

Phood for Life

WINTER 2015

After-Holiday Giveaway!

You know that I love to give back but this giveaway is **HUGE!** I have gathered 20 wonderful companies who are all ready and waiting for YOU to be one of the two winners to win ALL of these items. How do you enter? Simply enter [HERE](#) between January 8 – 16th and share (as you know, sharing is also always appreciated). I have partnered up with [Brothers-All-Natural](#) (thanks for hosting!) as well as:

[Amanda's Own Confections](#)
[Smart Flour Foods](#)
[Caja Popcorn](#)
[Daiya Foods](#)
[Surf Sweets](#)
[GF Jules](#)
[Josef's Gluten Free](#)
[Kyle Dine](#)
[Nutrimom \(me!\)](#)
[Taste the Dream](#)
[Earthpaste](#)
[So Delicious Dairy Free](#)
[Green Virgin Products](#)
[RW Garcia](#)
[Smart Allergy-Friendly Education \(S.A.F.E.\)](#)
[SensitiviTees](#)
[SunButter Sunflower Spread](#)
[New Wave Enviro](#)
[Pure Room](#)

Early Advocates

"My daughter then and now-diagnosed with milk allergy as a baby. We have added egg, soy, tree nuts and sesame in the last 5 years. She is growing up learning to be her own advocate!" ~ Joanne K.



"Vincent 8 years old ana to peanuts, tree nuts, Soy, sesame, coconut, peaches, cherries and pumpkin. Allergy to many more. Youngest of three only one with allergies. Loves reading and video games. Knows how to stay safe and is always educating people about food allergies and asthma." ~ Cheryl A.



"This is Shana our little trooper. She is one of eight children, the only one with food allergies. She had her first reaction at the age of 2 1/2 while eating a snack of Chex mix that contained Apple's and Walnuts. She's now 10 and has never had another reaction. She's very proactive in explaining to the kids at school why she wears an EpiPen and how her body will react when she eats the things she's allergic to, which is peanuts, tree nuts and shellfish. She reads labels as well as her father and I do. She's become a fan of Wow Butter, but when we first bought it she was afraid because it looked to much like peanut butter. We are so proud of her for helping others even adults who don't get it. this little girl!" ~ Jeanette L.



I am proud to share these young allergy advocates!

"Start where you are. Use what you have.
 Do what you can."

~ Arthur Ashe (1943-1993) American tennis player



Who Put the O in 2015?

Epipen & Auvi-Q did!

Both companies have announced that they are (again) extending their \$0 copay programs through December 31, 2015 to help ease the stresses of trying to keep our allergic families safe and prepared. Please remember that some restrictions may apply so please visit the links for full details (simply click on your device choice for link)



EpiPen

Auvi-Q



After Holiday Allergy-Friendly Giveaway 20 participating brands!



Food – Helping the World, One Grain At A Time

Who says that food is always to be feared? Here is one great example of how we can easily help others with just a click of a button and grains of goodness to others. Play the game and help to donate food to those who need it at FreeRice.com



Newest (and dare I say, smartest?) EpiPen Case

If you have always wished for an EpiPen case that would tell you if it was too hot, too cold, left aside or even to help you find it when you can't remember where it went, your wish has been granted. Aterica has come up with one carrier that provides information, relief and a true-to-life item that the food allergy community has asked for since the invention of the EpiPen. Intrigued? To get more information, visit them at: <https://www.aterica.com/>



Nutrimom Gets A New Look!

Have you noticed the updated me?! Please check your newsfeeds for my new [Facebook](#) logo and leave a comment to ensure that my posts are not limited. I strive to continue to bring all of you continuous help in the way of recipes, articles and humor. A big thank you to Dave at [Davetoons](#) for the image.



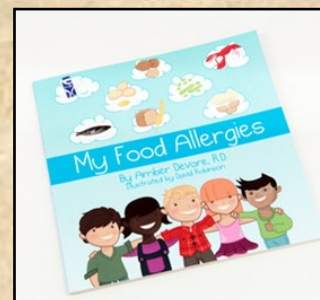
Anaphylaxis- From Your Head to Your Toes

Remember, an allergic reaction can cause multiple symptoms and they can happen within seconds. First line of defense for an allergic reaction is ALWAYS epinephrine. Using epinephrine unnecessarily will not kill you but an allergic reaction can be fatal.

Are you "[Taking Care of You First?](#)" I am honored to have a featured article in the Winter 2014 issue of *Wise Mom*, the emag for members of the [Holistic Moms Network](#). To read, click on the title & make sure you visit their site to learn even more ways to be a part of what they do as well.



Why not use reading as a way to empower your child with knowledge about their food allergies at the same time? Be sure & visit [My Food Allergies!](#)



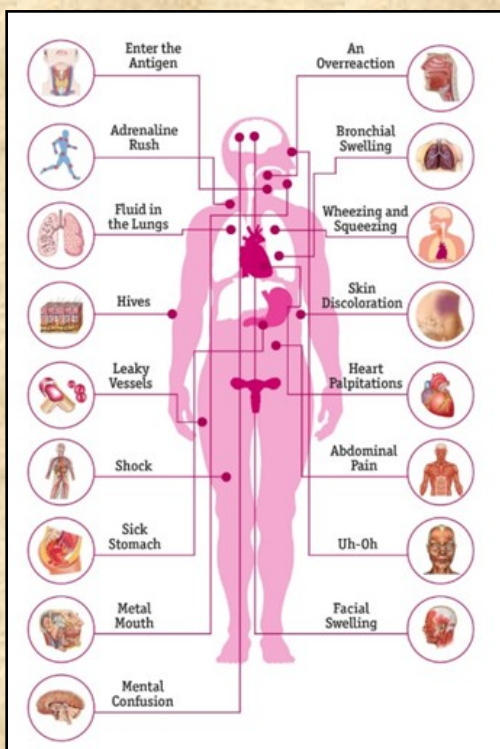
Don't forget to clean your peak flow meter too!

Often during the times that we are using our peak flow meters to keep us within the safety zone, we forget that they need a little TLC as well. Keep additional health issues at bay by cleaning your meters with warm, soapy water and letting them completely dry before putting them away. This will help to minimize germs and mold. I do recommend cleaning during times when you are using them less frequently to allow them to dry properly. For more information, please visit [AAAAI](#).



MOM TIP:

Do you store your epinephrine inside a cabinet? Make sure it's not an outer wall where cold air may compromise the liquid.



(Provided by [Healthline](#))

Do You Have a Product?

As you know, I have expanded my expertise over the years. I am happy to announce that I now offer a variety of ways to help share allergy-friendly products to help others with their knowledge of what items are available to them. I invite you to take a peek to see if I can help you ([HERE](#)) or if you have a specific idea in mind, please contact me to discuss it.

I love being creative, thinking outside-of-the-box and I welcome interesting concepts on how to partner (ad rate sheet available upon request).

Sunflower Snack



[SunButter](#) of Your Choice
[Glutino](#) Pretzel Sticks
[Enjoy Life Foods](#) Chocolate Chips

Spoon SunButter into a small bowl. Insert pretzel sticks along the sides as the "petals". Add chocolate chips as the flower's center. Enjoy a fun snack!

Apple Pie Pizza



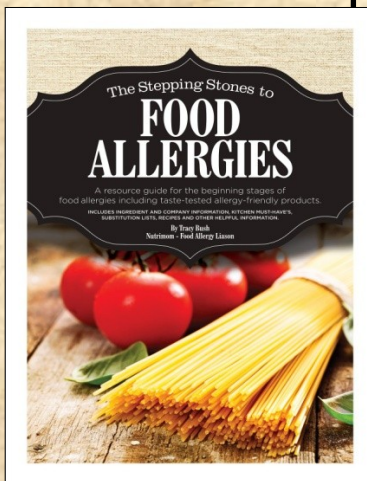
3-4 Small apples, peeled & diced
3 Teaspoons cinnamon
2 Teaspoons allspice
Raw Honey
1 [Smart Flour Foods](#) pizza crust
[Winona Pure](#) Sunflower oil spray
Frosting of your choice (we used confectioners sugar and dairy free milk)

Preheat the oven to 400 °. In a large casserole dish, combine the apples, cinnamon, allspice and honey. Mix until well coated. Place the casserole dish into the oven, stirring frequently to soften the apples.

Place one pizza crust on a pan, lightly spray the top of the crust with sunflower oil spray and bake until crispy.

Remove both from the oven. Coat the pizza crust with the frosting, top with the baked apples and drizzle with a bit more of the frosting. Slice and serve.

Everyone needs help, whether it be in the beginning stages of a food allergy diagnosis or sometimes just some new ideas to refresh your current allergic needs. My ebook "The Stepping Stones to Food Allergies" is under \$20, has no shipping charges and can be a great tool to help you navigate and create. It's also great to share with those that may need the information as well. Ready to order? Click [HERE](#)



MOM TIP:

Nut-free spreads difficult to mix? Place them upside down before opening for easier mixing (just remember to place an open jar right side up).



Healthy Living is About Options

I am proud to announce Dr. Nick of [The Healing Arts Club](#) & I have partnered up to bring readers *Healthwise*, a food blog centered around nutrition and healthy lifestyles. Our health often starts with what we eat so be sure to [subscribe](#) to learn more about how daily choices can influence your wellness or become a member to receive great discounts & promotions on any of the services provided. Want to be a part of it? Contact me to find out about how you can apply to become a practitioner or how your organization can offer wellness options to your employees.



Dairy-Free Strawberry Cheesecake Pizza



1 [Smart Flour Foods](#) pizza crust
[Winona Pure](#) Sunflower oil spray
1/4 - 1/2 Cup [So Delicious](#) vanilla coconut yogurt
[Cupcake Granola](#) (recipe [HERE](#))
Strawberries, cleaned and sliced

Preheat the oven to 400 °. Place one pizza crust on a pan and spray the top of the crust with sunflower oil spray and bake until crispy.

Remove from the oven and spread the coconut yogurt on the crust evenly. Sprinkle with some Cupcake Granola followed by the slices of strawberries. Sprinkle with a bit more Cupcake Granola.

When I Write, I Write!



Why is The Grinch so green and how does he know about EpiPens?! Last year, I told the story of How the "[Grinch Saved Thanksgiving](#)" and this year, after being proudly asked to write another article for [MyKidsFoodAllergies](#), I shared a prequel "[The Grinch and the Pen](#)" Have you read them yet? **Not up-to-date on my other articles?** Sit back, relax & just click for a variety of my interviews and articles [HERE](#)

Pay it Forward Weekend Jan 16-18th 2015

2015 will mark the third year of a national movement called "**Pay it Forward**". Running from January 16 - 18th, everyone is simply encouraged to do at least one random act of kindness for someone, keeping in mind the more good deeds, the better. This could be anything- paying for someone's coffee, leaving them a card, giving your time for free just in the name of helping. There is no limit to how we can all help another person just in the name of selflessness. The only catch is that whatever you decide to do, it must be without expecting anything in return.

Think about what you do and how you can utilize your gifts to help- perhaps a day of free classes or a surprise thank you gift to brighten someone's day. Maybe you know someone who truly needs you to just



sit and listen to them because nobody else has the time. Or, maybe it is you that will receive a gift during that time period that will help you to understand how all of the simple things in life can be just as rewarding as the larger ones. Last year, 6,191,963 people saw the cause on [Facebook](#) so imagine how many positive things happened during last year's movement and how many more will be done this year. "*Happiness is a gift and the trick is not to expect it but to delight in it when it comes and to add to other people's store of it.*" - Charles Dickens

GUEST DAD TIP:

Teach your allergic child to be very specific & say "Help me, I think I am having an allergic reaction" as opposed to "I don't feel well".

- Dr. Gene Cash



Did You Ever Watch an Auto-Injector, Well I Did...



Have you ever wondered what it look like when an epinephrine device is discharged? Sharing these links from Julie Brown (thanks Julie!)

EpiPen Video: <https://www.youtube.com/watch?v=r6ZkAx7djyk&feature=youtu.be>

Auvi-Q Video: <https://www.youtube.com/watch?v=d3PntHvNiTY>

TRACY BUSH

Phone: 336.486.1905

E-mail: nutrimom@yahoo.com

<http://allergyphoods.blogspot.com>

www.allergyphoods.com