

Licorice is a Legume

Peanut allergic? Need to be cautious about beans? Heads-up, they can be found in sneaky place that you may not even know about. Before you

avoid and limit your foods even more, discuss how your allergies may or may not be triggered from this food item. Need more information? Visit [NRCS](#) for a downloadable [fact sheet](#)



Do You
ENJOY
Your foods?



Now you can enjoy them & have a chance to get them for free!

[Enjoy Life Foods](#) has a rewards program #EatFreely. Simply click [here](#) to share, eat and save!

FREE Summer

Reading is allergy-

friendly! There are a LOT of great programs that your children can still take advantage of to earn FREE books, prizes, and cash!

[http://
savingdollarsandsense.com/
free-summer-reading-
programs/](http://savingdollarsandsense.com/free-summer-reading-programs/)



Breathe Easier When Traveling

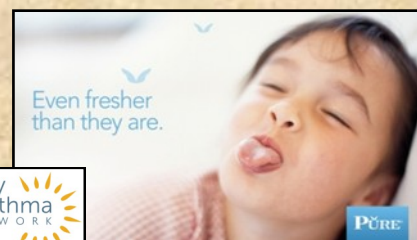
Visit <http://www.allergyasthmanetwork.org/category/travel-tips> for helpful tips for traveling with Asthma and allergies... and don't forget to book your next allergy friendly hotel room at [PureRoom.com](#).

A PURE room is a hypoallergenic space that provides fresh, crisp air giving you a better night's sleep. Learn more about the process here:

[http://www.pureroom.com/
pure_process](http://www.pureroom.com/pure_process)

Need great items for your home too? Use **NUTRIPURE20** to save through 12/31/15 and order at:

www.takepurehome.com or call: 716-206-1200



asthma & allergy friendlyTM
Certification Program

Bert's BlogTM features anything and everything to do with what is more suitable for those living with asthma and allergies. The blog also presents information for manufacturers aiming to provide products and services for those patients with asthma and allergic diseases.

Bert takes the science of certification and talks about it with you so that all can better understand what it means to be certified asthma & allergy friendlyTM. He will also discuss tips, asthma and allergy news and resources, Q&As, newly certified products and services, and more.

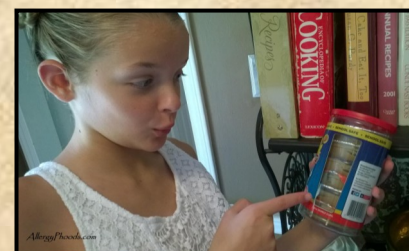
Bert's BlogTM will occasionally feature guest bloggers from the Asthma and Allergy Foundation of America (AAFA) and Allergy Standards Limited (ASL) who will talk about manufacturer tips, new certification standards, and industry news.

<http://www.asthmaandallergyfriendly.com/blog>

SUNBUTTER IN A CAN?!



Have you checked your local [Target](#) stores yet? There may just be a shelf full of [SunButter's](#) latest product— [On the Go Single Cups Canisters](#)! AND some of the canisters contain a winning ticket for a chance to win a \$1,000 Target gift card! Not sure if you have the right SunButter product? [Read for instructions](#) on what to look for.



Gluten & Allergen Free Wellness Event

Raleigh NC! August 15th - Another bake-off! I am proud to announce that I will be attending this event again which will include the Official Second [gfJules](#) Bake-Off with Tiffany Hinton (aka [GF Mom Certified](#)).

I was challenged to produce a gluten free éclair). Come and spend a great family-oriented event, leave with lots of samples and find me at the event. I will be wearing a black [SunButter](#) apron and I will have a supply of SunButter samples & coupons. Follow the event updates at [GFAF](#), on [Facebook](#) and on [Twitter](#) under #GFAFEvent.

**Special thanks to the wonderful people at SunButter for the supplies & for sponsoring me at the event.*



I have found gluten free heaven & it lives at gfJules! Picky NutriSon has gobbled down every single recipe so far (amazing since he is a picky eater). Ready to try your own & keep your family gluten free & happy? Enter promo code [Nutrimom10](#) and save 10% on a value box of gfJules All-Purpose Flour. Make sure you order [here](#).



MOM TIP:

As tempting as it may be, those already-cut veggies at the supermarket may be cross-contaminated! Be safe, take a few extra minutes & cut your own veggies.



Oils are an easy way to add extra healthy protein & to introduce new taste to your foods. NutriFamily is proud to say that [Winona Pure Oils](#) is our family's personal kitchen staple.

FAACT - You CAN Travel with Food Allergies



Is traveling making you uneasy? Do food allergies limit your vacations? Read how our family keeps our allergies under control when we need to be on the go as shared on FAACT (Food Allergy & Anaphylaxis Connection Team)'s blog.

([click](#) & get quick tips now) Haven't heard about [FAACT](#)? Please visit them and see why I proudly recommend them to anyone with concerns about food allergies.



Gluten Free Party Recipes

Summer months for our family means extra guests, parties and get togethers. It's also an opportunity to see how you can

treat your children to easy, adorable gluten free treats just like the adults get to have. After all, as busy as we are it's never too much effort to add a bit of magic to your child's bite-sized items as well. For complete instructions on how to be the gluten free host with the most as featured on [Glutino's](#) blog, click [here](#) or for a fast recipe link, simply click on the recipe titles.



[Marshmallow Tags](#)

[Festive Peppermint Shake](#)



[Toaster Tea Cakes](#)

Allergy Law Project

We all have questions and concerns about what is and is not legally binding. I am happy to share a great new resource to help all of you out with the questions that you may have- [Allergy Law Project](#). Visit them & please tell them Nutrimom sent you.



Special Thanks

This year, my ticket giveaway for the [Gluten and Allergen Free Wellness Event](#) was more than just tickets. I want to extend heartfelt thanks to the gracious people & companies for contributing items: [SunButter](#), [GF Mom Certified](#), [Winona Pure Oils](#), [Pure Room](#) and [gfJules](#).



Webinar Coming Soon

I am happy to share that I have been asked to prepare a webinar based on my article "[Food Companies & Food Allergies: Unite!](#)" published in [Food Safety Magazine](#) and shared by [Snack-Safely](#). Watch for details for this September.

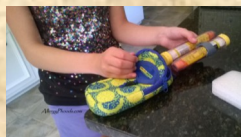


FOUND!

Just saw this on [Asthma and Allergy Foundation of America](#) (AAFA)'s e-newsletter (in place of those long-lost Benadryl items)
<http://www.nationalpharmaindustries.co>



Safety & Savings



Another school year approaches and happily, both EpiPen and Auvi-Q continue to offer a \$0 copay to keep your family safe. Resharing the links to help all of you stay prepared. Please remember to check the expiration date on your refills BEFORE you leave the pharmacy.

[EpiPen Link](#)

[Auvi-Q Link](#)

A Plant That Reduces Stress?



(as always, please consult with your physician prior to beginning anything new)

<http://www.sott.net/article/299073-Rhodiola-An-arctic-herb-that-acts-as-a-stress-vaccine>

MOM TIP:

How do you scrub the microwave? Fill a microwave-safe glass bowl with water & cut lemons, 5 minutes later, you can just wipe the inside clean, no soap needed. (and those lemons- add them to your garbage disposal afterwards to keep those odors out of your sink)



Graham Cracker Bowls

(Featuring a gfJules product)

1 package [gfJules](#) Graham Cracker

Gingerbread Mix

Prepare the mix as directed on packaging.

*FYI- I used [Spectrum All Vegetable Shortening](#) and raw honey for those particular ingredients



needed.

Roll out the prepared mixture into 5 inch circles.

Flip a muffin tin upside down and cover with a baking cups (I recommend [IfYouCare](#)). Place a 5 inch dough circle over the baking cup and mold gently, forming a bowl. *Optional*- spray lightly with coconut oil for extra flavor (I use [Winona Pure Oil](#)).

Bake as directed for 20 minutes. Remove from the pan, gently remove the baking cup and allow to cool completely. Fill with frozen dessert of your choice ([So Delicious](#) pictured above), fruit or whatever your heart desires. Makes approximately 11 large bowls

(Prefer a printed recipe? Click [here](#))

**THEY CAN'T SAVE
YOUR CHILD'S LIFE
IF THEY'VE BEEN
LEFT AT HOME**

**EPINEPHRINE AUTO-INJECTORS:
TAKE 2 ALONG EVERYWHERE**

EVERY TIME

AN URGENT REMINDER FROM YOUR FRIENDS AT [SnackSafely](#)



Important reminder from [Snack Safely](#)

Food Allergy Super Dad Mug



Buy your Super Dad a great mug!

http://www.zazzle.com/food_allergy_super_dad_mug-168570783156897600

Did you have trouble finding supplies for this year's Teal Takeover? Get a few extra bottles for next year (heck, why not get them to wear for any allergy awareness function?!)



Trende-tatts are personalized temporary tattoos that provide an extra layer of safety when you need it most. Have your personal message pre-printed or write your own to ensure that your specific needs are visible. <http://trendetatts.com.au/>

Alert!
Some vaccine stoppers have latex!



Disney & Food Allergies, I'm All Ears

I was honored to be a part of this year's [Mylan Blogger Summit](#) at [Disneyland](#), CA. The bloggers got a first-hand look at how Disney is implementing [EpiPen](#) locations in the park for their guests and we spoke with one of the chefs about new allergy-friendly menu items. Feel free to read more [here](#) and see how these updates may make it even easier to travel with food allergies.

*Thank you to Mylan for sponsoring my trip in exchange for my honest thoughts, opinions and words of wisdom as a food allergy parent.



Requesting a Favor (not Flavor!)

I am on a mission and I am asking for your help. We all know who [Rachel Ray](#) is - talk about recipes galore! I would love to bring her some of my allergy-friendly ideas but I need some extra gusto for this one, can you help me out? If you love what I do and think I should be on Rachel Ray's show, please take a moment to let her know. [Email her](#), [Tweet her](#), post a [facebook](#) message & tag [my page](#)...heck, send her a good, old fashioned letter in the mail simply requesting that she invite me on to show her what I can do allergy-friendly foods. I promise to give a special shout-out for the help if I succeed. Thank you!



THE RACHAEL RAY SHOW
See the latest from the show!

Kitchen Geek Things I Want to Try

As a self-professed Kitchen Geek, I have an on-going list of items that I would love to have but am just too cheap to purchase.



Water Infuser Bottle— Glass water bottle that allows you to add your own flavor

Juice Box— An eco-friendly answer to those sugar-laden boxes that all kids love (Just a mom thought-difficult to clean?) [Uncommon Goods](#)



iFork - utensils that have built-in prop up pieces so you won't get all germly. Yes, I am a slight germphobe, no I don't let my foods touch each other either. [iFork.com](#)

HAPIfork— a fork that vibrates and lights up to let you know you are eating too fast (I need this for my son that inhales his foods) [HAPIfork](#)



Are you unsure if your vaccine is latex safe? Here is a complete list of what to discuss with your physician (as of February 2015). Just as with food allergies and products, ALWAYS read the labels! (For the complete list, click [HERE](#)). You can also find all other up-to-date latex allergy support at the [American Latex Allergy Association](#).



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