

DECEMBER ISSUE 2020

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a lifestyle resource from Food Equality Initiative

Free-From MAGAZINE 2020 OUR REVIEW

The beginning of a new decade and a new era for FEI.

ALL ABOUT ADVOCACY

Dive deep into the who, what, when, and why of the Seven Percent Fund & Coalition.

CHANUKAH : THE SECRET HOLIDAY MIRACLE

The Jewish tradition of Chanukah and how it is food allergy friendly!

THIS MONTH'S BRAND SPOTLIGHT IS.... DRUM ROLL PLEASE!

Chomps' beef & turkey sticks are great on-the-go for a quick snack as well as a perfect free-from addition to your kids' lunchbox!



*Happy
New year!*



Free-From MAGAZINE

a lifestyle resource from Food Equality Initiative

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LETTER FROM THE EDITOR

We did it!

Sofia Gillespie

We did it, we finally reached the end of 2020. Congratulations! You deserve a pat on the back for making it this far and maintaining your cool. Well done.

Throughout this year's ups and downs, we have learned a lot as a country about what it means to be "one nation, indivisible, with liberty and justice for all," as quoted in the Pledge of Allegiance. The coronavirus has separated us in many ways, but brought us together in even more new ones. We may not be able to gather in public spaces like we used to, but digital platforms stepped in to fill that void. Now we can easily connect with people all over the world without having to pay for gas or airfare, saving both money and time. The digital sphere can also act as a great equalizer, making previously unattainable events open for everyone. (Think: free streaming of concerts,

free digital conferences, webinars open to all, etc.) Because of this more virtually connected (and educated) world, new voices are able to be heard and be heard loudly! The Black Lives Matter movement has displayed on a global scale the systemic racism that infiltrates almost every aspect of American living. Voices that were oppressed and silenced for generations found power in joining together in protest. The movement is not new. It was founded in 2013



after a jury in the state of Florida returned a not guilty verdict in the case of the murder of Trayvon Martin. What started as a small grassroots movement became an international cry for equality in 2020 after the death of George Floyd by police hands.

This year, FEI has made its statement known that we are here to serve black lives; Black Lives Matter. As a black led organization, we are here to end racial and economic disparities within food allergies and health care. Everyone is entitled to a high quality of life and we want to make that accessible for all, today and every day. (For more information about how we are doing this, check out the article: 2020 FEI Year-in-Review.)

This December Issue is dedicated to highlighting the positives of 2020, alongside the tragedies and hardships. 2020 may not have been the best year (let's be real, it has probably been one of the worst), but it will certainly be one of the most memorable. We are all in this together. Together we can make the world a better place. Here's to 2021!



@FOODEQUALITY
#FFMARKETPLACE

**Together we can
make the world
a better place.
Here's to 2021!**

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“Black children [are] 7% more likely to have food allergies compared to white children.”

ALL ABOUT ADVOCACY

The Seven Percent Fund & Coalition

Sofia Gillespie

“We have been doing advocacy since Day One.”

Food Equality Initiative is founded on three major pillars: access, education, and advocacy. As FEI family members, you are probably most familiar with the first two.

Access is perhaps the easiest to see: you receive safe, allergen-free food every month! Education is what you are doing right now, reading the magazine and learning about all the news and events going on in the world of food allergy and celiac disease. And finally, advocacy. What exactly does FEI do to advocate for food-allergic individuals? Well, I am glad you asked!

We have been doing advocacy since Day One. Our founder, Emily Brown, regularly attends

conferences and speaks on behalf of those with severe food allergies and dietary restrictions. She helps lobby for bills to ensure proper food labelling and make government assistance programs like SNAP and

WIC more accessible for people of all diets.

On top of all that work, this year, Food Equality Initiative established the Seven Percent Fund & Coalition, perhaps our largest advocacy endeavor to date. This article is here to serve as a comprehensive explanation of the Fund and the reasoning behind the founding of the Coalition.

WHEN

The Seven Percent Fund & Coalition was born June 19, 2020.

WHY

On March 18, 2020, the journal *Academic Pediatrics* published a study stating that: “Black children [are] 7% more likely to have food allergies than white children.”

On May 25, 2020, George Floyd was murdered by police in Minneapolis, sparking protests

across the country, unified under the motto: Black Lives Matter.

In combining these of these two elements, Emily Brown, founder and CEO of Food Equality Initiative, felt that she could not stay silent. She wrote an open letter to the food allergy community. This letter spurred the food allergy community into action to discuss the racial and economic disparities in healthcare and food allergy. This evolved into the webinar series *For The Health: Conversations on Race & Food Allergies*, hosted by FEI (which you can read more about in the Year-in-Review article). During the first conversation, Emily Brown introduced the Seven Percent Fund & Coalition.

WHAT

The Seven Percent Fund is exactly what it sounds like. It is a sum of money dedicated to the activities of educating about racial and economic disparities in food allergies. This money comes from industry partners, corporations, and individual donors which can be made in a one-time or recurring donation. It is spent on providing educational services such as the *For The Health* webinars. The Fund also goes toward the expansion of FEI's box delivery service outside of the Kansas City metro. (The more people we are able to feed healthy food regularly, the smaller the gap becomes in underlying health issues.) Finally, the Fund is set up to support future research of food allergies in underrepresented populations, particularly communities of color and poor communities. We believe research should be inclusive and representative in order to best serve everyone's needs.

The Seven Percent Coalition is a necessary supplement to the Fund. Money can help, but in order to cause real change, industry partners have to be on board and have to want to make a difference. The Coalition aims to bring the corporations involved in food allergy, health

care, food manufacturing, and research together to change the power dynamics within those institutions. Along with donating money to the Fund, these Founders donate time and brain power to solve problems to ensure a sustainable change is being made to help end the racial and economic disparities in healthcare and beyond. With FEI as a backbone, these industry partners are the ones paving the way into the future. They are our partners, ready to mobilize for food allergy advocacy.

The Coalition meets quarterly and will release a mission statement in early 2021.

WHO

The original founding organizations of the Seven Percent Fund & Coalition are: Partake, O'My!, Natalie Giorgi Sunshine Foundation, the Center for Food Allergy and Asthma Research, Prevail, Food Allergy & Anaphylaxis Connection Team, Enjoy Life Foods, Chomps, alerje, JOI, and Spokin. Since the original foundation of the Seven Percent Fund & Coalition, ThermoFisher Scientific and Bread SRSLY have joined as founders. But it does not stop there.

OUR BOLD GOAL

\$700,000 in 7 Months with 70 Corporate Partners and 700 Individual Donors. We have made significant progress on this goal, but we still have a long way to go. If you or someone you know would like to make a donation or join as a corporate partner, visit foodequalityinitiative.org/seven-percent-fund/.





THE SECRET MIRACLE of CHANUKAH

It's Food Allergy Friendly!

Cindy Kaplan

For Jews like me with food allergies, observing these time-honored traditions can be challenging

Most Jewish holidays revolve around food -- on Rosh Hashana, Passover, Sukkot, and Shavuot, traditional observance includes Thanksgiving-sized meals, and sometimes even specific foods. For example, on Rosh Hashana, a widely practiced custom is to eat an apple dipped in honey, symbolizing sweetness in the coming year, and many eat other symbolic foods like wheat, barley, pomegranate, olive, dates, figs, grapes, fish, squash, carrots, spinach, and beets. On Passover, rituals include eating unleavened bread (made without yeast)

called “matzah,” bitter herbs like horseradish or romaine lettuce, and a nut-based dip called “charoset.” For Jews like me with food allergies, observing these time-honored traditions can be challenging, if not life-threatening, which means we’re often excluded from some of the holiday spirit.

Chanukah is different. There are so many fun Chanukah traditions that don’t involve food, and even the food-based customs are easier to accommodate for food allergies!

Lighting the menorah is the primary tradition of Chanukah -- and since there’s no food involved, people with food allergies can participate equally!

On Chanukah, Jews celebrate the triumph of a group called the Maccabees over the Greeks, who tried to outlaw Jewish practices -- including getting rid of the olive oil used in the ritual of lighting the menorah, a multi-branched candelabra (a candlestick with spots for many candles). When the Maccabees won the battle and returned to the Temple, they found just enough oil to light the Menorah for one night -- but a miracle made it last for eight.

Unlike the other holidays that focus on celebrating through feasts, Chanukah invites us to celebrate with a re-enactment. Jews light replica menorahs on the eight nights of Chanukah, starting with one candle and adding another each night until all eight branches of the candelabra are filled. It's customary to place the menorah near a windowsill to show the world that not only did the Greeks fail to get rid of Jewish practice back then, but we're still hanging on to our identity now. Lighting the menorah is the primary tradition of Chanukah -- and since there's no food involved, people with food allergies can participate equally!

Another tradition is the game "Dreidel." A dreidel is a four-sided top with the Hebrew letters "nun" "gimmel" "hei" "shin," that refer to the miracle of Chanukah. Players compete for a pot, and each letter indicates an action the player should take - skip a turn, collect all or half of the pot, or contribute to the pot. The winner is the player who takes it all at the end of the game! The best part? You can use anything for the pot -- some people use real coins, others use chocolate coins, but you can even use marbles or beads! The point of the game is to have fun with your family and friends, not to win big. If your economic background means you don't want to gamble for money, and your food allergies mean you don't want to compete for unsafe snacks, you can use anything you like to build the pot!

Of course, there are traditional foods for the holiday. But Chanukah's traditional foods are equal opportunity and allergy friendly! The most famous dish is "latkes," or pancakes. Typically, these are potato patties fried in olive oil, but latkes can be made from almost anything and



fried in any oil that's safe for you! Almost any vegetable can be used -- some of my favorites are sweet potato and zucchini, but broccoli, butternut squash, pumpkin, and carrots are also popular. If you can eat dairy, cheese latkes are delicious, too! Many recipes call for eggs or flour, but you can substitute them or leave them out altogether. The purpose of eating latkes is to celebrate the oil used to fry them as a way to remember the oil-based miracle -- anything fried is a Chanukah food. Latkes happen to be the most well-known, but they're also originally from Ashkenazi (Eastern European) Jewish culture; Sephardi and Mizrahi Jews from Southern Europe, the Middle East, North Africa, and Asia count other deep-fried goodies among their traditional eats, including fish, artichokes, spinach, leeks, and dough. Because there are so many options for "traditional" dishes, people with food allergies can get creative to participate without feeling excluded.

This December, when Chanukah rolls around, celebrate the Maccabees' triumph and the holiday's equal-opportunity festivities. Though the Maccabees ensured Jews wouldn't lose our faith, heritage, and identity by assimilating (becoming absorbed) into Greek culture, people with food allergies can remember that AND blend in to the crowd while doing so. That's another miracle to celebrate!



ABOUT CINDY

Cindy Kaplan is a writer, producer, and entrepreneur navigating life in Los Angeles. She blogs about life with 35+ allergies at www.allergyepisodes.wordpress.com and www.medium.com/@cindyf.kaplan.

DREIDEL GAME

Instructions on how to play

There are many variations of the dreidel game, and you can make up whatever house rules you want! But here are the basics to get you started.

Dreidel can be played with at least 2 players -- there's no limit to how many can join in a game. To begin, each player starts with a set of ten coins (or chocolate coins, jelly beans, poker chips, marbles, beads...anything small). An additional ten coins are then placed in the center of the table to form a "pot."

Choose a player to go first. On a player's turn, they will spin the dreidel and perform an action based on the letter the dreidel lands on. After each player takes a turn, play continues clockwise.

The letters of the dreidel spell out the phrase "A Great Miracle Happened There [in ancient Israel]!"

The game can end in one of two ways: either when one player has taken everything (the entire pot plus everyone else's stash) or after an agreed-upon number of rounds. If you want to play for a set number of rounds, the winner is the person with the most coins left at the end of the game. In case of a tie, spin the dreidel one last time -- whoever gets the higher value (gimmel, hei, nun, shin) wins. A second tie is friendly.



If the dreidel lands on a “Nun”, nothing happens. Pass the dreidel to the next player. Think “Nun” for “None.” In Hebrew, “Nun” stands for “Naice” or “Miracle.”

נ

If the dreidel lands on a “Hei”, the player takes half the pot, rounding down (a pot of 5 means the player takes 2). Think “Hei” for “Half.” In Hebrew, “Hei” stands for “Hi-yah” or “Happened.”

ה

If the dreidel lands on a “Gimmel”, the player takes the entire pot! Each other player must place 1 of their coins into the pot to rebuild it (for a faster game, each other player must contribute 2 coins to the pot). Think “Gimmel” for “Gimme!” In Hebrew, “Gimmel” stands “Gadol” or “Great/Large.”

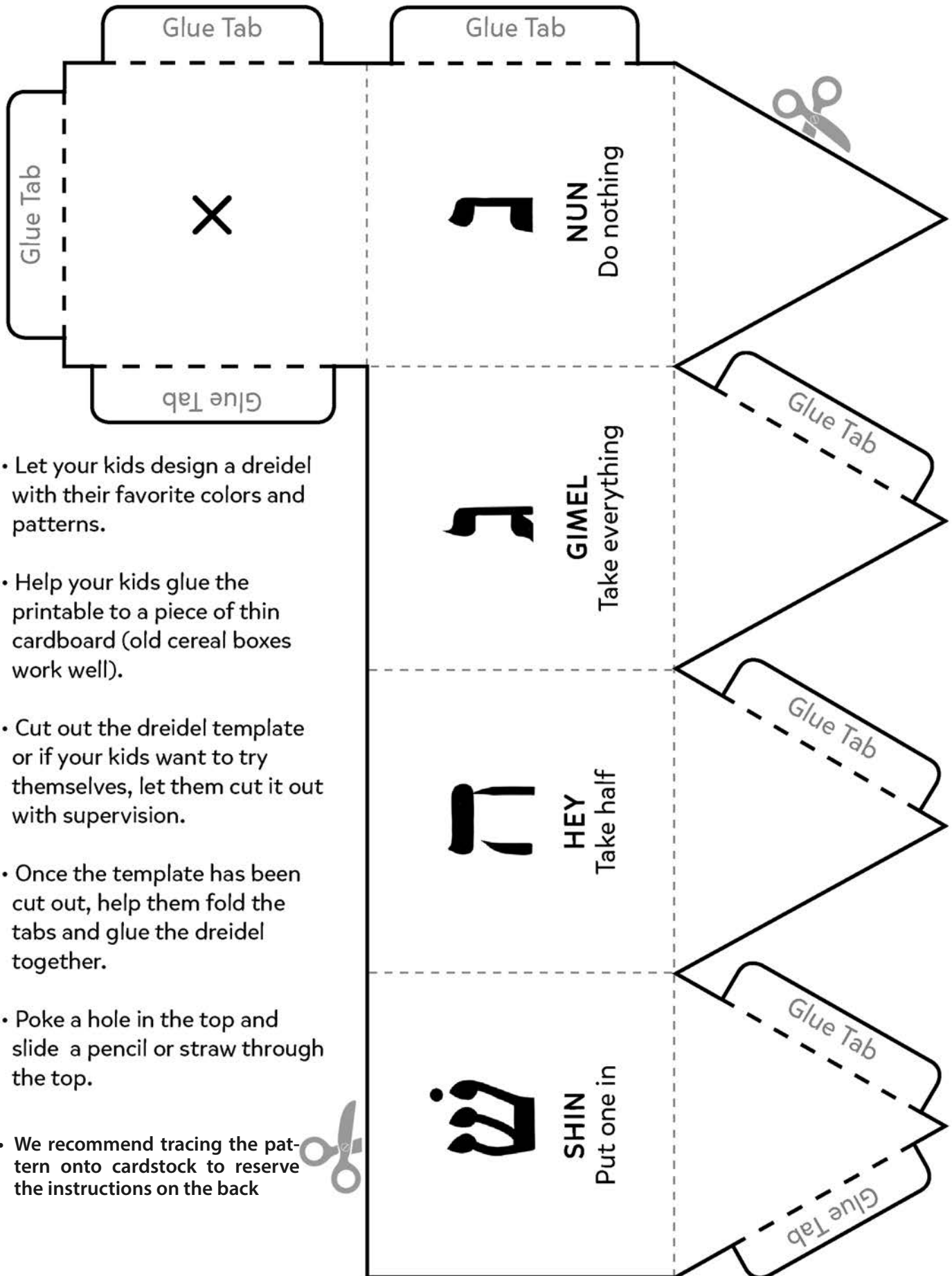
ג

If the player lands on a “Shin”, the player must pay 1 coin to the pot (for a faster game, players should pay 2 coins into the pot). Think “Shin” for “Aw, shucks!” In Hebrew, “Shin” stands for “Sham” or “There.”

ש

Make Your Own Hanukkah Dreidel

Celebrate Hanukkah by creating a homemade dreidel!



- Let your kids design a dreidel with their favorite colors and patterns.
- Help your kids glue the printable to a piece of thin cardboard (old cereal boxes work well).
- Cut out the dreidel template or if your kids want to try themselves, let them cut it out with supervision.
- Once the template has been cut out, help them fold the tabs and glue the dreidel together.
- Poke a hole in the top and slide a pencil or straw through the top.
- We recommend tracing the pattern onto cardstock to reserve the instructions on the back



2020

FOOD EQUALITY INITIATIVE

Year-In-Review

Sofia Gillespie

“We would like for people to look at folks in this space as being worthy of that support just because we are fellow human beings that need it.”

At the beginning of 2020, the world had heard of the coronavirus, but it was a distant problem for us in the United States. The year held lots of promise, it was the beginning of a new decade, an election year, a census gathering year, a year claiming to have “perfect vision.” Suffice it to say that hardly ANYTHING went according to plan, but here at Food Equality Initiative, we had a pretty eventful year. We compiled this Year-in-Review article for you to know what all happened.

At the beginning of March, Emily went to Washington, D.C. to advocate for increased food labelling. This event was organized by FARE and was called: Courage at Congress. Emily was invited to lobby there for the Faster Act. The Faster Act calls for the update of allergen labelling laws to include sesame and requires the federal government to analyze the most promising research opportunities in hopes of a cure for food allergies. Emily spoke to Emanuel Cleaver (a representative from Missouri) to encourage him to sign on for the bill.

As of November 17th, the bill passed the House of Representatives. It now moves on to the Senate.

Winter



In January, Emily Brown, FEI’s founder, gave testimony in Houston for the Dietary Guidelines Advisory Committee.

The Dietary Guidelines Advisory Committee is a group of nutrition scientists that do an extensive review of how food impacts different audiences. This Committee is sanctioned under the USDA and influences organizations such as national school lunches, SNAP, WIC, and other federal nutrition programs. In this meeting, they were reviewing a new age category of birth to 24 months and a new dietary pattern including that of food allergies.

Emily attended this conference to help ensure the dietary guidelines represented people with food allergies in all future guidelines this Committee would declare. The final results of this conference will not be released until January 2021.



Spring

I don’t have to spend much time explaining what happened in March. Enter coronavirus. Everything shut down overnight and we had to immediately pivot our service structure, as did countless companies and organizations across the United States and the world. However, our pivot was already in the works; the coronavirus simply gave us an excellent opportunity to finally put it in action.

At the end of March, FEI closed all of our pantries in favor of a direct-to-door delivery service. Not only did this limit contact and potential exposure to COVID-19, but it helped our clients preserve dignity in grocery shopping. The FEI team packaged these boxes ourselves, doing as many as possible. Then, we partnered with Knoq to deliver our boxes to FEI family members within the Kansas City metro area.

By May, we decided packaging the boxes ourselves would not work in the long run. Our team is not large enough to sustain the level of labor required, so we partnered with Smart Warehousing for both storage of our inventory and packing of our boxes. This move positioned us to scale to nationwide delivery. Our first expansion was to New York City, where we partnered with E.A.T. to serve people with food allergies during COVID-19. More expansions are still underway, so stay tuned for more developments.



Summer

Emily Brown's open letter to the food allergy community in response to the tragic death of George Floyd illustrated her experience as a black mother raising black children with food allergies. Caring for multiple young ones with multiple food allergies put a significant burden on the family financially and when she turned to support groups for help, they said they were not suited to assist her. That is when Emily decided to found Food Equality Initiative.

The response to the open letter from the food allergy community was amazing. In almost every facet of American life, racism is present; but the food allergy community decided it was time to make a change. The team at Food Equality Initiative organized a series of webinars to discuss the racial and economic disparities in public health, particularly in regard to food allergies. We are striving to make a real difference, and education is the first step towards a more connected and equitable world. We pulled experts and leaders from all over the United States to join the conversation and offered the results free on our website for anyone who wants to listen. Through these conversations were able to reach over 1,000 people from all across the United States and

the globe including nations such as Germany, Brazil, and the Philippines.

Our first installment in the series was in June called For the Health: Notable Black Voices. This conversation was an important step for the food allergy community toward being more inclusive and representative of our black brothers and sisters who also suffer the burden of the disease. As we learned from the panelists, we still have a long way to go in bridging the racial disparities in healthcare, but black leaders across the country are stepping up to the plate to enact the change that needs to happen.

In July, our second conversation was For the Health: How To Be An Ally. This session we spoke to leaders in the food allergy industry who are founders of FEI's Seven Percent Fund. These panelists and sponsors took a large, vital leap to show that they are allies and friends in this fight for equality. Our moderator, Karen Palmer, said it best: "We would like for people to look at folks in this space as being worthy of that support just because we are fellow human beings that need it."

Our final conversation was For the Health: Institutional Change held in September. We spoke with leaders in the food allergy industry and asked some vital questions about the past, present, and future of their industry. Our panelists included representatives from healthcare, food manufacturing, and research.

In addition to putting on these webinars, the FEI team transitioned to a completely remote office. We are working from our homes across the Kansas City metro and even have some as "remote" as Dallas! This decision was not made lightly, but was agreed to be the most cost efficient, given the current state of the pandemic. That means we are able to put more of our budget into our mission, serving people like you.



Autumn

This season has brought lots of growth to our marketing team, helping to bring you new and exciting content about all things food allergy and FEI. It tripled in size! Once being a part-time office of one, Amelia has now moved up to full-time and has been joined by two part-time employees. With a fuller team, we are able to bring you more content more often. That means more information on social media, more blog posts, and the new magazine that you are reading right now! We thought you should meet the new team members, so here are their stories:



SOFIA GILLESPIE

Sofia Gillespie is an international traveler and storyteller who calls Kansas City home. Having grown up with food allergies herself, Sofia knows the struggle firsthand and works to educate her community wherever she happens to be. Sofia joined the FEI team to help promote more positivity and camaraderie amongst food-allergic individuals and to the world beyond. “We get a bad rap for being party poopers,” and Sofia wants to change that, bringing playfulness and fun into her writing. Check out her writing on the blog and in the magazine (including this article!).

We are continuing to expand our audience and homebase through all the interviews Emily Brown makes across the (virtual) map. Just this fall her list of appearances includes, but is not limited to, FAACT’s Teal Love Shines Bright

Food Allergy Summit 2020, Texas Children’s Hospital’s Food Allergy Symposium, Harvesters’ Hunger Free Healthcare Summit, and FARE’s Living Teal Global Summit.

One of her most exciting engagements has been as a guest on the *Gooder* podcast: The Unseen, Unheard and Misunderstood Naturals Consumer featuring Emily Brown. Another fun conversation was with former NFL Player and winner of *Dancing with the Stars* Rashad Jennings about food allergies and food insecurity.



KENNETH JOHNSON

Kenneth Johnson is a Dallas, Texas native and May graduate of Prairie View A&M University with a BA in Marketing. With a large family background in healthcare, Kenneth has constantly been surrounded in an environment that stresses health and overall wellness. It was not until college that he realized the difficulties of having food allergies when witnessing some of his friends struggle with dietary limitations. Not only has he been able to grow his expertise in Social Media & Marketing with FEI, but he is excited to be an ally and advocate for those with Food Allergies & Celiac Disease as well.



Finally, the last thing of the year is the Free-From Gala: A Giving Tuesday Non-Event. Giving Tuesday is a HUGE day for nonprofits to help spread awareness of their mission and fundraise to support their cause next year. Usually this includes hosting a fancy evening and selling event tickets to donors. However, this year due to COVID-19 we decided to play it safe and not host an event in-person nor online. Let's face it, we're all Zoomed out. We also know you're busy people with no time to visit a "socially distanced" sit-down dinner. Instead, we came up with hosting a non-event, free-from the Top 9 Allergens AND:

- Free-From the price of the tux you would have rented
- Free-From awkward conversations
- Free-From the time spent asking "him" to go with you
- Free-From parking fees, ridiculous carry-on fees & expensive Uber fares
- Free-From the hair you were going to pull out trying to figure out why Zoom isn't working this time



FAMILY MEMBER PROFILE

Mary Garcia Ellis

Sarah Guthrie

Food has always been an issue for FEI client, Mary Ellis.

As a child, there wasn't enough. The oldest of five kids, she went to work at age 10, picking cotton in the Texas sun. Despite the back-breaking work, her family didn't always have food.

"We were lucky if we had a slice of bread," she recalls.

As an adult, her food story was not much better. While she had access to more, the food she ate made her sick.

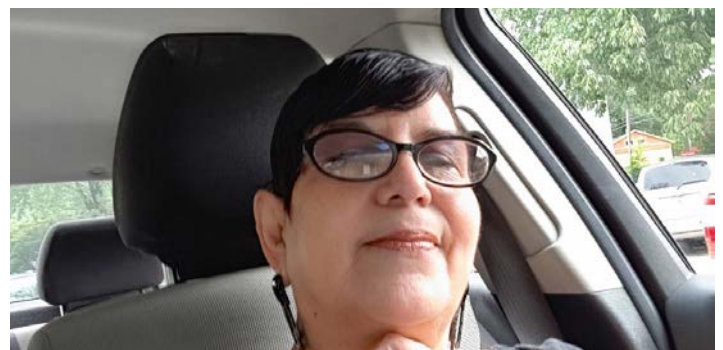
"I always had stomach issues," she said. "But I didn't know what to do about it."

She also didn't have much time to think about it. As a single mother of two, she was working, going to college, and raising her own children. She worked in administrative positions and as a tax examiner with the IRS. Just recently she began a new job at a call center at SS&C Technologies. Because she is bilingual (Spanish/English), she also volunteers in the Hispanic community helping friends and neighbors complete forms

such as food stamps, SSI, and Medicaid. So you could say that Mary is a busy person used to helping others before helping herself.

As service-oriented as Mary is, life has not treated the grandmother of three kindly. She struggled with mental health issues and, no matter what she did, her health was always poor. Mary says she figured that this was just the hand she was dealt.

Her daughter wasn't so sure – at least about her mother's health. She suggested she might be allergic to gluten. But Mary wasn't even sure what gluten was. (Gluten is a protein naturally found in wheat, rye, and barley that helps bread and cakes maintain their shape. It is also one of the Top 9 allergens.)



Mary Garcia Ellis

“I did the best I could, but no one had taught me anything about food,” she said. “I didn’t know anything about food allergies.”

Finally, about six years ago at age 57, she began to suspect that her daughter was right and that there was something going on in her body. It took two more years of tests, surgery for a hiatal hernia, and surgery to help control reflux that she learned that she had celiac disease and a peanut allergy.

Some people might feel defeated at the news, but not Mary.

“I know it sounds silly, but I was so thrilled to know why I was always sick,” she said. Now she began searching for foods that she could safely eat. Mary laughs when she remembers the day she put “Food Allergy” and “Celiac Disease” into the Google search bar.

“That’s when I found Emily and the food pantry!” she says. “I was like a kid in a candy store, seeing all the food I could eat and not get sick. I love the SunButter, pasta, almond and soy milks.” Although Mary now receives food delivered to her home (a new service provided by Food Equality Initiative), she says she would go to the “ends of the earth” for the food she receives from FEI.

After fueling her body with the right food for her needs, her health immediately took a turn for the better. Not only did she learn about the variety of foods that she could eat safely, but she also learned how to listen to what her body was telling her and therefore take better care of her health.

“Emily taught me how to read food labels,” she says. “Now I research everything.” Although Mary relies on the deliveries for about half to 3/4 of the food she eats, she is safely able to get food from the grocery store to supplement what she gets from FEI.

One of her favorite dishes is Caldo de Res, a Mexican soup with beef and vegetables. There is nothing in there with peanuts or gluten!

Mary says she has never felt better since learning how to control her disease. And she’s lost weight! “I’m down to 158 from almost 200 pounds,” she says gleefully.

Her advice to others who may be suffering from food issues? Don’t give up! Research your symptoms; don’t accept that you have to feel bad. Listen to your body and mind. There are resources to help.

Her thoughts about FEI? I love Emily Brown. I’m sorry she had to learn [about food allergies] because her own children were sick, but I thank God that she created FEI to help her children and everyone else.

“I was like a kid in a candy store, seeing all the food I could eat and not get sick.”



ABOUT SARAH

Sarah Guthrie is an award-winning writer and seasoned development professional currently employed at Sherwood Autism Center. She began volunteering for FEI in 2019, where she helps with fundraising and communications. Sarah is also a dedicated food allergy mom.



BRAND SPOTLIGHT

CHOMPS

Kenneth Johnson

“As a small, family-owned business, we make every decision with our customers best interests in mind.”

Introducing our Brand of the Month for December: Chomps, 100% Grass-Fed Beef & Turkey Sticks.

Chomps’ beef & turkey sticks are great on-the-go for a quick snack as well as a perfect free-from addition to your kids’ lunchbox! Their snacks are certified Gluten-Free, non-GMO, made without fillers, and certified humane. They are also free-from the top 8 allergens such as soy, dairy, wheat, and nuts. Chomps’ snacks have been popular in many niche nutrition community groups such as Whole30, Paleo, & Keto. At around 90 average calories per stick, they are sure to be great for your waistline,

too! From mini-sticks to full-size flavors such as Spicy Jalapeño as well as the classic Sea Salt Beef, Chomps is a snack suitable for everyone in your family.

“We started Chomps when we were both single, working, young professionals that were always on the hunt for on-the-go protein.”

Chomps started as a small, family-owned business, and despite their ever-growing popularity, continues to be one to this day. Founded by Pete Maldonado and Rashid Ali, Chomps has a mission to “eliminate the guessing game and create simple snacks that were made with the highest quality” and have managed to achieve just that. Chomps now has a large following and has become a staple in many food

allergy and celiac households, including those we serve! Not only can their yummy snacks be found in our food boxes,

Chomps' high-quality meat sticks can be found in many Trader Joe's locations, Walmart.com, Thrive Market, and on their website at Chomps.com!

Sustainably sourced, always.

Chomps stands by their commitment to sustainability and ethical sourcing practices. Their products are only sourced from producers that allow their turkey, venison, and beef to be free-range, engage in open grazing their entire lives, and are only grass-fed. That's the secret ingredient! No antibiotics, hormones, or ick in their snacks.

Good describes more than just their flavor.

Chomps is largely invested in ethical practices, giving back to the community and has been a large supporter of FEI. They often advocate for sustainability, healthy eating, and wellness initiatives. In honor of Hunger Action Month this past September, Chomps gave 7% of their

“When it comes to eating meat, there are no shortcuts for high-quality products.”

sales to Food Equality Initiative. Chomps has also committed to being part of change by becoming a member of FEI's Seven Percent Fund & Coalition to help end disparities in those with food allergies and increase access to food for those in need. Support a brand that supports ending hunger and improving health!

Check out Chomps

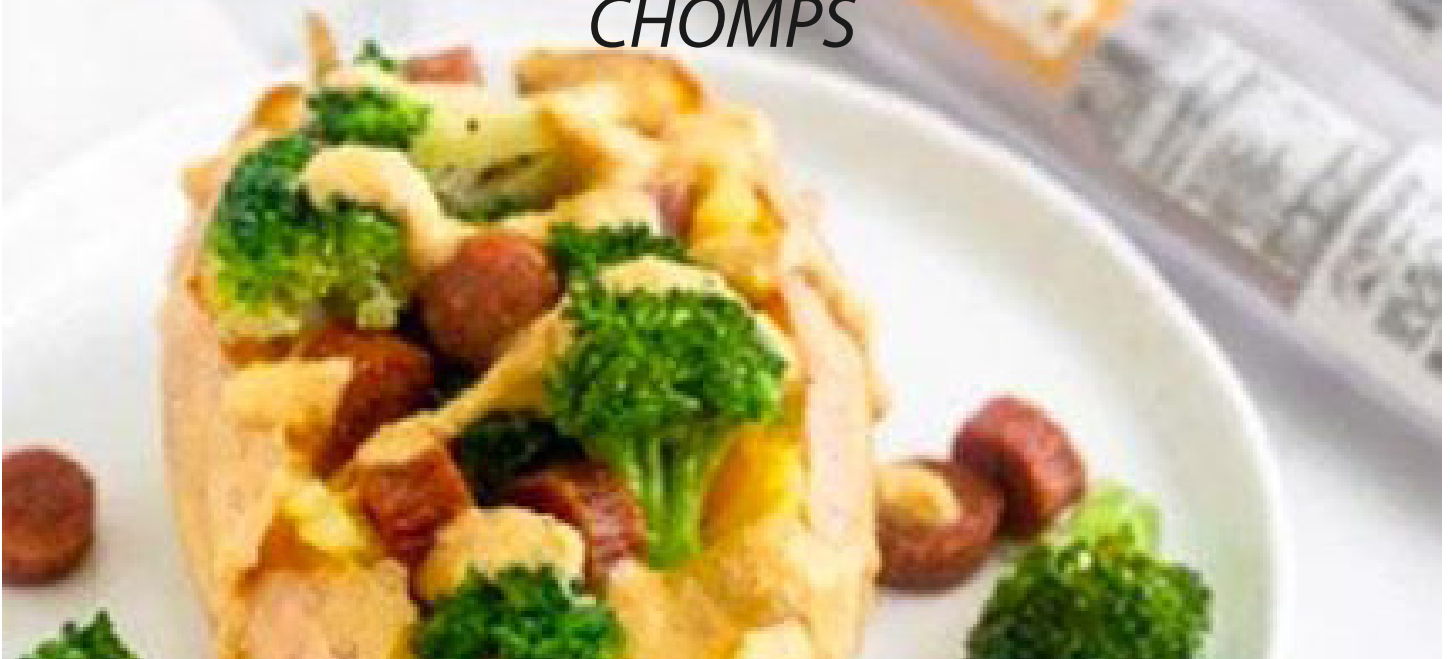
Just received some Chomps products in your box or grabbed some in-store? Chomps' grass-fed beef & turkey snacks are perfect on their own, but they also have some creative recipes on their website you have to try! From Gluten-Free Chomps Cornbread stuffing to loaded baked potatoes, if you need recipe “inspo” check them out at Chomps.com. When browsing their recipes, you will also get a chance to subscribe to their newsletter (Life Hack: you will both receive the latest in all-things-Chomps and get 10% off your next purchase)! Be a part of the Chomps family and follow them on Instagram and Facebook @Chomps, as well as on Twitter @GoChomps! Can't get enough Chomps? Check out their spicy and traditional variety packs available on their website: **Chomps.com** Tell them FEI sent ya!



“A snack you can count on!”

Loaded Baked Potato

CHOMPS



This Whole30-compliant loaded baked potato is perfect for a quick lunch, dinner, or even meal prep!

INGREDIENTS

3 medium potatoes
2 cups broccoli florets
2 CHOMPS Turkey sticks (or any flavor), sliced and casing removed
1/2 tablespoon avocado oil
1/4 teaspoon garlic powder
salt and pepper, to taste

For the sauce:

1/2 cup soaked cashews
6 tablespoons water
1-2 teaspoons hot sauce
1/4 teaspoons paprika
pinch of cayenne pepper
salt, to taste

DIRECTIONS

Preheat oven to 400 degrees and bake potatoes for 50-60 minutes until cooked through.

Make the sauce by putting all ingredients into a blender and blending until smooth.

When there is about 5 minutes left on the potatoes make the filling - add oil to a medium sized pan over medium heat and let it get hot.

Add sliced meat sticks and saute for 2 mins until browned.

Add broccoli, garlic powder, and salt and pepper and saute for another 3 mins until broccoli is tender.

Cut a slit in the potato and make room for filling.

Divide filling evenly and top with sauce!



Holiday "Pie" Cake

RECIPE BY
Lauren Beach



The holidays are always a minefield when it comes to avoiding nuts.

always like to have one dessert that I know will be safe for my daughter. This cake has all the flavor of a pumpkin pie without the fuss of making (or finding) safe crust. The recipe is easy to make and it's flexible too. It can easily be made dairy-free by substituting dairy-free butter and cream cheese in the frosting. It's also delicious unfrosted with a scoop of ice cream or some whipped cream on top! For a sweet potato pie version, you can substitute a 15 oz can of sweet potato puree or microwave one medium to large sweet potato and mash it well.



INGREDIENTS

Cake:

Cooking spray
2 cups all purpose flour
1 tsp baking powder
1 tsp baking soda
2 tsp pumpkin pie spice (or cinnamon)
1/2 tsp salt
1 cup sugar

1/2 cup brown sugar
1/4 cup vegetable or canola oil
4 eggs (or 1 cup of egg substitution)
1 15 oz can pumpkin puree (not pie filling)

Frosting:

2 Tbsp (dairy-free) butter, softened
8 oz (dairy-free) cream cheese (1 package)
3 cups powdered sugar

DIRECTIONS

Preheat the oven to 350 degrees. Spray pans with cooking spray. Combine oil and sugars, beating until combined. Add eggs and mix to combine. Add pumpkin. Combine flour with baking powder, baking soda and salt. Slowly add dry ingredients to wet without over-mixing. Bake at 350 degrees for 30 minutes in 2 round cake pans or until a toothpick comes out clean.

For the frosting, beat butter and cream cheese, then slowly add powdered sugar, mixing until combined. Spread frosting over the top of one of the cooled cakes, top with the second cake and frost the top of that cake as well. (This recipe has enough frosting to just frost the top and middle layer of the cake so you can see the orange-colored cakes between.)



ABOUT LAUREN

Lauren Beach is a writer and editor based in Florida. Her family manages peanut and tree nut allergies.



A Food Equality Initiative Coalition

***“BLACK CHILDREN [ARE] 7% MORE LIKELY TO HAVE FOOD ALLERGIES
COMPARED TO WHITE CHILDREN.”***

- Academic Pediatrics March 2020

The 7 Percent Fund and Coalition was created by Food Equality Initiative (FEI) to address economic and racial disparities in food allergies. The fund will bring key stakeholders together to close the

gap through strategic partnerships with industry and community partners. Activities will center on the organization’s three pillars of access, education, and advocacy.

THE FOUNDERS



CONTRIBUTIONS

From you!



Feedback Opportunity

We hope you like what you read here and that it reflects your experience as an individual with food allergies. If it does not, then we would like to change that. This magazine is for you so we want to make sure we live up to our promise that it is tailored for you. We welcome your ideas and feedback, so send your questions and comments to:

MARKETING@FOODEQUALITYINITIATIVE.ORG

Call for Writers

Got a great idea for an article? Have some food allergy news? Want to share a wild experience from your own food allergy story? We want to hear it! The best way to make your voice heard and your experience known is to write about it! We are looking for writers from all backgrounds to contribute to this publication. If you are feeling particularly inspired to write about a topic or theme within the broad field of food allergies, contact Sofia Gillespie, editor in chief of the Living Free-From magazine at

SOFIA@FOODEQUALITYINITIATIVE.ORG

Business Deal

If you own a small (or large) business and are looking for places to market, we have space for advertisements in the following sectors: health food, allergen-friendly food, cost-efficient lifestyle, homemade goods and services, and/or sustainability. Contact

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to learn how you can purchase ad space in our future publications. Feel free to pass this information along to any business owners that you know who might be interested.





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