums that will address :

- Anaphylaxis Trends
- Innovative Tools to Educate Your Community
- Fact-Based Accommodations
- Psychosocial Impact of Anaphylaxis
- Power of Partnering
- School Nurse Best Practices

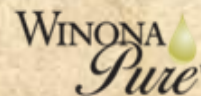
You can still register for the Denver, Co summit on Friday, [October 10th](#) or for the Anaheim, CA summit on [Friday, September 12th](#) (click on dates for registration links) but hurry because the registration cutoff dates are looming!

**Nutrimom is proudly sponsored by*

Winona Pure Oils

for the 2014 AANMA

(Asthma and Allergy Network Mothers of Asthmatics) Anaphylaxis Summit



Are you trying to find a new way to get your children involved in where their food comes from and what goes on in the kitchen? Especially when it comes to learning to live in a food allergy world, more knowledge means more power. I found FoodCorps and I am beyond excited that such an organization exists! They have groups in over 17 states so get out there and start finding out how you can volunteer, donate and learn all at the same time.

Fall is approaching, which usually means friendly backyard bonfires. But for the days that you can't make it outside, why not try my recipe for a Smore's cookie?

Smiley Smore's

1 package Enjoy Life Foods [Sugar Crisp Crunchy Cookies](#)
1/2 Cup Enjoy Life Foods [Chocolate Chips](#)
[Winona Pure Sunflower Oil](#)
84 Mini marshmallows
1 popsicle stick (to make eyes)



Place all of the cookies (flat side facing up) on a flat surface. Place all of the needed marshmallows in a shallow bowl for easy access and set aside.

In a medium pot on medium/low heat, combine the Enjoy Life Foods chocolate chips and a squirt of the sunflower oil. Stir frequently to melt evenly. Remove from the heat.

Cover the top of the flat side of the cookies with the melted chocolate and add the marshmallows (2 for the eyes and 4 for the mouth). Dip the end of the popsicle stick into the melted chocolate and dot the eyes. Let them cool completely. Enjoy!

Makes 14 cookies

The New "F" Word: Food Allergies

Food allergies are creating hostility between those who have them and those who don't - not good for the kids! Politeness and education are the key.

Check out my recent article featured in Pediatric safety.

<http://www.pediatricsafety.net/2014/08/word-food-allergies/>



Oven Fried SunButter Chicken

2 Cups [Glutino Gluten Free Pretzels](#) (chopped fine)
1/2 Cup cornmeal mix
1/2 Teaspoon paprika
1 Teaspoon sea salt
1/2 Cup [Natural No Sugar Added SunButter](#)
1 Pound chicken fillets (cleaned and pounded thin)
[Winona Pure](#) baking spray



Preheat oven to 425 degrees.

In a large bowl, combine the chopped pretzels, cornmeal, paprika and sea salt.

In another large bowl, scoop out the SunButter. Place the chicken fillets into the Sunbutter, coating the chicken with less (rather than too much) SunButter. Transfer the fillets to the crumb mixture, coat and place onto an ungreased baking sheet. Spray each prepared fillet lightly with a bit of baking spray.

Bake for 10 minutes, then gently flip. Continue baking another 10 minutes or until no pink remains inside of the chicken.

Are You Missing Sandwiches?

[Smart Flour Foods](#)

Pizza Crusts make delicious wraps and sandwich crusts. Who says crusts can only be used as crusts!



Pyroluria *Could this be a key to your allergies?*

This is a disorder that occurs from too much kryptopyrrole in the blood, causing depletion of B6 and zinc. This prevents the use of essential nutrients in the body and brain. If you are not "feeding" your body and brain, other areas begin to feel the effects which can branch out into symptoms, such as food allergies or intolerances.

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