



# Phood for Life

SUMMER 2013

## BARNES & NOBLE SUMMER READING PROGRAM IS BACK!

Barnes and Noble summer reading program, Imagination's Destination, is again giving out a free book to each child who reads 8 books over the summer.



There are many free books to choose from and there's something for every child in grades 1-6.

<http://freebies.about.com/od/familyfreestuff/p/barnes-noble-summer-reading.htm>

## WHAT'S NEW IN THE EPINEPHRINE WORLD?

Have you heard about the smaller, slimmer epinephrine injector Auvi-Q? At just  $3\frac{3}{8}$ " high, 2" wide, and  $\frac{5}{8}$ " thick, it fits comfortably in your pocket or small purse. They also have a \$25 co pay coupon for your first 2 prescription. For more information, visit their site at <http://www.auvi-q.com/support-and-savings>



### MOM TIP:

Consider keeping an extra propane tank on hand. In an emergency, you will be able to cook your food on the grill.



Have you heard of **FARE** (Food Allergy Research & Education)? Each year, they have Food Allergy Walks all across the United States to raise money for food allergies.

I am proud to say that I am putting together Winston-Salem, NC's first ever **FARE** Food Allergy Walk on September 8, 2013. Please join us by registering today for a fun, family-oriented day. For a list of the closest FARE Walks near you, please visit their site at <http://www.foodallergywalk.org/site/c.ahKPI6MIIeIYE/b.8529309/k.BED9/Home.htm>

Always keep a minimum of 1/4 tank of gas in your car year round. When time is critical, you will already be prepared.



## SPECIAL SUMMER CONTEST

Do you have a special allergy-friendly recipe that you would like to see in my next newsletter? Please email me your recipe, a photo and your information and you could be featured in the October 2013 issue of Phood For Life. Contest is open to everyone. Limit of one entry per person so make sure you choose your best recipe. Good luck!





## POMEGRANATE ORANGE POPSICLES

*A fun and healthy treat*

2 Medium Oranges  
(peeled and cut)  
1 Tablespoon Raw  
Honey  
8 Ounces Pomegranate Juice  
Plastic Cups  
Sticks of Your Choice

*\*Optional- add coconut milk to the mixture*



In a blender, add the orange pieces and honey. Blend until only a few chunks of orange appear. Add the pomegranate juice and blend once more.

Place the plastic cups on a baking sheet or cake tin for stability. Fill with the juice mixture and cover with plastic wrap. Poke sticks through the plastic wrap in the middle of each cup. Freeze until solid. To loosen, gently apply pressure on the sides of cups.

Makes 6 (2-inch) Pops

## QUINOA PUDDING

*Rice pudding gets an upgrade*

1 1/2 Cups Almond-Coconut Milk (unsweetened) +  
additional  
3 Teaspoons Vanilla  
1 1/2 Teaspoons Cinnamon  
1/2 Teaspoon Allspice  
1/4 Cup Raisins  
1/4 Cup Chia Seeds  
2 Tablespoons Sunflower oil  
2 Cups Quinoa (cooked)



In a large pan, heat the almond-coconut milk, vanilla, cinnamon and allspice, stirring with a whisk. Once boiling, add raisins and chia seed, mixing to thicken and to prevent burning. Remove from heat.

Add the sunflower oil and quinoa and mix to combine well. Place into a large dish and refrigerate overnight. Serve with additional almond-coconut milk on top as the quinoa will retain much of the liquids during cooling.

Makes approximately 5 Servings

**Summer Unplugged  
& AMF Summer  
Pass programs have  
begun and run  
through  
September 2, 2013**



**NEW THIS YEAR – No coupons or  
vouchers required!**

Register below and take your confirmation page to your local AMF. A membership card will be assigned during your first visit and should be used to redeem your games on future visits.

No worries if you forget your card, they will be able to look you up and get you on the lanes quickly!

**Redeem your two games each day from open until 8:00 p.m. based on lane availability. Check local availability as they may vary by location.** Still have questions about our summer programs? Go to <https://freebowling.amf.com/>

## 4 WAYS TO VEG OUT!



*Be creative and try some new cooking methods to keep your taste for vegetables alive.*

**Shred-** This can be done with a grater, food processor or a knife. Shredding allows you to sprinkle vegetables over a salad, into soups or muffin mixes or even to make a side dish more colorful.

**Braise-** As easy as covering cut up vegetables in a skillet with any type of flavored liquid. The end result is a tender, caramelized flavorful vegetable that can be eaten alone or added into a sauce with a main dish.

**Roast-** Turn your oven to 400, toss with some oil and spices and watch your vegetables turn into sweet goodness! Roasting brings out flavors that you have not even thought are possible for a vegetable.

**Pickle-** All you need is a tight jar, water, vinegar, garlic and vegetables- who says a pickle has to be just a cucumber?! Try thinly slicing sweet, spicy and colorful vegetables to see what your new favorite will be.



---

## ALLERGY-FRIENDLY SUMMER CAMPS

---

I wanted to include this great list that was originally posted by [Jennifer at The Eczema Company](#). She took great care in listing several different allergy camps. Her information can be viewed at <http://itchylittleworld.com/>

### Allergy-Friendly Summer Camps

<http://www.tallpinesdaycamp.com/camptag/>

<http://itchylittleworld.com/2013/04/04/camp-blue-spruce-a-summer-camp-for-children-with-food-allergies-guest-post/>

### Dairy Free

<http://www.godairyfree.org/news/celiac-vegan-food-allergy-camps>



### Asthma Camps

<http://action.lung.org/site/Search?query=camp&x=0&y=0>

<http://www.asthmacamps.org/>

[http://www.mysummercamps.com/camps/Special\\_Needs\\_Camps/Asthma/](http://www.mysummercamps.com/camps/Special_Needs_Camps/Asthma/)

### Skin Conditions

<http://www.campdiscovery.org/>



---

## NICKEL ALLERGY?

---

Have you noticed a rash but are unsure if it's related to food? It could be a reaction from nickel. Some Doctors suggest that a nickel allergy will only be seen if there is a rash along your waistline. However, Priscilla Matuson (AKA A Gluten Free Vegan Mom Who Knows) has first-hand experience with a nickel allergy. Her suggestion is "To perform a simple skin test for nickel, tape a nickel on your arm for 24 hours and then remove it. If there is a nickel al-

lergy, it may take a couple of days for the rash to appear. I had no rash around my waist but I did

get it around my eyes." More information can be seen on her site at <http://www.glutenfreeveganmom.com/>



---

## NATURAL SPF PROTECTION

---

Did you know that what you eat can also help protect you in the sunshine? Of course, I recommend a good sunscreen as well but every little bit helps. There are many foods that contain anti-



oxidants which may help to reduce the risks of sunburn. These can be found in foods such as greens, chocolate, tomatoes and strawberries. The other key ingredients to look for in a edible SPF are lycopene, flavanols and anthocyanins.



---

## WHERE DID THIS COME FROM?

---

### When life gives you lemons, make lemonade"

is a proverbial phrase used to encourage optimism and a can-do attitude in the face of adversity or misfortune. "Lemons" in this expression used in the informal sense of the word, to indicate an unfortunate or inadequate situation. The phrase was initially coined by Christian anarchist writer Elbert Hubbard in a 1915 but it was popularized by Dale Carnegie.





---

## GREEN POTATO SALAD

---

*Replace your mayonnaise and enjoy!*

4 Medium-Sized Red Potatoes  
2 Ripe Avocados (peeled and pitted)  
1 Tablespoons Sunflower Oil  
2 Tablespoons Lemon Juice  
1 1/2 Tablespoons Minced Onion  
1 1/2 Teaspoons Garlic Powder  
1 Teaspoon Sea Salt  
1 Stalk of Celery (cleaned, peeled and diced)  
2 Carrots (cleaned, peeled and diced)  
Dash of Coriander

Clean the potatoes, leaving the skin on. Place them in a medium sized pot and boil until a fork can be easily inserted into the potatoes. Remove from heat, rinse, let the potatoes sit in cold water.



Using a food processor, add the avocados, sunflower oil, lemon juice, onion, garlic and sea salt. Puree until very smooth.

Cut the potatoes into bite-sized cubes. In a large bowl, mix the potatoes and the pureed avocado mix. Add the diced celery and carrots and add coriander to taste. Mix and refrigerate.

---

## SUMMER GIVEAWAYS

---

### Food Should Taste Good

is giving away 100 prizes everyday from now until September 2nd.

Check it out to see what all the fuss is about and enter for your chance to win prizes like grills, beach totes, coolers, and extraordinary chips.

<http://bit.ly/iwl8q6>



---

## GARBANZO BEAN FLATBREAD

---

*A great bread alternative*

2 Cups Garbanzo Beans (prepared)  
2 Eggs or Egg Replacer = 2 Eggs  
1/4 Cup Water  
1/2 Teaspoon Sea Salt  
1 Tablespoon Oil (try flavored oils to enhance)  
1/4 Teaspoon EACH Garlic Powder, Thyme, Basil, Rosemary & Marjoram  
1/2 Teaspoon Sea Salt  
Sunflower Oil Baking Spray



Preheat the oven to 475°. Using a food processor, puree the beans until very smooth. Add the remaining ingredients and combine well. Prepare an 8-inch casserole dish by lightly spraying it with sunflower oil. Place the prepared (empty) dish into the heated oven for 15 minutes. Remove, add the batter, place back into the oven for another 15 minutes. Remove and enjoy. *Optional- sprinkle with additional spices or parmesan cheese to enhance the flavor.*

---

## PASTA SALAD

---

*A mixture of sweet and tart*

3 Tbls Apple Cider Vinegar  
Juice of 1/2 Lemon  
1 (2-inch) Finely Diced Shallot  
3 Teaspoons Raw Honey  
1/4 Cup Olive Oil  
1/4 Cup Walnut Oil  
3-4 Cups Rotini Pasta (cooked)  
1 Cup Broccoli (cleaned and cut)  
4 Ounces Walnut Pieces  
Sea Salt and Coriander to Taste



In a blender, combine the apple cider vinegar, lemon, shallot, honey and oils. Blend until creamy.

In a large bowl, combine the pasta, broccoli, walnut pieces and dressing. Mix gently, coating evenly. Sprinkle with sea salt and coriander. Refrigerate.

Makes 4 Servings

TRACY BUSH

Phone: 336.486.1905

E-mail: [nutrimom@yahoo.com](mailto:nutrimom@yahoo.com)

<http://allergyphoods.blogspot.com>

[www.allergyphoods.com](http://www.allergyphoods.com)