

Let Your Allergy Pride Glow

Have you heard about [Turn it Teal](#)? This is a global project committed to raising food allergy awareness by lighting buildings, monuments and bridges, predominately during Food Allergy Awareness Week. [Contact them](#) to recommend a place in your community and be a part of the project.



Food Allergy News

[The National Academies of Sciences, Engineering and Medicine](#) recently

shared their dedication to the food allergy community through a recent publication. The result?

[Finding a Path to Safety in Food Allergy](#) collects and evaluates the scientific evidence on the prevalence, origins, diagnosis, prevention, and management of food allergy and makes recommendations to policy makers, industry leaders, and others to bring about a safe environment for those with food allergies. Thanks guys, we love support! Extra thanks to [AAFA](#) who co-sponsored (I feel the food allergy love, don't you?!)



EpiPens Gone Bad



Are you one of the many who has accidentally given yourself an EpiPen? [Read](#) how this person reacted and what happened.

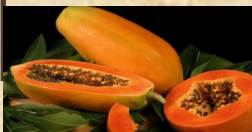
[#CARRYTWO](#)

MORE Places to Find Me

I have joined [Instagram](#) and [Pinterest](#)! Follow me @TracyBNutrimom for more recipes, humor, giveaways and just about anything that pops out of my foodie mind.



Skin Allergy? Sharing some tips from [Lady Care Health](#) on how to help reduce them starting at home [Read](#)



Mashed Papaya Seeds For Skin Allergy

Use allergy-friendly jellybeans for a fast & delicious table decoration that can be brought home & enjoyed



Are you a born baker?
Do you have the cookie recipe to end all cookie recipes?

Tag @barneybutter in a shot of your holiday cookie prep (or finished cookie) to be entered to win 10 jars of the [Barney Butter](#) flavors of your choice.

We'll choose our 3 favorite photos, include the recipe, and ask our followers to vote on their favorite.

Contest runs 11/25-12/20
Winners will be selected through a voting process 12/21-12/23. The winner will be announced on 12/24. Recipes must contain a Barney Butter almond butter. Complete details [here](#). May the best baker win!



Frozen Barney Butter?!

Watch & see now on my [YouTube](#) channel

SnackSafely Adds MORE Resources

SnackSafely has been a long time trusted allergy resource within the community and in multiple areas. They understand that everyone's allergies are different and have added a food allergy resource page to help everyone with their unique approaches and perspectives. For more information on recipes, advice, authors and insight, go to <http://snacksafely.com/inspiring-food-allergy-bloggers-and-authors/>



SnackSafely.com

Indoor air quality is always an easy way to keep allergies under control. Read about our latest find that's helping us breathe better with our new Intellipure air purifier



GUEST MOM TIP:

"Turkey casserole - if you put tin foil in the pan with enough to cover the whole casserole before filling and freezing, you can pull it out of the dish after you freeze it and wrap it in the foil. It frees up your dish!" - Lori Jean Williams

Adult Food Allergies

Many of the allergy support pages are geared toward children and families with food allergies but adults have allergies too! Food Allergy Canada offers a blog for adults to connect.

Sign up now at <https://adultswithallergies.com/>. Topics include everyday life situations including anxiety, exercise, disabilities and many more.



Dine Out Safely

Are you tired of worrying about your restaurants ingredients and allergy procedures? There's a new app that is here to help! Dine-SafeApp is on a mission to have your restaurants, food chains, resorts and other dining areas be onboard with the food allergy movement. Keep your family safe and tell your favorite chefs about them so they can help other diners as well.



Christmas Tree Catastrophe?

The ritual of choosing a tree could be an allergy trigger

<http://www.christmastreeassociation.org/allergic-to-the-holidays/>



Brag About Your Allergies!

This is my youngest son, he is 4. He does not have any food allergies. He is so smart and kind and he cares about his brothers and understands food allergies. I am so proud of him.
– Courtney B.



Cindy Dent Gordon I'll brag on my husband. He is our rock, when the tough happens, he is there to pick us all up and to focus on all the positive things in our allergy life. He is also a rock star chef!

Amanda Kanashiro My dad is awesome...Always makes sure that I can eat and goes out of his way to get safe ingredients...My hubby is amazing as well...didn't even blink when I took our home and made it completely gluten free!

Auvi-Q We Missed You

I think it's safe to say the massive **Auvi-Q recall** was a silent heart-ache felt throughout the allergy community. 2017 promises to be the year of the return of

Auvi-Q. Started by two brothers with life threatening food allergies, **Kaleo Pharma** is extremely excited about getting this compact auto injector back to those who need it. If you missed them, tell them!



Money allergies actually stem from a negative reaction to the nickel used in coinage rather than a most unfortunate aversion to the supposed root of all evil that also somehow simultaneously makes the world go 'round. It is actually one of the most common instigators of allergy-related dermatitis, but the fact that nickel permeates many levels of existence renders the condition rather unusual. Jewelry makers, for example, must frequently construct wares without the whitish-silver metal to ensure a broader consumer base. Rashes, redness, blisters, bumps, itching, and suddenly dry skin may set in 12 to 48 hours after exposure, and may be exacerbated should the individual sweat during contact. At the moment, there is no steadfast cure aside from trying to avoid nickel whenever possible...[read more](#)



I offer Food Allergy Consultations- Get started [here](#)



Did You Know that the Food Allergy Bloggers Conference is for everyone? Parents, advocates, caregivers, fellow food allergy people, products and many more are all invited to attend. [Read](#) how this year's event & register for 2017!

The Bar Has Been Raised

I am in love with these Know Allergies bars so I had to share!

They are free of peanuts, gluten and dairy but definitely have TONS of great taste. Visit them at

<http://www.knowallergies.org>, tell them you hard about them from Nutrimom and wait patiently to receive your package.



“Just because a food intolerance is not life-threatening does not mean it's not life-altering.”

Tracy Bush, Nutrimom

MOM TIP:

Store your holiday ornaments in a wine box. The built-in cardboard separators are the perfect size!

Watch Out For Sharks

Unless you'd rather bite them back

Shark Bites

1 Box [Glutino](#) Sugar Cookie Mix
Vanilla frosting of your choice
Blue food coloring
Glutino [Frosted Blueberry Toaster Pastries](#)

Bake Time:
12 Minutes
Assemble
Time: 10
Minutes

Prepare the Sugar Cookie Mix as directed and let them cool completely*.



Using a pastry bag, frost the cookies with your choice of vanilla frosting. I recommend using the pastry bag to make the waves look more realistic.

Add a few drops of blue food coloring onto a plate. Dip one end of a toothpick into the blue dye, and then use that to make the wave swirls.

Cut a Glutino Frosted Blueberry Toaster Pastry into small triangles, making sure the ends expose the blueberry inside (do not use the edge of the pastry).

Insert one triangle into the frosting of each cookie.
Easy video Tutorial [HERE](#)

DON'T throw away those extra pieces of Frosted Blueberry Toaster Pastry! Here's an extra 3 ingredient recipe for that too - Click [HERE](#)

SunButter Chocolate Canes

1 Box of candy canes
1 Jar of your choice of [SunButter](#)
1 Package [allergy-friendly](#) chocolate
Oil (such as [Winona Pure](#) coconut)
Additional decorations (sprinkles, coconut flakes, chocolate chips)

Prep Time: 8 Minutes No Bake Time: 2

1. Remove the plastic wrapping from the candy canes, leaving it on the end that you will not cover
2. Cover a sturdy board or baking sheet with parchment paper
3. Cover the candy canes with your choice of SunButter
4. Place in the freezer for 1 hour to firm the SunButter
5. Melt the chocolate with 1 teaspoon of oil
6. Cover the SunButter end of the candy cane with chocolate
7. Add edible decorations

Allow the chocolate to cool and firm.

Wrap and decorate or enjoy!

Serving sizes will vary

Download this recipe [here](#)



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Foods That Fight Cancer

It's very important to remember that food can also be used to heal! Read how your foods may be a drug-free way to be part of your cancer treatments [here](#)

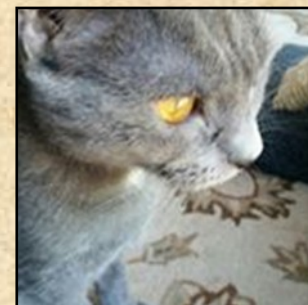


If you thought artificial snow was safe but could it actually be unsafe? Read [this](#)



Meet NutriMeow!

NutriFamily recently adopted Sofi – a loving cat who has stolen out hearts. See what she's up to on Instagram at [NutriMeow](#)



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