

*a lifestyle resource from Food Equality Initiative*

# Free-From MAGAZINE

## AXE THE FOOD TAX!

Kansas  
Governor  
proposes no  
more sales tax  
on grocery.

## HEART HEALTH:

Healthy habits and free-from  
substitutions

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Recipes to  
keep your heart  
healthy (and  
some to keep  
your sweet  
tooth happy)

## COOKING FREE FROM?

It's a piece  
of cake

## CASSAVA? TAPIOCA?

Sweet relatives



## LETTER FROM THE EDITOR

Dear Readers,

We have had some big changes over the New Year here at Food Equality Initiative. With CEO Emily Brown's departure, Director of Operations Erin Martinez has stepped in to fill the role as Interim CEO until we find someone to fill Emily's shoes. Along with new leadership, we have made some pretty neat New Year's Resolutions that we wanted to share with you.

1. We are putting a fresh spin on our mission, really taking the "Food is Medicine" movement by the reins. We are expanding our service to include all diet-related illnesses and conditions and promoting the ideals of nutrition security. National Food is Medicine Day is just the beginning of the work we plan to do in the field.

"Nutrition security is the consistent access, availability, and affordability of foods and beverages that promote well-being and prevent and sometimes treat disease, particularly among racial ethnic minority populations, lower income populations, and rural and remote populations."

-Dr. Sara Bleich, Director of Nutrition Security and Health Equity, USDA -in presentation to NIH 2022

2. Also coming in 2022 is the launch of FEI's own Free-From Podcast! This will be a bi-weekly podcast dedicated to the Food is Medicine movement. It will be published on all major podcast streaming sites and free to access for all. More information will be released in our next issue!

3. The Free-From Magazine, as you may have already noticed, is opening a new chapter in 2022. We are condensing our publication into bi-monthly issues, such as this January/February Issue. In doing so, we are able to offer a printed magazine subscription to be delivered directly to your door. - No more having to squint and read all this goodness on your smartphone. - Stay tuned for more information on how to place your order.

4. Continuing into this year are FEI's many research projects and advocacy works to learn how to better serve the underrepresented populations in healthcare. We are already working

with Stanford, Northwestern, and Texas Children's Hospital and will be opening up new projects with other children's hospitals soon. We are excited to provide and collect data that can be used to create legislative and institutional change for individuals like our FEI Family Members.

Thank you for sticking with us and supporting our mission. We are greatly looking forward to what this next year will bring and cannot wait to share it with you.

Sofia Gillespie  
Editor in Chief,  
Free-From Magazine

@FOODEQUALITY  
#FOODEQUALITY



# Free-From MAGAZINE

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### RECIPES\*

Recipes to keep your heart healthy (and some to keep your sweet tooth happy)

\*Disclaimer: The recipes included in the Free-From Magazine are suggestions. Please read carefully and make any substitutions that are necessary for your diet. Consult your doctor if you have questions or concerns. NOTE: Cooking is a science experiment and some ingredient substitutions may not produce the same results.

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## BRAND SPOTLIGHT

### ALERJE, INC.

Christa Chambers-Price and Kenneth Johnson

**“Since 2017, Alerje has been focused on one thing: improving the lives of food allergy families.”**

**“I’ll never forget the look on my mother’s face as I struggled to breathe. I knew then that someday I would do what I could to fix this.”**

**A**lerje’s Founder and CEO, Javier Evelyn, can vividly remember that fateful day at age six when his mother cooked fish for dinner. After two bites, he had a severe allergic reaction, and Javier’s life changed forever.

As he grew older, Javier developed allergies to casein, tree nuts, and many other allergens. Using the resilience gained through his struggle with allergies, he excelled in the medical insurance industry and later as a programmer. All the while, Javier knew it was his life’s mission to help other families navigate their food allergies and lead safe and complete lives. Thus, in combining all of his previous experience, Alerje, Inc. was born.

Launched in Detroit, Alerje is a food allergy-focused innovation team developing the tools, technology, and support to help food allergy families **Make Every Moment Count.**

#### Innovation is what we do!

- The National Science Foundation (NSF) awarded Alerje a grant to design a mobile platform to help families complete an Oral Immunotherapy (OIT) regimen.
- Alerje was awarded a patent for a smartphone-attached epinephrine auto-injector.
- Alerje developed the only HIPAA compliant food allergy tracking mobile app.

#### Food Allergy Families: We’re All in This Together.

My six food allergies connect me with *millions* more like me. 2022 is the year that, together, we will transform the food allergy industry.

-Javier Evelyn, Founder & CEO

#### Nobody Gets Left Behind. Nobody.

My promise is always to see you and challenge our team to deliver the best so that you and your family can be your best.

-Christa Chambers-Price, CMO

#### I Want You To Live Fearlessly.

It’s frustrating to watch my friends struggle with food allergies. Some days the obstacles seem overwhelming. I’m here to be that ever-present member of your team, ready to help you through those obstacles.

-Kenneth Johnson, Head of Content

In the words of Maya Angelou, “my mission in life is not merely to survive, but to thrive...” Alerje’s goal is for families to manage their food allergies with ease, so they can spend their time doing other amazing things.

Download the Alerje Lifestyle App, available for iOS and Android. You can also join our study on OIT, and be the first to know about the forthcoming Omniject™ and OIT Platform: Go to Alerje.com to learn more. Be sure to follow us on Instagram @alerje\_, Twitter @alerje and “like” us on Facebook! Until next time, remember to Make Every Moment Count!

## the **ālerje** promise.

At Alerje, our team is committed to increasing the quality of life for the millions worldwide dealing with life-threatening food allergies. Each member brings a wealth of talent and passion into everything we do to transform the lives of food allergy families.

#### Enjoy All of Life’s Moments with Your Family.

I want you and your family to enjoy your time together without worrying about possible allergic reactions. I am determined to design experiences that help you manage your food allergies and long-term treatments.

-Yue Wang, UX Design

#### Thoughtfully Catering to Your Needs.

I’ve dealt with food allergies my entire life and know the daily hassles you face. I’m here to ensure every decision we make puts food allergy families’ needs and concerns first.

-Larissa Oglesby, Project Coordinator





## FEI FAMILY MEMBER

### A Box of His Own

Sarah Guthrie

**“He was about 4 when he started noticing all the things he can’t have,” said David Kaemmer about his 5-year old son, Luke. “Especially desserts. He yearns for desserts.”**

**L**uke was an infant when his parents saw his reactions to certain foods. Puffy face, vomiting, and a scratchy throat were immediate reactions after eating some new foods. Luke’s father, David, a violinist and music teacher in Shawnee, Kansas, and his mother, Emily, an environmental scientist, used trial and error to see what he could eat, although they suspected that he had food allergies.

**By age 3, bloodwork at the University of Kansas Hospital confirmed that Luke had allergies to dairy, egg, tree nuts, peanuts, sesame, and sunflower protein.**

Once they determined what we *could* not eat, Luke’s dad said, “now we had to figure out what he *would* eat, because he’s also a picky eater. Sometimes all he’ll eat are crackers and chicken nuggets.”



Luke’s older sister is allergic to tree nuts, so the family was used to avoiding certain foods. But, because Luke is allergic to so many different foods and is a picky eater it’s hard to figure out how to make dinner that everyone can eat. His parents also worry about the psychological impact. Sometimes Luke tells his Dad that he wishes he had a new body that did not have allergies. And, he watches others eat what he can’t have.

“I was eating Cheeto Puffs and he said that looks good – but he knew he couldn’t have it,” David said. “And, he had to trade away almost all of his Halloween candy.”

David says Luke has a good attitude and isn’t down about it too often. One thing that really helps keep up his mood is the box he receives from FEI.

“We learned about FEI from his allergist at KU,” said David. “Because of FEI, Luke gets a special box of food that his brother and sisters do not get, and for him that is a big deal. Plus, we get on the computer together and he gets to pick out the food that he wants every month.”

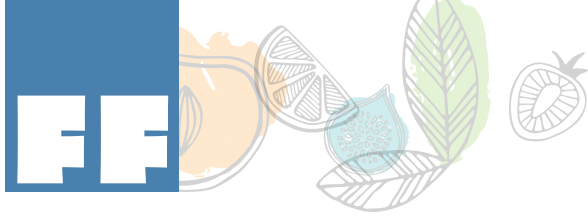
### The FEI food deliveries also ease the food budget.

“A lot of stuff that we get from FEI we could not otherwise afford to buy. FEI has been a blessing for us; he’s so excited when he gets the food boxes and it’s so helpful. And he’s trying things he would not normally get a chance to try.”



Luke’s favorites include Chomps turkey sticks, Skinny Pop popcorn, Nature’s Valley fig bars, and Enjoy Life cookies – double chocolate chip and regular chocolate chip. (The more chocolate the better, of course.)

Luke’s family has been supportive of his food allergy. His brothers and two sisters help with reading labels and making sure that his food is safe for him to eat. They watch out for shared knives and cutting boards, too.



“They will double check with their mom and me to make sure he can have certain foods,” said David. “That’s good because I’ve made mistakes reading labels. I gave him something that had whey in it before I realized that whey is milk.”

His grandmother, Barbara Lambke, also modified a cookie recipe that is one of his favorites.

“Most recipes called for butter. So, I changed that to vegetable oil to see if that would work,” Barbara said. “It did!”

Now, her Raspberry Oatmeal Cookie Bars are one of Luke’s favorites.

Although Luke is kindergarten age, his parents kept him back a year because of his size. David says he’s very active and just burns off the calories. Luke weighs only 34 pounds and is in the 5th percentile for height and weight.

“We’re worried about what he would eat for lunch,” said David. “It’s not like we can give him a PB&J.”

Although the Kaemmers are concerned about Luke’s allergies, David advises, “be patient. Kids are really resilient. Even though you think it’s really bad and they are missing out on life, he’s really doing just fine. He’s a happy kid.”



For Luke’s Grandma’s Raspberry Oatmeal Cookie Bars recipe, go to page 38.



**ABOUT SARAH**

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



**CELIAC CRUISE**

Maureen Basye

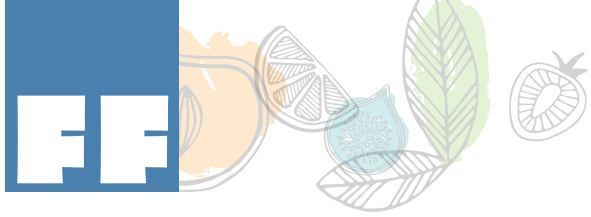
**Providing Endless Opportunities for the Celiac and Gluten-Free Community**

**C**eliac Cruise’s mission is to provide a safe, worry-free vacation experience for those seeking a gluten-free environment, while providing an educational, cohesive community of togetherness.

**Celiac Cruise** was established in 2018 after Founder Maureen Basye became “fed up” with how hard cruising and travel seemed to be after several family members were

diagnosed with celiac disease. When sailing on various cruise lines, she always felt uneasy, wondering if the “gluten-free food” would truly be gluten free. Maureen recalls how much time she spent discussing allergens; explaining to the server, speaking with the chef, reviewing menu items, and even pre-ordering meals for the next day’s meals. It got to the point that it no longer felt like a vacation.





Maureen knew there had to be another way to create a safe space for the young (and young at heart) to vacation without the burden of packing a suitcase full of “just in case” food. She then approached Connie Saunders, Founder and CEO of Total Travel and Events. Maureen said “wouldn’t it be great if we could create a way for people to travel and not have to worry about finding safe food?” Connie and Maureen worked for two years to develop Celiac Cruise. Since then, they have successfully sailed the gluten-free seas together with many happy guests.



## Celiac Cruise has three ocean/river cruises to destinations in the Caribbean, Europe, and Alaska.

The cruises run in partnership with both Royal Caribbean and AmaWaterways and are scheduled in 2022, with more plans in the works for 2023. Cruises are operated as partial and full charters; Celiac Cruise takes over an entire galley (kitchen) and dining room and converts them to a dedicated gluten-free space. Celiac Cruise is working closely with the Celiac Disease Foundation and Boston Children’s Hospital to offer trainings on gluten-free food preparation and

handling for staff. Additionally, they will offer educational experiences and community building activities onboard for guests. Celiac Cruise is excited to continue broadening their destinations, taking families with gluten-free diets around the world in a worry-free environment.

## Recently, Celiac Cruise launched an initiative with Boston Children’s Hospital, Schär Foods, and Food Equality Initiative to get gluten-free foods in the hands of those who need them most.

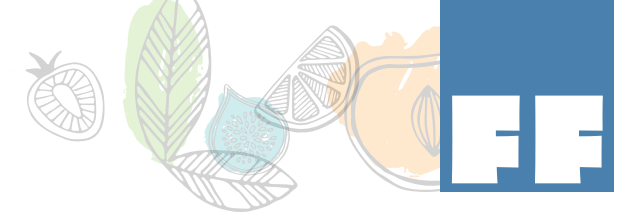


## benefiting Boston Children’s Hospital

### Giving Back

Food is the only medicine for those with celiac disease; therefore, the goal is to make gluten-free food accessible for as many people as possible. With the help of Food Equality Initiative and other collaborators, Celiac Cruise will organize the delivery of gluten-free food to the doorsteps of families with celiac disease across America.

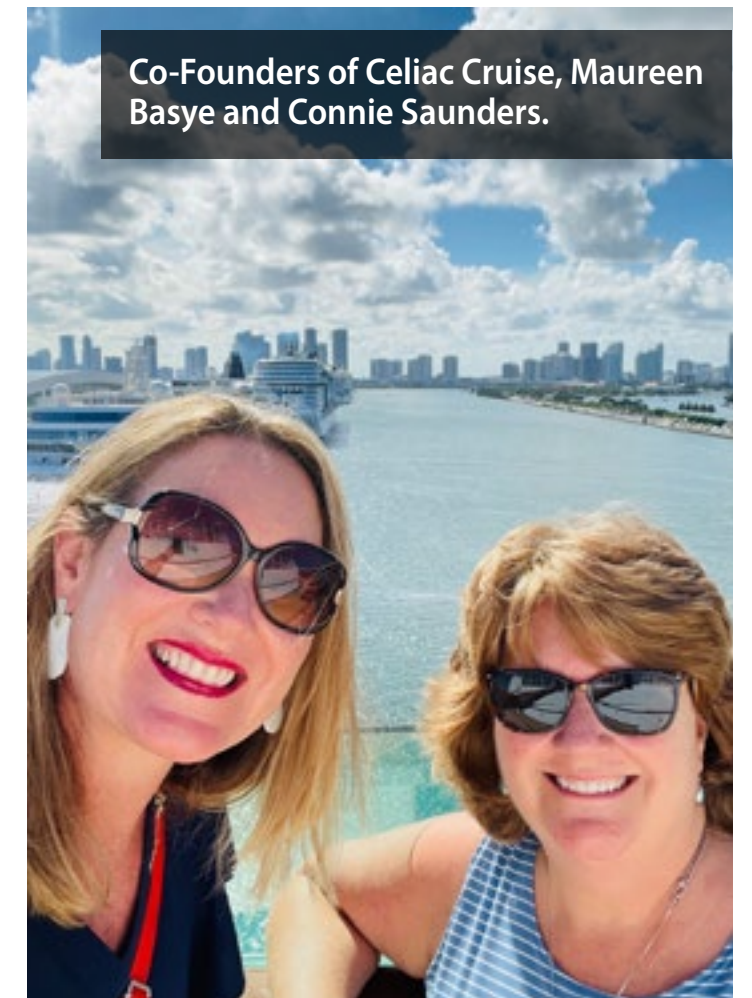
“So Everyone May Eat” is the tagline for this movement by Celiac Cruise, to educate and remind the travel industry and beyond about the importance of allowing everyone to come to the table.



For additional information on this meaningful initiative or to donate to this worthy cause, please visit [celiaccruise.com](http://celiaccruise.com) and navigate to the “Giving Back” tab.

**“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.” -- Mother Teresa**

Co-Founders of Celiac Cruise, Maureen Basye and Connie Saunders.



## HEALTHY HABITS

### for heart health

Leigh Wagner PhD, RDN, LD

**February is heart health month, and as we enter the second month of a new year, many of us hope to maintain the momentum of our new year's resolution to eat healthier.**

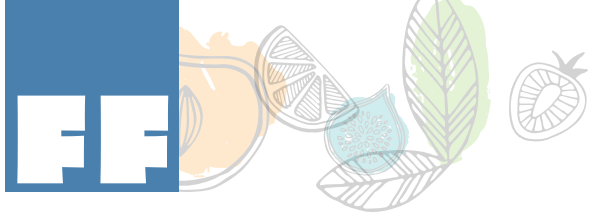
**S**o often we make fanciful goals to “never eat sugar again,” “only eat home-cooked meals,” or “follow a strict diet” that we are bound to fail to meet the mark. This year, let's talk about ways we can set ourselves up for success.

First of all, we should look into *why* we want to eat healthier. You may want to lose weight or sleep better or improve skin quality. From a dietitian's perspective, I know it is a huge benefit for our whole body to eat foods that are healthy for our heart. Heart-healthy foods help us better balance our blood sugar, lower blood pressure, and experience less inflammation. Those are all excellent reasons to decide to eat healthier! Whatever your “why” is, keep it in the front of your mind to stay more on track.

When it comes to choosing which “heart healthy” foods you should eat, try to keep it as simple as possible: eat more whole fruits and vegetables, fiber-rich beans and whole grains, protein like fish, poultry, and meat, and healthy fats like nuts, seeds, olives, olive oil, and avocados. If you

are wanting a place to start, the Mediterranean-style diet regularly incorporates most of those foods and is one of the most studied for its health benefits and positive impact on heart health.





**Luckily, many of the foods that are heart-healthy aren't common allergens, but if you do have an allergy to any of these foods, focus on the foods you CAN eat.**

Many heart healthy foods are known as 'whole foods,' which are those that aren't highly processed. Foods that aren't as heart-healthy include 'ultra-processed foods' like sugary cereals, crackers, cookies, pastries, ice cream, soft drinks, candy, chips, etc. (Think, anything with a long ingredient list on the label.) Eating too much of these types of foods can make us more likely to have problems balancing our blood sugar, which ends up being hard on our hearts and lowers our overall health.

Finally, to make healthy changes last, the most powerful approach we can take is to make small changes that we can realistically and consistently stick with over time. Habit experts like BJ Fogg PhD and Wendy Wood PhD emphasize the importance of setting up your environment (where you live and the people around you) to make healthy habits *easier* and unhealthy habits *harder*.

For example, if you want to eat more vegetables, make sure you always have a vegetable in your fridge, freezer, or pantry so you can easily include it in a meal. Choose a recipe for the week that has one or more vegetables in it. As a registered dietitian, I often recommend that clients set out a cutting board and knife (if safe in their kitchen) as a cue to remind them to prepare their fruits and vegetables for the day or week. This visual cue makes us more likely to do the healthy habit.

If you're trying to break an unhealthy habit, like eating too many sugar-added treats (sugar that isn't naturally found in a food like fruit), make sugar easier to avoid by making a healthy food-only grocery list and sticking to only buying the food on your list. That way, the healthier choice at home is the easier, more convenient choice.

When you take care of your heart by making healthier food choices, you'll be more likely to experience more energy and less pain to allow you to do more of the things you love to do. Making heart-healthy eating a habit takes repeated small changes that add up to big differences in our overall health for years to come. Heart health is about living a long and vibrant life, so remember to keep that long-term picture in mind whenever you are tempted to give up. **You can do it!**



**ABOUT LEIGH**

Leigh Wagner is an Integrative Dietitian specializing in personalized nutrition. She loves helping her clients optimize energy, fix their digestion, and balance hormones without obsessing over food. She has a PhD in medical nutrition science and is the co-editor of an integrative nutrition textbook. Leigh lives in Kansas City and has served on the FEI board since 2019.



**HOW I MAKE RECIPES ALLERGY FRIENDLY**

Kathlena

The Allergy Chef

**People are often shocked when they see the food I make, knowing what it's free from.**

**T**hey're then blown away when they take a bite, especially of the cake from our bakery. We've had people tell us after eating our cake that they can die happy now. WOW. Talk about a statement.

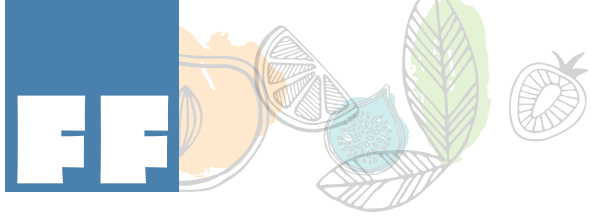
For reference, that cake is gluten free, top 9 allergy free, vegan, and free from a LOT of less common allergens. So then, how do I go about creating such magic if it's free from so much? Let's take a look.

First, the term "allergy friendly" is unregulated and can mean anything. If you ask someone with food allergies, that term usually means "free from what they're allergic to." Well, that's what I call hyper-individualized. As someone with more than 200 food allergies and food intolerances, I view the term to mean "free from 3-4+ major allergens and made on dedicated free-from equipment." With that mentality, a LOT of our community is fed. For me, that is the ultimate goal: remove as many major (and less common) allergens whilst creating a delicious experience that feeds as much of our community in one go.



**No Cheese Mac & Cheese**





If you're reading and wondering what the major allergens are, here in the US it's: **wheat, milk, egg, soy, peanut, tree nuts** (including **coconut**), **fish**, and **shellfish**. As of January 2022, Sesame is number nine. From there, I personally see allergies to corn, oat, legumes (beans), beef, banana, and alliums (onions and garlic) the most. When I see someone's avoid list, my brain starts thinking of recipes that are dominated by their avoid list, then I think of all the ways I can work around it. As someone with only 9 safe ingredients to work with, I've been able to create muffins, cookies, cake, ice cream, and more. That should tell you how creative I can get with an ingredient in the kitchen. It also means that I'm able to create an exponential number of combinations in the kitchen for everyone else.

**Let's look at wheat (and gluten).** Gluten has really cool properties that you'll never replace without the use of a gluten-containing grain. This includes the window pane test in bread making (go watch a video of that online, super cool). However, we sure can get close in other ways (think taste and texture). The secret to working without wheat: BLEND. Yes, I'm sharing the secrets of the universe here.

When you blend flours, you're able to better recreate what wheat does. You'll want to always use a lightweight starch such as arrowroot in your blend to produce a better crumb. As you explore gluten-free pseudo-grains, you'll learn a lot... millet tastes like corn in large amounts. Sorghum and brown rice flour produce the most neutral of tastes. Oat flour absorbs liquid differently. Potato starch can add a tender crumb in baked goods. Coconut flour also absorbs liquid differently but is on its own separate planet. I could go on, but you get the idea: mix them!



**Now let's take a look at milk.** Ready for the next secret of the universe? In most cases, it's a 1:1 exchange. Yup. I hope I've taken the guesswork out of future conversions for you. Unless a recipe calls for something super specific such as 2% milk, whole milk, buttermilk, etc., use your go-to milk replacement. BE CAREFUL not to use sweetened and/or dairy-free milks containing vanilla in your savory recipes. That can totally throw off the end results.



**OK, let's look at what I get questioned about the most: Eggs.** First, secret time. Eggs have 4 key functions: lift, bind, moisten, and emulsify. You might be thinking, how is that a secret? Well, you have to know what the job of the egg is in a recipe in order to substitute it properly. You know "that chart" online that tells you how to sub out an egg? In most cases, they don't tell you the application, thus rendering the chart unhelpful in most circumstances.

Take mashed banana for example, or even a flax egg. You absolutely will NOT get your soufflé to rise with those substitutes. See my point? And when the chart says to use tomato paste, please don't do that in your sugar cookies. Without the fine print, going egg free can feel like a nightmare.

Instead, we need to look at the functions, and build a recipe from the ground up without the egg. If the job was to moisten, add some oil. Remember when you were a kid and you heard about putting mayo in cake? It's because mayo is an egg-based condiment that's super creamy and fatty. We use the oil in its place to create a great mouthfeel, add fat, flavor, and even a bit of texture. Fun fact: you can alter the rise of your baked goods based on the oil that you use.

Now, if you're trying to lift, that's where rising agents come into play. For the ultimate lift, you'll use baking powder + baking soda + acid (apple cider vinegar or lemon juice are great choices). This produces the kind of lift you see in conventional recipes.

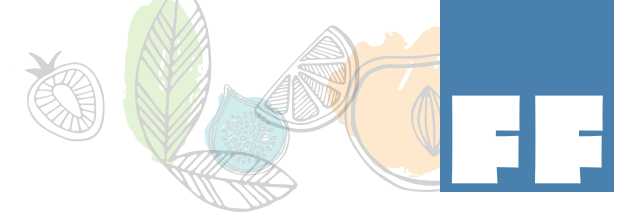
My favorite binding agent is a thick flax gel. It's simple and usually gets the job done. Chia seed is another option that works well, but not nearly as universal. Chia can totally change the look and texture of baked goods. However, chia fried chicken is something else...

Ever read the ingredient panel and wonder why a lecithin was used? It's often the emulsifier. That's the fancy way of saying "to bind together and/or stabilize ingredients that normally separate such as water and oil." Another way to do this is mechanically with your blender, immersion blender, or electric mixer.

***I said alllllll of that to say this: You can absolutely have your cake and eat it too!***

As The Allergy Chef, my goal is to show people that safe and delicious food is totally attainable, so long as we approach a situation with creativity and elbow grease. As we enter the new year and think about the new foods we'd like to try, think about replacements for what you're allergic to. If you can't have apples, can you have pears? They are rather interchangeable.

For those who can't have oats, tiger nut (NOT a nut, but a poorly named tuber) is a great substitute for oat flour in baking. You can also make milk from tiger nuts as well. For those who can't have alliums (onion, garlic, leeks, etc.), lean into fresh herbs, or nightshade-based seasonings. You can still have amazing food that's bursting with flavor, even when you can't have the most common aromatics.



I'm going to leave you here for now, as I could go on for pages if they let me. If you need ideas, check out our Instagram, @theallergychef. There, I share super cool free-from foods that are safe and delicious for many to enjoy, together.

To read a lot more about this topic, be sure to visit [GoRaise.net](https://www.goraise.net). You can find our articles and blogs under our free resources. There, I've shared detailed articles about flour and milk, along with other major allergens. RAISE is also the home to more than 500 recipes that are all free from gluten, wheat, egg, dairy, sesame, lupin, and more. When you're on the site, check out our Advanced Recipe Search where you can use more than 85 filters (major allergens, less common allergens, food families, special diet types, etc.) to customize the results to meet your individual needs.



**ABOUT KATHLENA**  
Kathlena, The Allergy Chef, has more than 200 food allergies and food intolerances, and can't drink most water. The other members of her household all have restricted diets, none of them the same. She has made it her mission to help people with any type of restricted diet find safe and delicious food. Learn more at [TheAllergyChef.com](https://TheAllergyChef.com).



## INOLVIDABLE...

DulceBella

**“En la vida hay amores que nunca pueden olvidarse...”**

**D**ice la canción compuesta por el cubano Julio Gutiérrez. Así mismo hay placeres de nuestra gastronomía hispana que no podemos olvidar y anhelamos volver a probar. Esos sabores y aromas exquisitos que dejaron recuerdos de momentos compartidos en familia, rodeados de aquellas personas que nos vieron crecer e influenciaron. Cabe

mencionar que la mayor parte de los eventos importantes en nuestra vida están acompañados de nuestra deliciosa comida. Una graduación, un bautizo, un cumpleaños, la compra de una casa, la llegada de un miembro nuevo a la familia o el retorno de aquellos que salieron buscando un mejor futuro para sus vidas.

Cuando era niña, observaba a mis padres prepararse con anticipación para cada evento importante. Por ejemplo, si se acerba el cumpleaños de mi padre era un hecho sabido que estaríamos recibiendo a los amigos, los tíos, padrinos, primos, vecinos y compañeros de trabajo. En aquellas épocas de los 60s, 70s, y 80s como muchos en mi comunidad, todavía no contábamos con la línea telefónica en nuestros domicilios. Prevenir cuántas personas llegarían a visitarnos era siempre un acertijo porque las puertas de nuestro hogar siempre estaban abiertas para todo aquel que se acordara de celebrar con nosotros. Sin embargo aprendí que es mejor

tener lista más comida de la que se estima a que luego en el momento de compartir te falte y no puedas servir a todos por igual. A todo esto se sumaba que la comida a ser servida tenía que ser tan agradable que dejará un gran impacto en el paladar de los que la degustaban de manera que al retirarse se fueran contentos de haber compartido con nosotros un manjar tan delicioso.

También había un dicho muy popular “En casa de dos comen tres” lo que aludía a que si alguien llegaba de visita por mi casa siempre íbamos a compartir y hacer alcanzar la comida que esté disponible para servir y si fuese necesario mi madre se ponía a preparar más comida pero eso si, nadie se iba de mi casa con el estómago vacío. Para mis padres era una forma de mostrar aprecio por aquel visitante y hasta una forma de honrar a sus familias por no dejarlos ir desatendidos.

La preparación de la comida era siempre un banquete a ser disfrutado en su plenitud por aquellos que acudían a compartir con nosotros. Por aquel entonces muy poco o nunca se escuchaba que alguien tenía alergia a un alimento o al otro. No recuerdo haber visto o escuchado de alguien que tuvo que irse a la emergencia porque comió algo que le hizo mucho daño.

No cabe duda que la comida es una parte importante en nuestras vidas. La comida no solo sule nuestra necesidad de hambre y de fuente de energía. La comida también es salud o enfermedad y para aquellos que padecemos o que estamos a cargo de alguien con alergias a uno o más alimentos es un desafío mantener la salud y bienestar de los que amamos y queremos proteger.





## SWEET TREATS:

### Tapioca & Cassava

Grace Leffall

**Trying new ingredients is hard enough as it is, but with food allergies it can be even more difficult.**

**W**e may feel scared or nervous, but taking it slow with methods like OIT (oral immunotherapy) can be very rewarding. You win some and you lose some, but you cannot give up!

Trying cassava through OIT has been fun, exciting, and joyous for our family. Seeing my 5 year old enjoying the same foods from our culture has been worth the entire OIT journey many times over. Moreover, I am so thankful to have people in the food allergy community that support and encourage my family to keep trying new and safe recipes. I promise to always be an advocate for others through their OIT and food allergy journey.

That is why I am so happy to share these cassava recipes with all of you; I hope you enjoy them.

## S'mores

Every child (and adult!) loves s'mores, and our 5 year old daughter is no exception. I felt so sad for her when we would see s'mores on TV or during family outings, knowing that she could not partake. So, I did what every food allergy parent would do: I started researching all of the companies that made allergy-friendly marshmallows.

After calling several manufacturing companies to check that their products were safe, we finally got a response from Dandie's Marshmallow Company. I wrote to them about the concerns I had with our 5 year old's allergies, and they assured me that their marshmallows were free from her allergens (egg, dairy, and seafood) and also free from cross-contact with those allergens. It is such a huge relief when a company understands our concerns and answers all of our questions with assurance and friendly customer service.

Since this was our daughter's first marshmallow experience ever, I gave her a small piece to start off with, just like we do with her Oral Immunotherapy (OIT). Let me tell you, her eyes lit up with excitement and so did ours! It is such a big win when our food allergy kids are able to try something new.



***I promise to always be an advocate for others through their OIT and food allergy journey.***

I liked that one of the ingredients in the Dandie's marshmallows is tapioca, derived from cassava, which I grew up eating in Filipino desserts my mom made during the holidays. It is so wonderful to see our children eat similar foods and desserts that we had growing up. Cassava is a root vegetable (like a potato) native to South America. According to [Conagra Nutrition](#), tapioca is made from cassava starch and is commonly used in puddings and as a thickener; flour can also be made from the entire cassava root.

After trying (and loving) the vanilla flavored marshmallows, we decided to test out the other flavors: pumpkin and peppermint. Here are the flavor combinations we used for our s'mores:

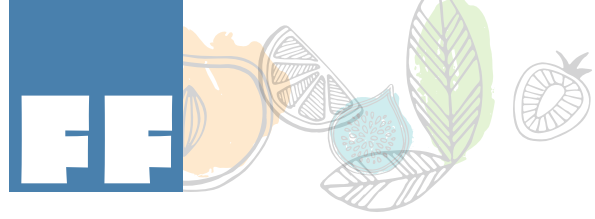
**Dandie's Vanilla Marshmallows + Enjoy Life Foods Chocolate Bar + Wheat Thins Multigrain \***

\*Wheat is part of our daughter's OIT; you can substitute the Wheat Thins for any other kind of allergen-friendly crackers or cookies.

**Dandie's Pumpkin Marshmallows + Enjoy Life Foods Chocolate Bar + Enjoy Life Soft Snickerdoodle Cookies**

**Dandie's Peppermint Marshmallows + Enjoy Life Foods Chocolate Bar + Enjoy Life Crispy Chocolate Cookie Crisps**

Since we don't have a fireplace, we make our allergy-friendly s'mores in the oven. We wrap them up in aluminum foil and broil them in the oven for 5 minutes; it comes out perfect each time! You can also put the s'mores in the microwave for about 20 seconds. I cannot wait to try these s'mores at a bonfire once we go camping later this year.



## Sugared Cassava

Both my mother and my brother-in-law, Alvin, grew up in the Philippines, and having candy and chocolate wasn't always easily accessible to everyone, sweets were very expensive. So, they had to get creative with ingredients they had at home, like the cassava. They would boil cassavas to soften them, then sprinkle sugar or brown sugar on top of them. I got this simple and easy recipe from my mom and Alvin; I am so excited to be able to share traditional Filipino treats with my daughter.



## INGREDIENTS

4 to 6 Cassavas, peeled  
Sugar to sprinkle on top  
\*You can also substitute sugar with maple syrup; a healthier option my sister Cheryl suggested (Thanks, Sis!)

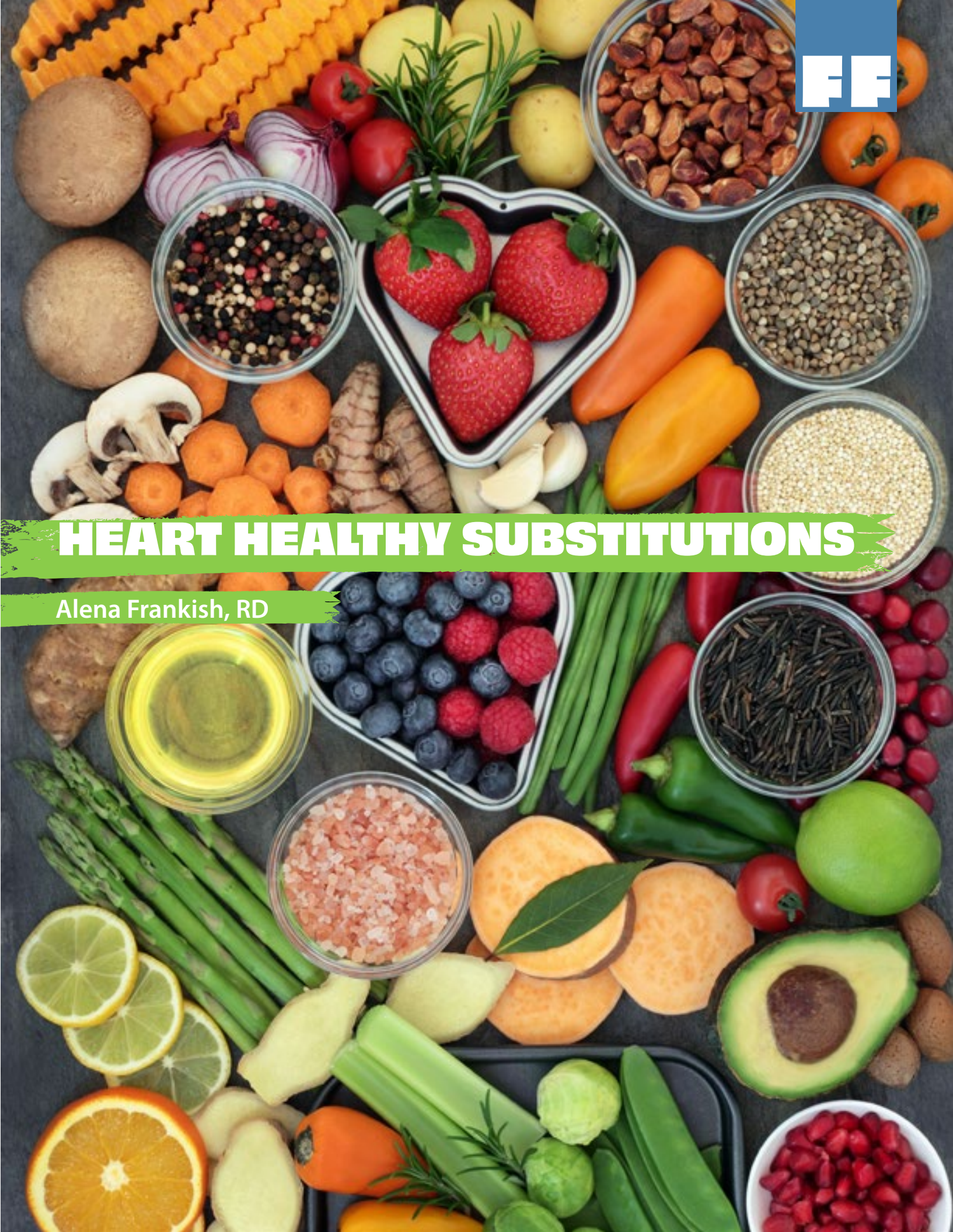
## DIRECTIONS

Put cassavas in boiling water and boil until soft (usually takes about 20 minutes).  
Take cassavas out of the water and let cool for 5 minutes.  
Sprinkle sugar, brown sugar, or drizzle maple syrup on top.  
Enjoy!



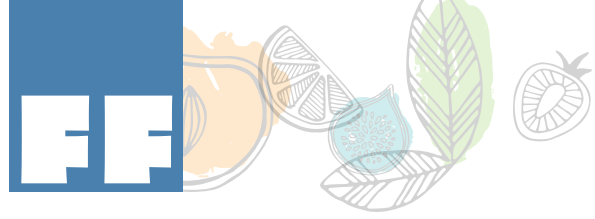
### ABOUT GRACE

Grace Leffall is a wife and a mother of 3 beautiful children (and their dog Astro too!). She loves to read, spend time at the beach, and create memories with her family. She is a food allergy advocate who wants to help educate people and to help create awareness in the food allergy community.



# HEART HEALTHY SUBSTITUTIONS

Alena Frankish, RD



## When your doctor or dietitian suggests a heart-healthy diet, they usually mention plenty of fruits and vegetables, fish, whole grains, tofu, nuts, low fat or fat-free dairy and vegetable oils.

**T**hey will also tell you to limit saturated fats, sugary drinks and salt. Yet for many people who already need to avoid certain foods, due to food allergies, celiac disease, or other diet-related illnesses, another diet may seem just about impossible.

Don't get discouraged! Think of eating heart-healthy more so as a way of eating, rather than another "diet." Truth be told, there is no specific prescription for a heart-healthy diet; the overall idea is simply eating foods that reduce inflammation and "bad" cholesterol, while helping to increase "good" cholesterol. Similarly, you need to avoid foods that would increase inflammation or cause the buildup of plaque in the arteries. And the best news is there are plenty of gluten-free and top allergen-free foods that can assist us with this healthy goal!

**Let's start with nuts.** We know that a heart-healthy diet emphasizes nuts and nut oils. One of the major reasons behind this is that nuts are rich in healthy unsaturated fatty acids, fiber, important minerals, vitamin E, and more. If you can eat nuts or nut butters, then great! But if you have allergies to those ingredients, look for other foods with some similar nutrients: for example, chia or flax seeds. Both are rich sources of many minerals, fiber, unsaturated fats and will even have similar heart-healthy omega 3s to those found in walnuts! You can grind these seeds yourself (or buy them already ground) and then sprinkle on your food, add to baking projects, or even use as an egg substitute for most cake / muffin types of batters. One tablespoon per day is all you need for a great natural way to supplement your diet!

**Fish** (particularly fatty fish like salmon) is also a great source of heart-healthy omega-3 fats. In fact, it is the best way to obtain omega-3s, because the type found in fish is very easy for our body to use. Another reason is that fish is a lean source of protein that is very low in saturated fat. That said, getting a good amount of omega-3 fats with a fish allergy may be challenging, but is definitely not impossible! You can use plant-based sources, such as flax, chia, walnuts, soybeans, or canola oil. If you have an allergy to finned fish only, you can substitute shellfish, such as shrimp. Seafood won't have as much omega-3s as fatty fishes will, but it is a great source nevertheless! If you have to avoid both finned fish and shellfish, you can use plant-based sources discussed earlier and look for other sources of heart-healthy proteins,

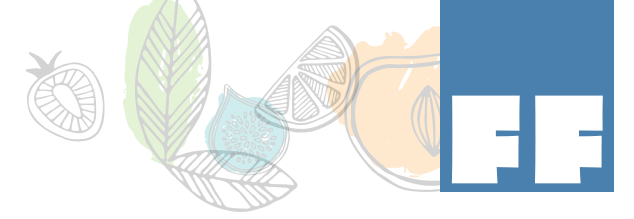
such as nuts, seeds, beans, lentils, low fat dairy, tofu, and poultry. Omega-3 supplements are also an option. Talk to your dietitian or physician to see if you can take vegan algae-based supplements; however, keep in mind that this is an extra expense that most people won't need.

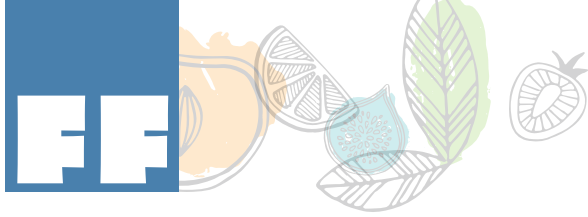
**Eggs** have previously developed a bad reputation as a food that can raise your cholesterol. However, recent research shows that moderate consumption of eggs has little to no effect on cholesterol levels. Additionally, eggs are a great source of various nutrients. As such, if you don't have an egg allergy, use them - in moderation - as your source of protein, opting for boiled or scrambled eggs instead of frying (to avoid extra fat from cooking). If you do have an egg allergy, there are plenty of other options to get good proteins, so do not worry.

**Dairy** is not emphasized in a heart healthy diet. In fact, current research on this topic is quite controversial and scientists have conflicting opinions. Overall, it seems that milk or dairy products, such as yogurt, kefir, or cheese, have no effect on heart health. Therefore, if you can have dairy, it is recommended to focus on low-fat milk and fermented dairy (such as yogurt) as great sources of protein, calcium and other essential nutrients. If you are allergic to dairy, you can easily substitute it with fortified soy milk. If you are allergic to soy as well, get in touch with a dietitian to help you find similar nutrients in other foods.



*Think of eating heart-healthy more so as a way of eating, rather than another "diet."*





Some online sources claim that certain “superfoods” are all you need to stay healthy; but remember, no single fruit, vegetable, or grain has everything, or is inherently “better” than others. Choose seasonal varieties to save money and try to aim for as many different types and colors as possible. Why, you may ask? Different colors mean different kinds of nutrients, and of course it is also more fun to eat! So be sure to add to your plate plenty of fruits and vegetables of your choice (can be fresh, frozen or canned) and you will make a beautiful, heart-healthy, allergen-free, and gluten-free meal!

**Lastly, fruits, vegetables, and whole grains** are at the core of a heart-healthy diet, as they are rich in various antioxidants and have an ability to slow down or prevent atherosclerosis (the buildup of plaque that clogs your arteries)! The variety of these foods given to us by nature is so plentiful that you can easily find suitable options for your table while avoiding allergens and gluten if needed. Strawberries, oranges, broccoli, carrots, sweet potatoes, leafy greens...you choose!

Go for a variety of whole grains too. If you have celiac disease and have to avoid gluten, be especially careful. Many gluten-free packaged foods contain highly refined (or heavily processed) grains that will be missing most of the heart-healthy nutrients. Moreover, buying whole grain gluten-free breads or pancake mixes may be challenging, as it is either hard to find or the cost is high. But no worries! You can add whole grains to your diet by focusing on side dishes instead! To pair with your main dish of a lean cut of meat or fish, beans, or lentils, serve buckwheat, millet, sorghum, brown rice, amaranth, quinoa, or any other whole gluten-free grain you can find.



**ABOUT ALENA**

Alena is a family dietitian, nutrition writer, photographer, and certified kids’ yoga teacher. She is also the founder of Smart Bite Solutions, an online nutrition support network for people with food allergies and celiac disease. She herself is living with severe food allergies and is passionate about helping people understand and better manage adverse food reactions.



**THE TASTEMAKERS**

**The Minefield of Eating Out**  
By Anna Stover  
Teen Advisory Board President

My name is Anna Stover, and I have celiac disease along with a multitude of food allergies. I have gotten sick many times when eating out at restaurants, because something went wrong in the line of communication between me and the people responsible for serving my food. After years of experience, here are the red flags I have learned to look out for when ordering out.

To start, the menu is the best way to gauge the overall allergy awareness of the restaurant. For example, if they have a separate gluten-free/allergen menu or different icons indicating vegan, gluten free, vegetarian etc, that usually indicates at least a basic awareness.

Next, let’s focus on the body language of your server. Every time I go out to eat, I always tell the server the exact same thing: I have an allergy to ..., and their reaction will tell me a lot. If your server gets a blank look on their face, then they likely don’t understand allergies very well. One time I asked my server if a menu item has gluten in it, and the server said, “Yes, it does because they use butter.” Butter contains dairy, not gluten. Comments like this make me extremely nervous because it also indicates that if your server doesn’t know the answer they will give you their best guess, which isn’t good enough when it comes to your health and well-being. If your server doesn’t know the answer, make sure you talk to someone who does before you eat there.

Finally, once you find which restaurants can accommodate your allergies, keep going back there! People with special dietary needs have a reputation for being loyal to restaurants they can trust, and I am no exception! I keep a list in my phone of restaurants that I have had the best experiences with, and it makes it super easy to decide a place to eat.

**BECOME A MEMBER OF THE TEEN ADVISORY BOARD**

Food Equality Initiative’s Teen Advisory Board (TAB) is dedicated to increasing support and information for those with food allergies, celiac disease, and other diet-related illnesses. TAB has a general meeting once a month and offers masterclasses quarterly.

Recent projects include: writing personal letters explaining our experiences with food allergies and helpful tips for how to handle your own and creating posters to promote National Food is Medicine Day.

Feel free to reach out with any questions to Anna: [anna@foodequalityinitiative.org](mailto:anna@foodequalityinitiative.org)

**[TO APPLY CLICK HERE!](#)**

# AT-HOME WORKOUT

Jamie Brown

**As a Personal Fitness Trainer, I have seen many people struggle with staying active during the pandemic.**

**P**eople are working from home more than ever and finding the motivation to get moving is difficult. While COVID-19 numbers are on the rise, our country's epidemic of heart disease is also concerning. There are many ways to stay heart-healthy, but exercise is a major factor. I'm here to provide you with a few of my favorite beginner at-home workouts that will help you with your aerobic and strength training needs.

The Center for Disease Control (CDC) recommends that all adults get at least 150 minutes of exercise per week. This may seem like a lot but when you break it down it's simply 30 minutes of movement per day – this includes walking, biking, weight training, water aerobics, etc. You can break up these 30 minutes throughout the day or you can knock

it out all at once. Find what works best with your schedule and block off that time like you would a meeting at work. If you complete the entire workout routine below, this will get you to your exercise goal for the day.

Make sure to check with your physician before starting any new workout routine. The exercises below are meant to be taken at your own pace so take breaks when needed and have water nearby. These exercises are not about speed but instead slow and controlled movements with proper form.

You will perform each exercise for 30 seconds at your own pace with a 20-second break in between. You will repeat this entire workout routine 3 times total. If you need longer breaks please feel free to do so.

## 1. Sit & Stands – 30 seconds

All you need is a stable chair for this exercise. Start seated and push up through your heels to get you to a standing position. Repeat this motion at your own pace for 30 seconds. To make this exercise more challenging, hold onto something heavy like a dumbbell or water jug.



This squat variation is great for strengthening your legs, specifically your hamstrings, quadriceps, and calves.

[WATCH VIDEO HERE](#)

## 2. Knee Marches – 30 seconds

Start standing with feet hip-width apart. You will alternate raising one knee at a time as you use your arms to help accelerate the movement. To make this exercise more challenging you can add light ankle weights for more resistance.



Knee Marches are great for increasing heart rate and strengthening your quadriceps.

[WATCH VIDEO HERE](#)

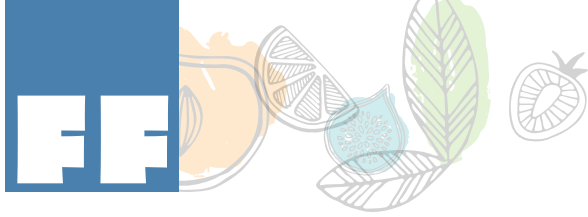
## 3. Side Steps – 30 Seconds

Start in a slight squat position and alternate stepping side to side. To make this exercise more challenging, add a light to medium strength resistance band right above your knee.



Side Steps help activate and strengthen your legs, glutes, and hip abductors. If you're someone who sits for most of the day this is a great exercise for you!

[WATCH VIDEO HERE](#)



### 4. Wall Push-Ups – 30 Seconds

Start two steps away from the wall and then extend your arms out in front of you, about shoulder-width apart. Use your elbows to lower your chest towards the wall and then extend your elbows to bring yourself back to the first position.

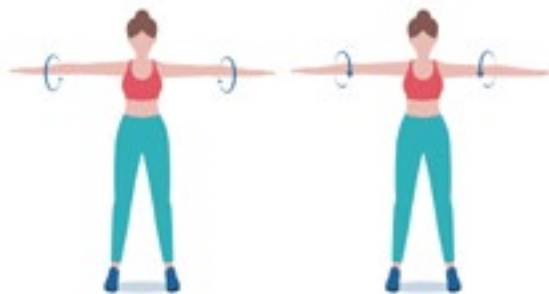


Push-ups are great for improving upper body strength, specifically your chest, shoulders, and core. More importantly, when done correctly and consistently, push-ups can help us with improving our posture.

[WATCH VIDEO HERE](#)

### 5. Arm Circles – 30 seconds

Start with your arms laterally raised to shoulder height. Start circling those arms forward for 15 seconds, and then roll the opposite way for an additional 15 seconds.



Arm Circles are a great and easy way to work your shoulders, biceps, and triceps without any heavy resistance.

[WATCH VIDEO HERE](#)

### 6. Superman – 30 Seconds

Start lying down on your stomach with your hands above your head. As you lift your left arm off the ground you will lift your right leg simultaneously. Hold this position for 2 counts until you switch sides. Complete as many of these as possible during these 30 seconds.



This exercise helps strengthen your lower back and promotes spinal stability.

[WATCH VIDEO HERE](#)



### 7. Cat Camel – 30 Seconds

Start on your hands and knees while placing your hands directly below your shoulders and your knees directly underneath your hips. Relax your head and let it hang down. Arch your upper back towards the ceiling until you feel a nice stretch and hold this position for 5 counts. As you breathe out, allow your back to sway as you press your stomach to the floor and let your head rise back up to a neutral position. Repeat this motion for 30 seconds.



If you're someone who suffers from back pain or someone who sits all day, this exercise is one you won't want to forget! This incredible exercise helps with spinal mobility, which can help with back stiffness and flexibility without placing too much pressure on your neck.

[WATCH VIDEO HERE](#)

### 8. Bent Knee Leg Raise – 30 Seconds

Start lying down on your back with hands at your side and knees bent. Lift your legs until your hips slightly come off the ground. Lower your bent legs back down again slowly and tap the ground with your feet. Repeat this motion.



Strengthening your core will help you during everyday life activities by improving your balance and stability.

[WATCH VIDEO HERE](#)

If you are able, repeat all 8 exercises above for 2 more rounds. If you struggled with this exercise routine, start with one round and slowly work your way up to eventually doing three total.



#### ABOUT JAMIE

Jamie Brown is a Personal Fitness Trainer in Kansas City who works at HitchFit Gym. She specializes in Resistance Training and Pre/Post Natal Fitness. Her passion is helping women of all ages and fitness levels become their best and strongest selves.



## ARE YOU LEAVING MONEY ON THE TABLE?

**Alex Hoskovec, FEI Board Member, realized he WAS leaving money on the table after he discovered that his employer had a Charitable Gift Matching Program.**

**“The benefit wasn’t listed in the employee handbook, but I emailed HR and asked if there was a program,” said Alex, an account manager at Arrowhead General Insurance Agency.**

**Turns out there was. The HR Department sent him a form for FEI to complete.**

**“It was very easy and straightforward,” said Alex. Now Alex’s yearly gift to FEI will be DOUBLED with half coming from him and half from his employer.**

### **When did this start?**

Charitable gift matching programs are not a new benefit. They started in 1954 when General Electric Company began matching charitable gifts to colleges and universities that employees attended. Their program later broadened to other nonprofits. Today 65% of America’s large companies

and 28% of smaller companies offer to match some of their employees’ charitable contributions. Some companies, like The Gap, Banana Republic, and Old Navy, also will match charitable gifts from part-time and retired employees.

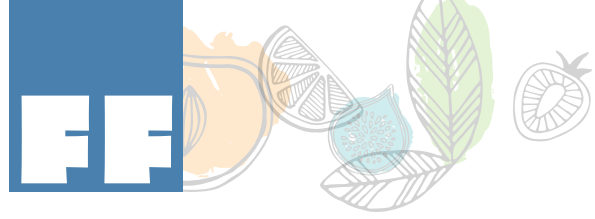
### **Does your employer match your charitable gifts?**

The easiest way to find out is to contact your HR department and ask. If they do have a Charitable Gift Matching Program there is usually a form that you – and the charity you support – will have to complete. You can also check out the Employee Match Program form on the Charity Navigator website ([www.charitynavigator.org](http://www.charitynavigator.org)) where you can search by company name.

### **It’s a Win-Win**

Charitable Gift Matching Programs allow donors to maximize the impact of their donation without having to reach back into their wallet!





# ADVOCACY AISLE

## "Axe the Food Tax"

Kathy Downing

Kansas Governor Laura Kelly announced in November 2021 that she will be introducing a bill in the Kansas Legislature in January 2022 to "Axe the Food Tax," eliminating the state-level sales tax on food. If passed, this legislation will save the average Kansas family \$500 dollars or more a year on their grocery bill.

"Eliminating this regressive tax will reduce food insecurity and improve health outcomes for children," said [Kansas Senator Dinah Sykes](#). Currently, an estimated 15% of Kansas children are living below the federal poverty level.

[Food Equality Initiative signed on to a letter of support](#), urging Kansas lawmakers to pass a straight-forward bill to end the food sales tax.

Although this is a bold proposal, the "Axe the Food Tax" proposition is possible due to fiscally responsible budget practices over the past three years, causing Kansas' revenues to come in ahead of estimates.

"Now that Kansas has recovered and has stable revenue, it's time to invest in Kansas workers and their families with this commonsense policy that has long had bipartisan support," [Kansas Action for Children](#) President John Wilson said. He said sales tax worsens income inequality because low-income people must pay a higher share of their income on basic needs like groceries.

Kansas is one of only seven states in the nation that fully taxes groceries. Kansas' food sales tax rate is 6.5%, the second-highest rate in the country.

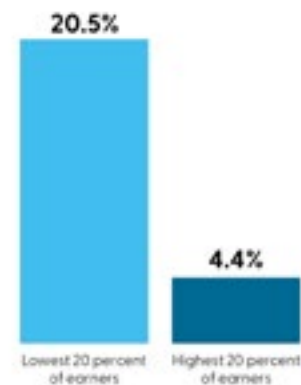
At least 37 states levy no sales tax on groceries and six more have reduced grocery taxes.

"The food sales tax is one of the most regressive taxes we have," said Valerie Nicholson-Watson, President & CEO of [Harvesters](#). "Low-income families spend a much larger portion of their income on food so the food sales tax takes the most from those who have the least."

The proposition as well as the letter of support are being shared publicly with legislative leaders at the beginning of the legislative session in January 2022.

**Families living on low wages spend a higher share of their income on groceries**

Source: Bureau of Labor Statistics, 2020 Consumer Expenditure Survey



# RECIPES!



## ROASTED BRUSSELS SPROUTS

Amelia Richard

### INGREDIENTS

1 lb Brussels sprouts, halved  
 ½ cup Cranberries, dried  
 ½ cup Pecans, halved, raw  
 1-2 Tbsp Minced garlic (depending on how much you love garlic)  
 4 Tbsp Olive oil or avocado oil  
 3 Tbsp Balsamic vinegar  
 1 tsp Sea salt  
 1-2 tsp Black pepper, ground

### DIRECTIONS

- Preheat oven to 375° F.
- In a medium bowl, toss all of the ingredients together.
- Pour the Brussels sprouts mixture into a 9 x 13 inch baking dish and bake for 25-30 minutes.
- Serve warm.
- Enjoy!





## RASPBERRY OATMEAL COOKIE BARS

Barbara Lambke - Luke's grandmother

### INGREDIENTS

½ cup Brown sugar, packed  
 1 cup Flour  
 ¼ tsp Baking soda  
 1/8 tsp Salt  
 1 cup Rolled oats  
 ½ cup Vegetable oil  
 ¾ cup Raspberry jam, seedless

### DIRECTIONS

- Preheat the oven to 350° F.
- Mix all ingredients together, except the jam.
- Spread out 2 cups of the cookie mixture in a greased 8 x 8 pan.
- Spread jam on top. Do not put the jam within ¼ of the edge of the pan, keep it in the center.
- Put the remaining cookie mixture on top.
- Bake 35-40 minutes.





## DELICIOUS GREEN SALAD WITH HOMEMADE VINAIGRETTE

Larry Enge

### INGREDIENTS

#### SALAD

3 cups Mixed greens - any kind you like: baby spinach, romaine lettuce, escarole, frisee, chicory, kale, butter lettuce, bibb lettuce, boston lettuce, green or red leaf lettuce, and napa cabbage - Make sure all of the greens are chopped or torn into bite-size pieces

- 1 cup Arugula
- ½ cup Basil, fresh
- 1 cup Cherry tomatoes, halved
- 1 cup Cucumber, chopped
- ½ cup Avocado, chopped
- 1 cup Blueberries
- ½ cup Nuts and/or seeds - Sliced almonds, pecans, walnuts, pumpkin seeds, sunflower seeds, sesame seeds, hemp seeds, chia seeds, flaxseed
- ½ cup Banana peppers, sliced
- ¼ cup Green onions, sliced

#### DRESSING:

- ½ cup Extra virgin olive oil
- 4 Tbsp Balsamic vinegar
- 1 Tbsp Dijon mustard
- 1 Tbsp Garlic, minced
- 1 Tbsp Honey or maple syrup
- Sea salt and black pepper to taste

### DIRECTIONS

- Toss all of the salad ingredients together in a large bowl.
- Whisk together the dressing ingredients. You can double or triple the recipe and store the dressing in a mason jar in the fridge. Just shake the jar when you are ready to use, as the contents will separate.
- You can either toss the salad with the dressing or do self-serve.
- Add ham, turkey, or chicken to the salad for a delicious, nutritious, and filling meal!





## FINDING NOSTALGIA

### in New Allergy-Friendly Ingredients

#### Brittany Atkinson - The Allergic Table

When I was 6 years old, I played T-Ball in a small town in New Jersey. I have a sweet childhood memory of those days where after a game we would head over to the local ice cream shop to celebrate. However, when going to get ice cream in the 90's with a severe peanut and tree nut allergy, there were not a lot of safe options. When I was growing up, food allergies weren't something that was really on anyone's radar.

Thankfully, today most eateries are aware and educated on how to handle severe food allergies and can dedicate the skills needed to ensure a safe food experience. There are even many Top 8 Allergen-Safe food products to make your own ice cream sundaes at home. Personally, I like to indulge in ice cream from home, using products I know and trust without the risk of cross-contact at an ice cream shop.

#### Picking the perfect allergy-free ice-cream

Step into the freezer aisles of your local grocery store and you'll find a couple different allergy-friendly options that all cater to different kinds of food allergies. For me, two stand out from the rest. My go-to brands for safe ice cream are Oatly and **O'My** (both contain coconut).

However, I don't stop there when it comes to making the perfect allergy-friendly Ice Cream Sundae! I get out my favorite mug and make the recipe below.

## ICE-CREAM SUNDAE

Brittany Atkinson

### INGREDIENTS

- 2 scoops Oatly Ice Cream, your favorite flavor
- 1 Sweet Loren's Chocolate Chunk Edible Cookie Dough
- 2 tsp Dandies mini marshmallows
- 1 Tbsp Enjoy Life chocolate chips

### DIRECTIONS

- Start out with your favorite mug (bowl) and scoop out the perfect amount of your favorite allergy-friendly ice cream.
- Next, break up the cookie dough and place it on top.
- Sprinkle with the mini marshmallows.
- Lastly, add in the chocolate chips.
- Enjoy this nostalgic treat!

\*Disclaimer: The recipes included in the Free-From Magazine are suggestions. Please read carefully and make any substitutions that are necessary for your diet. Consult your doctor if you have questions or concerns. NOTE: Cooking is a science experiment and some ingredient substitutions may not produce the same results.





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