



"I am pleased to announce that I am now a contributor for The Food Channel. This means I have committed to bring all of you even more recipes, video tutorials and laughs! Please share with others & please visit The Food Channel as well (and tell them that crazy blogger Nutri-mom sent you!) <http://www.foodchannel.com/contributors/tracybush>"


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Contributors > Tracy Bush



Name: Tracy Bush

Occupation: Food Allergy Consultant/Author/Blogger/ Mom and Brand Ambassador

Bio: Self-professed "Kitchen Geek", my website and media pages are a mixture of product reviews, recipes and advice mixed with a tinge of humor. I write, I cook and I laugh and I aim to make everyone else do the same.



Website: [Allergy Phoods](#)


Favorite Food: Chocolate

Favorite Food Quote: "It's YOUR kitchen, there are no rules. You are not limited by your foods- only your knowledge on how to use them."

Favorite Restaurants: Chipotle (anywhere, anytime), Primal Food & Spirits (Durham, NC) and any place that Chef Keith Norman is at (he is a food allergy hero).

Where to find me online:



Limited Time Left for Epi!

Have you utilized the discount co-pay for your EpiPens? Although all of us are hopeful that this discount will be extended another year, please don't wait or it will be too late. Stay safe, save money and register your EpiPens now to stay on track. Please check the website for specific details and exclusions [here](#)



BioIndividual Nutrition

I am now certified in BioIndividual Nutrition while also studying for a certification in diet & Autism -both are to broaden my expertise in how I can help others.



REMINDER

Please be kind, follow me & share on Facebook, Twitter, YouTube, Instagram, Linked in and my blog to ensure you receive up-to-date recipes, information and posts delivered right to you instantly.

Massive Auvi-Q Recall!



Please Read & Share : We are all grateful to have several options of epinephrine available but with safety also comes the power of information. [Snack-Safely](#) just shared the massive Auvi-Q recall that will effect anyone who carries an Auvi-Q. To get complete details and up to the minute updates, please visit [SnackSafely.com](#) In the meantime, I urge everyone to have their doctor & pharmacy arm you with two doses of alternate epinephrine. Regardless of the packaging, ALL epinephrine will not work unless you have it with you at all times.



November 13-15th is this year's Food Allergy Bloggers Conference in Denver, Colorado.

Although the title says "Blogger" this event is open to everyone- will you be there too? Let me give you some reasons why you should attend:

Facts, food, fun and fulfillment. Regardless of who you are or why you are there, you will feel all of these.

Accommodations for everyone. You may never eat more delicious, allergy-friendly food in your life.

Being a part of a supportive, ever-growing community. It takes a village but also a tribe.

Learning and laughing- two of the most crucial things needed with food allergies.

Ongoing choices of food allergy agendas. Pick and choose or peruse, the choice is yours.

Giveaways! Whether it be in the form of the swag bag you get, the sponsor products or the prizes you could win.

Complete support- you are surrounded by fellow food allergy parents, doctors, companies and speakers.

Open hearts- this event is nothing less than full acceptance for each and every person.

Need more information? Go to [FABLOGCON](#) now!

Are you looking for a more personal recap? Feel free to read my [write-up](#) from last year

Nutrimom is proudly and graciously sponsored by [Winona Pure Oil](#) for this event. I believe in them because they believe in what they do too! *Special giveaway announcement soon



Got a Teen?
Are You a Teen?

Food Allergy Canada has a book for you! The Ultimate Guidebook for Teens with Food Allergies is a complete collection of real teens thoughts, questions & answers about allergic scenarios they face, how they are handled and great tips as well. To get yours, [click here](#)



AND Kyle Dine has an Allergy Awareness Video that combines music with adorable puppets and food allergy facts (Kyle Rocks!) Need a copy for your very own? Order [here](#)



Button Up & Spread Awareness

We are all looking for adorable ways to get the message across to others about food allergies. Check out [Food Allergies and Me](#) Buttons, magnets and t-shirts for your family to be protected.



Kitchen Geek & Proud of it!

How many of you need extra help or new ideas on what to use all of those allergy-friendly products? Check out my short video tutorials on great recipes that are easy and delicious for anyone. Subscribe [HERE](#) and you will instantly get new videos as I post them right to your inbox. Some examples include:

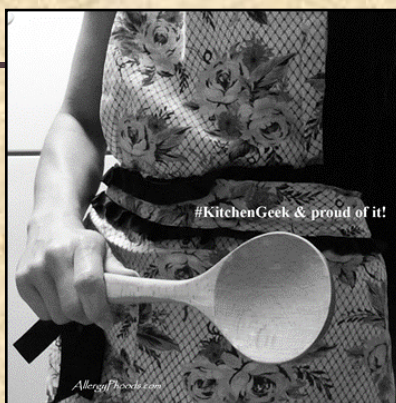
[Wafer Fleurs](#)

[Pumpkin Tartlets](#)

[Cookie Cups](#)

[Pizza Roll Ups](#)

[Éclair Bon Bons](#)



Product Shout Out

You know I am all about sharing so when our family found this bread that is free of egg, milk and gluten, I HAD to share! I am honestly excited that NutriSon finally has a soft bread that he can enjoy for the first time in 14 years! [Schar](#), thank you! (please remember that everyone's allergies are different- do your research prior to ingesting to keep your family safe)



Personal Epi Pouches



Jennifer has offered **FREE** shipping for these adorable Epi pouches and you can get up to three lines embroidered on the pouch as well! (In order to receive free shipping, you **MUST** contact her directly via email or telephone)

jcferguson5@me.com

336-803-0730

www.mythirtyone.com/



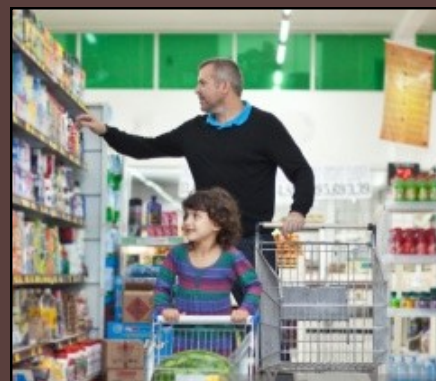
Environmental Allergies, Travel & Home

With the holiday approaching, there are most likely more chances that you and your family will be traveling. Why not stay in a [Pure Room](#)? I'm happy to share that Pure Room offers options for at-home as well as on the road (and you can save 20% if you use promo code NUTRIPURE20 at takepurehome.com on any PURE product for your home or call 716-206-1200). Curious about what is in a Pure Room? Click to watch my [video review](#).



MOM TIP:

Involve children in all aspects of grocery shopping. Reading labels, checking prices and even helping to scan & bag to show them the process of a meal.



Meet the "Otter" Side of Asthma

Think asthma only affects humans? Read how Mishka is the first otter to use an inhaler!
<http://news.yahoo.com/mishka-1st-sea-otter-asthma-learns->



How to Make Teal Food Coloring

Use teal paste color or Lemon Yellow and Sky Blue
via <http://www.wilton.com/decorating/icing/icing-color-chart.cfm>



Epi & Amines May Not Mix

Adrenaline (epinephrine) caution with amine allergies & intolerances! Read more-
<http://www.allergymate.com/amines-intolerance/>

Real Life Bragging Rights

Wendy Provost I will go up to ANYONE and tell them what he is allergic to. He'll say "I'm allergic to milk, soy, tree nuts, peanuts and oat". He always asks if things are safe for him. His teacher brags about how he always asks if a food is "safe" or "bad for my belly". I'm glad that he's aware and not petrified about his allergies. He's cautious and I love that. It bothers me when parents make kids way too fearful. I understand where they are coming from but they should know their healthy limits.

Courtney Beerman My son is so amazing! Not only does he have severe food allergies but he also has GERD, EoE, MCAS, OAB, RAD and is being tested for a primary immunodeficiency.. He has had multiple surgeries, has had more blood drawn than most people in their entire life and he is not even 8 yet...with all of this he is still the happiest sweetest boy you will ever meet. He is considerate of other kids allergies as well as his own he will share his allergy safe treats with other kids in the class if they do not have any..I can't brag enough about him. I am so proud of him!

The Allergy Safe Kitchen My son is 11 years old and is peanut and egg allergic. He is an adventurous eater and open to trying anything (safe) I make. He knows all about GMOs, artificial food

coloring and preservatives and he keeps his Dad on track if Dad is doing the grocery shopping. (Dad reeeeeeally likes to buy the stuff that mom won't bring into the house! LOL!) My awesome son not only remembers to take his Auvi-Q everywhere, but also reminds his 4 year old FA brother to remember his Epi-Jr! I can't say enough about how proud I am of the young man he is becoming!!!!

Lynell McKay Doyle My Bryson is very aware of his allergies and reads all labels and asks me about ingredients that he does not know and looks them up on the Internet as well.



Monica Grimm Where would I start? There are so many nice things to say about you **Susi O**, and there isn't enough room on here to list them. But I will say that I am proud of my allergic daughter because she spends a lot of time, every day trying to help others who have allergies by, among other things, talking to store managers about not cross-contaminating.

MOM TIP:

For more storage in your fridge, use a cutting board to stack your bowls!



TRACY BUSH

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