



# Food for Life

Fall 2014

## Food Allergy Bloggers Conference, Who Was There?



I missed the first year but thanks to my generous Sponsors, I was able to attend this year's extremely uplifting event. The [Food Allergy Bloggers Conference](#) was a collection of food allergy superstars, bloggers, authors, advocates and product sponsors. Want to know more? Look for a future post coming soon from my blog with all of the details! (Gasp! You didn't know I have a blog too?! Simply click on the word [BLOG](#) and you will be magically whisked away to the page where you can sign up for instant emails.) For my loving sponsors, [SunButter Sunflower Spread](#), [Brothers-All-Natural](#) and [Smart Flour Foods](#)- virtual hugs, love and gratitude to all of you! For those of you who haven't seen all of their great products, please visit their sites and tell them that Nutrimom sent you.



Recently, I was given the honor of being named an [Enjoy Life Foods](#) Preferred Blogger. I wanted to extend a special thank you to [Enjoy Life Foods](#) for this recognition and to let all of you know that this company truly does care about what they are putting into their products to make them healthy and allergy-friendly.

What does this mean for all of you? MORE RECIPES! If you need fast ideas, simply click [on this link](#) and you can easily view all of my previous recipes using their products.

*"Nobody has ever been sued for giving epinephrine, they've been sued for not giving epinephrine." - Allergy & Asthma Network US Anaphylaxis Summit*



Thank you to [Brothers-All-Natural](#) for partnering with [me](#) & hosting the Mega Allergy-Friendly Giveaway. Thank you to [SunButter](#), [Enjoy Life Foods](#), [Freedom Foods](#), [New Wave Enviro](#), [Smart Flour Foods](#), [Winona Pure Oils](#) and [SensitiviTees](#) for showing our food allergy community that we all care enough to give back.



### Winner of the Mega Allergy-Friendly Giveaway



Congratulations Mike Moorhead! You are the winner, hope you enjoy the prizes!

## Need a Great Halloween Story?

[It's the Great SunButter, Charlie Brown](#) Do you know



the true story of where [SunButter](#) came from? Read all about it, I bet you will be surprised! (Click on the title for the link)

**Book in a Book** Look for Jennifer Kozak, LPC, NBCC's book "[Healing without Hurting: Treating ADHD, Apraxia and Autism Spectrum Disorders Naturally and Effectively without Harmful Medications](#)" November 5th- she was kind enough to include my ebook "[The Stepping Stones to Food Allergies](#)" as an additional resource. Thanks Jenn!





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## Turkey Cookies

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2 [Enjoy Life Foods](#) Soft Baked Cookies

10 pieces of candy corn (I used [Starburst Candy Corn](#) because it is egg free)

[Enjoy Life Foods](#) Dark Chocolate Morsels

1 graham cracker (I used [Josef's Gluten Free](#))

Roll one of the cookies into a ball for the turkey's head. Take the second cookie and gently insert the candy corn, spacing slightly. Take two pieces of the candy corn and slice off the colored area, leaving the white areas to use. Insert them for eyes. Insert one piece of orange candy corn as the beak.



On low heat, melt the morsels until smooth. Place a small amount of the melted chocolate on the bottom of the turkey head and secure it onto the body, using the chocolate as a "glue". Then do the same with the turkey body, attaching it to the graham cracker as a base. Using the end of a lollipop stick or toothpick, dip it into the melted chocolate and dot the eyes to make eyeballs. Let cool completely.

Makes 1 turkey cookie

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## The Countdown Has Begun!

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As December 31<sup>st</sup> approaches, so does the deadline for the \$0 copay discount cards offered by both EpiPen and Auvi-Q. Please remember to utilize these coupons before it's too late! You can never have too much epinephrine and you can never be over-prepared.

\*Please check the expirations dates **before** you leave the pharmacy to ensure 1 full year of medication. Need the links? Simply click on either: ~ [EpiPen Discount Link](#)  
~ [Auvi-Q Discount Link](#)

**13 More Wednesdays to Use the \$0 Copay Cards Got Epi?**



Schools may also order the following resources through the *EpiPen4Schools* program: •EpiLocker™: Store the free EpiPen and/or EpiPen Jr Auto-Injectors received through the program in this brightly colored unit so they are easily identifiable in the event of an emergency •EpiPen Trainer: Designed to practice administration technique, the EpiPen Trainer contains no drug product or needle •“How To” DVD: Train the appropriate school staff on how to administer the product received through the program.

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## Are You an Allergic Teen or a Parent of an Allergic Teen?

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We need your words of wisdom! Dr. Ruchi Gupta is conducting a research study entitled “*Risk Taking Behavior among Adolescents with Food Allergy*” and is currently enrolling participants. **The goal of this study is to learn more about the risk taking behaviors of food allergic adolescents** – both in regard to general risk taking and risk taking as it relates to food allergies. In order to participate in the study, adolescents between the ages of 14 and 22 years who currently have a food allergy are being asked to complete an entirely anonymous and confidential electronic survey. No protected health or identifying information is being collected. No compensation is being offered in exchange for study participation.



If you are between the ages of 18 and 22 and are interested in participating in this study, please click [HERE](#) for the secure link to access the anonymous and confidential survey.

If you are a parent with a food allergic child between the ages of 14 and 17 and have no objections to your adolescent child participating in this study, please forward him/her this link [HERE](#). The link will take him/her to the completely anonymous and confidential survey.

If you have any questions prior to making your decision, please contact Research Project Coordinator Victoria Rivkina at [312-503-3193](tel:312-503-3193) or [victoria.rivkina@northwestern.edu](mailto:victoria.rivkina@northwestern.edu) or Dr. Gupta at [312-503-5581](tel:312-503-5581) or [r-gupta@northwestern.edu](mailto:r-gupta@northwestern.edu).

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## EpiPen4Schools Continues

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Mylan Specialty's *EpiPen4Schools*® program continues to offer four free EpiPen® (epinephrine) or EpiPen Jr® (epinephrine) Auto-Injectors to schools nationwide.\* Schools can enroll in the program by visiting the recently updated [EpiPen4Schools.com](http://EpiPen4Schools.com)





## FAACT Fundraiser

[FAACT \(Food Allergy & Anaphylaxis Connection Team\)](#) is the newest resource team available to the food allergy community. With the holidays approaching, I wanted to share a great way to help out and get some of your shopping done early and inexpensively. From now through October 6<sup>th</sup>, your friends, family and co-workers can purchase 30 beautifully handmade greeting cards in a reusable keepsake box, for only \$30! Why?

~ **THEY SAVE MONEY!** These cards would cost \$4 - \$5 in a store. Your customers get the box of 30 cards for \$30 – JUST \$1 PER CARD, with coordinating envelopes! Many people buy one of each of the three sets offered (Two All Occasion Sets for everyone and the Kids' Box with cards to give to children). Orders of 15 boxes or more will have FREE shipping!

~ **THEY SAVE TIME!** No extra trip to the store at the last minute to pick up a card – it's right there on your desk, ready to mail. Birthdays, Anniversaries, New Baby, Get Well, and blank cards too!

~ **THEY'RE USEFUL!** The cards come in a decorated box with a magnetic closure, perfect for storage long after the cards are gone.

~ **THEY HELP A GOOD CAUSE!** FAACT will receive \$13 per box.



## Cupcake Granola

Have you ever had that baking dilemma when you know that you shouldn't overfill the cupcake tins and yet, you do it anyway? Stop right there! In true Nutrimom fashion, I am here to say that you should not be whimpering! There is no crying with allergic friendly food!

**What You Need** Three simple ingredients (we love simple!) -

\*leftover cupcake crumbs

\*1/4 (or more) [SunButter](#)  
[Sunflower Seed Spread](#)

\*1 (10 ounce) package of [Enjoy Life Foods](#) chocolate chips

For the full recipe, please click [HERE](#)



## Handcrafted Greeting Cards

### Cards for a Cause Fundraisers

Handmade Cards for all occasions with coordinating envelopes in a keepsake box.  
Birthdays, Celebrations, Thank You's & More!



Cards for All Occasions (Box 1) - Charming organizer box includes dividers and 30 beautifully embellished cards with envelopes designed for all types of occasions.

Cards for All Occasions (Box 2) - Beautiful organizer box includes dividers and 30 beautifully embellished cards with envelopes designed for all types of occasions.



Cards for Kids - Cute organizer box with 30 handcrafted, printed and novelty cards with envelopes designed for kids.

Product images are provided for your general information and may change without notice due to availability.

Save money now and time later...Have cards on hand for every occasion.

USBORNE  
BOOKS & MORE

Decorative Envelopes • Individually Wrapped • Beautifully Embellished

Amazing Value!  
\$30  
per Box

It is up to you whether you take checks or not. All checks accepted should be made to you. In turn, you should deposit said check and send the money as part of the final Paypal transfer. Email all order forms to [wildforbooks@yahoo.com](mailto:wildforbooks@yahoo.com) on October 6th. Invoices will be sent via Paypal from [camenae06@yahoo.com](mailto:camenae06@yahoo.com).

Cards should arrive in about 2 weeks! Participants must agree to collect all money upfront and send all money to me via Paypal at the end of the two week time period.

PROUD TO BE A  
BLOGGER TEAM MEMBER

Gluten  
& allergen free  
WELLNESS  
event

## Gluten & Allergen Free Wellness Event Recap

Have you heard about these events near you? Imagine walking into a room where all of the products are gluten free and/or allergen free for you? And, imagine leaving with armloads of freebies too! I was honored to be a Blogger Team Member for Raleigh, NC event this past August and I wanted to share my experience with all of you to give you a heads-up for future events. Simply read [HERE](#) to see who was there, what I did and what's in store for all of you next year.

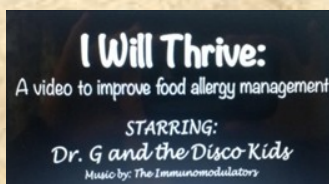


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## Food Allergies in 5 Steps

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A catchy new video to help remember the easy steps to improve food allergy management called "I Will Thrive" can be viewed [here](#). And the rock star of this video? Dr. Ruchi Gupta! I love to see a proactive approach to food allergies and who doesn't love to sing?



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## October 5-11<sup>th</sup> is Latex Allergy Awareness Week

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Did you know that if you have a latex allergy, you are in the 12% of the population that has one? [The American Latex Allergy Association \(ALAA\)](#) and the [Allergy & Asthma Network](#) are hosting two free webinars to help you look for signs & symptoms of this allergy as well as tips on how to avoid possible triggers. For more information on how to register or how to participate in these webinars, please register in advance at:  
<http://latexallergy101webinar.eventbrite.com>  
<http://latexallergyfoodservice.eventbrite.com>

### Guest Mom Tip:

*From Cindy Gordon aka Vegetarian Mamma*

*"I find the best items for food photographs at thrift stores & garage sales but I never, ever feed my allergic child any of the foods that are used on those items. It's not worth the risk of a possible allergic reaction."*



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## Calling All Moms

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I'm a mom, I know many of you are moms so I wanted to share another opportunity for all of you to get even more information on how to raise healthy, happy families. The 2014 Moms Meet WOW<sup>SM</sup> Summit will take place in Orlando, Florida, from November 7-9, 2014. The event is open to moms everywhere and you do not need to be a member of Moms Meet or a Mom Ambassador to attend. Luckily, I even have a discount coupon made available from one of my [Food Allergy Bloggers Conference](#) Sponsors, [Smart Flour Foods](#) (you know we all love coupons and discounts!). By using conference pass with code: **SmartFlourWOW**, you can register for 50% off the Full WOW Summit. Added bonus- [Smart Flour Foods](#) will also be there so make sure you stop and let them know that Nutrimom sent you.



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## When Anaphylaxis a Good Thing

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Yes, you read that correctly- anaphylaxis is a good thing but only when it's the topic of an [Allergy & Asthma Network](#) Summit. For the Allergy & Asthma Network (formerly known as AANMA), this is the second year of Anaphylaxis Summits. I attended the Georgia Summit and, as always, they delivered just as much information and hope as they did last year. Did I peak your interest? You can read all about it [HERE](#).

Did you know that you can also be a part of it as well? The great news is that they still have two more locations available to attend. Denver, Colorado ([October 10<sup>th</sup>](#)) and Philadelphia, Pennsylvania ([October 17<sup>th</sup>](#)). For your convenience, simply click on the dates for registration information but hurry because the deadline is very close and you don't want to miss it.



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