

NOVEMBER ISSUE 2020

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a lifestyle resource from Food Equality Initiative

Free-From MAGAZINE

ASK THE EXPERTS!

Jodi Shroba, APRN, CPNP talks about Oral Immunotherapy (OIT) Treatment.

HOLIDAY TIPS AND TRICKS

The FEI team shares tips, tricks, and recipes for the holidays!

HISTORY OF THE NATIONAL SCHOOL LUNCH PROGRAM

Information about the National School Lunch Program and how it affects the Food Allergy community.

A close-up photograph of a Christmas tree with green needles and warm white lights. The text "Happy Holidays!" is overlaid in a yellow, cursive font.

*Happy
Holidays!*



Free-From MAGAZINE

a lifestyle resource from Food Equality Initiative

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HAPPY THANKSGIVING!

Wishing you a warm holiday season from our FEI family to yours.

Happy Thanksgiving FEI Friends & Family, and welcome to Living Free-From, your one-stop-shop magazine for all things Food Allergy & Celiac Disease!

Thanksgiving is a time of gathering with your loved ones to enjoy each other's company, or at least to enjoy each other's cooking! For those who must avoid certain foods due to allergies, intolerances, or celiac disease, the holiday season can be a stressful time; but it does not have to be! Although a typical Thanksgiving dinner includes gluten as well as many allergens such as nuts, dairy, wheat, and soy, with careful planning you can have a delicious Free-From meal that everyone can share. Food is love, and we want to help you express that love.

The November issue of Living Free-From is dedicated to ensuring that you have a safe, healthy, and happy holiday season, whatever it

may look like. We strive to bring you articles that are on topic and of interest to you, our readers, and we hope that you are able to learn from and pass on anything you read here to others in the food allergy community and beyond.

If you use your box to make the craft or any other crafts we would love to see your creations! Follow us on social media and share your box openings and crafts.



**@FOODEQUALITY
#FFMARKETPLACE**





FEI RECOMMENDATIONS FOR HOLIDAY COOKING

Whether you are the host of your family's gathering or just an attendee in the bunch, FEI has recommendations for you.

Kenneth Johnson

“I’m the host, lucky me! How can I cook safe foods free-from allergens but still have great flavor?”

If there are allergens or other foods you must avoid while you’re whipping it up this Thanksgiving, we want to draw your attention to the many substitutes you can use for your favorite Turkey Day Dishes. Just doing some quick research online can give you some really good information (Google is your best friend), but the FEI team has come up with a couple of suggestions to get you started.

NO DAIRY?

Olive oil and vegan butter can be used to make dairy-free mashed potatoes in place of cream.

NO GLUTEN?

For those who specifically must avoid wheat or gluten but still want to enjoy stuffing, you can use gluten-free bread. We recommend Mama Resch’s, an amazing, local Kansas City-based gluten-free bakery that many of you are familiar with in our boxes (the retail bakery has closed, but you can order online from them soon). You can also make your own bread using free-from flour or bread mixes such as Hungry Harry’s!

TURKEY SELECTION

Also, be sure to read the ingredients when buying your turkey! Many turkeys come pre-seasoned, like self-basting turkeys, which may contain potential allergens. To avoid this, we recommend picking natural turkeys as these are required by law to only contain turkey & water.

CROSS-CONTAMINATION

Whether you are having an intimate or socially-distanced dinner party this year, be sure that your guests are aware of foods you (or others) must avoid. Encourage them to not bring dishes with those allergens, taking the time to educate them about reading labels and avoiding cross-contamination. It may feel uncomfortable at first, but seeing your entire family get to share one meal, it is worth the extra effort.



“I’m not cooking this Thanksgiving, I’m just here to eat! How do I do so safely at someone else’s home?”

Okay, sounds good! The FEI team has a couple tips for you too, this Turkey Day!

LABELS IN SHOPPING

Make sure that whoever is cooking the Thanksgiving meal is aware of the foods you must avoid, that means ingredients that say “may contain” or “processed in a plant with.” Reading labels can be a matter of life or death, so do not be afraid to speak up.

LABELS IN SERVING

Ensure whoever's cooking is also aware of cross-contact avoidance practices. Go the extra mile and suggest that whoever is cooking labels the finished dishes, including the name and what the dish contains.

GIVE YOURSELF SPACE

Although Thanksgiving is a time to be together, be sure to separate the Free-From Foods and their respective utensils from those that are not to reduce the risk of accidental exposure. There is also nothing wrong with separating yourself from someone who is eating a food you are avoiding to prevent potential reactions. Your health is important!

BRING YOUR OWN

Furthermore, you can offer to help shop for certain dishes or offer to bring an allergy- or gluten-friendly version of the dish as well as your own utensils. It's always better to be safe than sorry! Lastly, as always, make sure to keep your epinephrine autoinjectors on standby.



This month, FEI encourages you to make your favorite Free-From dishes this Thanksgiving by using some of the items included in your box. Be sure to check out our recipes using items from our brand partners on page 22. And don't forget to tag us on our socials!

Whether you are having a socially-distanced dinner with loved ones or celebrating in the safety of your own home, we wish you a safe, Free-From Thanksgiving, from our FEI family to yours!

BRAND SPOTLIGHT

Add JOI!

Kenneth Johnson



“In a chaotic world, the way we nourish our bodies is one of the few things we do have power over!”

Introducing our Brand of the Month for November: JOI, a great plant-based, dairy-free alternative to milk! While JOI’s plant base was founded in 2015 by a group of grad-school buddies: **Izzy**, a lactose-intolerant lover of food, **Dave**, a fitness nut who’s sensitive to dairy, and **Tony**, a now vegan dad of five.

From thesis project to grocery product

Each co-founder had their own reason for making plant-based milk, from being more environmentally friendly to managing dairy sensitivity. What started as a thesis project has since evolved into a cashew & almond based product that rivals the plant-based milk found at your local supermarket. JOI is a game-changer for vegans & those with a dairy allergy!

JOI is not your average plant-based milk.

JOI’s cashew & almond nut bases are convenient for those who must avoid dairy. Simply add 2 tbsp of JOI to a cup of cool water and blend. From there you can enjoy it on its own or add it to a cup of joe or in your smoothie. JOI is good for up to 18 months and uses environmentally friendly packaging, eliminating the need to toss out cartons of expired milk. Kick the carton and #addjoi for a high-quality, delicious, and environmentally-conscious plant-based milk!

Play with your Food!

While JOI’s plant base is tasty just mixed with water, it is an even more excellent starting point for other decadent dishes! Go beyond milk with creamy dairy-free sauces, indulgent plant-based dips, and plant-based protein smoothies. You can also use it as a milk substitute in any recipe! (Check out a recipe for the BEST smoothie using JOI’s plant base on page 22.) Shop & find them online at addjoi.com or on Walmart.com. You



can also follow them on Instagram @addjoi for additional recipe ideas, product info, and more.

JOI is a member of our Seven Percent Fund & Coalition to help end disparities in those with Food Allergies and increase access to food. Visit Foodequalityinitiative.org for more info.



NEW HOLIDAY HABITS

Redesigning family traditions in 2020: spreading love safely

Sofia Gillespie



Happy holiday season from us here at Food Equality Initiative!

This year has been a rough one for us all, so I'm sure everyone could use some good old fashioned holiday cheer right about now. Typically, our holidays are full of rituals, things we learn as children and grow to expect to be the same year after year, with relatively little to no deviation. But, with the corona-virus still thriving across the globe, we are all wondering just how much of that cheer and ritual we will be able to safely take part in. Rightfully so.

But perhaps all is not lost. We have had 8 months experience with a new normal, and while there are certainly some aspects that we all wish would disappear, we have also learned a new way of living. Did you know, according to Healthline, it can take anywhere from 18 to 254 days to make a new habit? Guess what, the 8 month mark of the corona-virus pandemic puts us right at 250 days. Do

you always leave the house with your keys and a mask? Have you stopped trying to shake hands with people? Has it become instinct to wash your hands and sanitize wherever you go? Do you feel the habit yet? And just like we can build up habits for our day to day living, we can create habits for the holidays. (Most people refer to these as traditions.) And since we are in a food magazine, it would be remiss to not talk about food.

Each family has its traditional meal which is always cooked following the traditional recipe using traditional ingredients. Right? But what about when a bombshell hits your family? Cousin Jenny cannot have dairy. Aunt Margaret can no longer eat pecans. And little baby Jesus needs gluten-free loaves. (See what I did there?) Just like with the changes we experience in response to the corona-virus cooking food together with a new food allergy in the family is not so straightforward. But, the same way the old traditions were created, new ones can be born according to your family's updated needs.

Meet Jenn: a girl who customized her family traditions to adapt to her needs.

Jenn lives in Chicago and works as a paralegal for a non-profit on the topic of immigration. This job keeps her pretty busy, but she always manages to find time for her favorite pastime: baking. She bakes things from brownies and snickerdoodles on a regular basis to challah and rugelach for more important occasions such as Shabbat and Hanukkah.

“Baking has a sentimental meaning to me.” Jenn is Jewish and baking is a value that has been passed down through her family for generations. The recipes that Jenn bakes she learned from her mother who learned from her mother and so on. Baking, you could say, is a family affair.

However, there is another reason why Jenn bakes. At a young age, Jenn was diagnosed with a severe allergy to peanuts, tree nuts, eggs and dairy. While she slowly outgrew her egg and dairy allergy, the nut issue was there to stay, inhibiting her ability to safely eat fresh baked goods from local bakeries. “I feel like having [a severe food allergy] can make you go one of two ways. It can either make you resent food and just not want to engage with it at all. Or it can make you really interested in food, which is where my love of baking comes in.”

“Baking, you could say, is a family affair.”

Since she could not enjoy baked goods from bakeries, Jenn decided that meant she had to make the goods for herself, a challenge she was more than happy to accept. “I pride myself on my baking because I know that I can make things that I would not normally be able to buy and I know I can give them to people who I know would also not be able to eat from bakeries.” Jenn took this love of baking one step further; she got a job at a bakery.

When she first started working at the bakery, she was up at the register. “Of course whenever I touched the goods, I was wearing gloves and putting them items directly into a paper bag, so there was no contact.” But she quickly moved into the kitchen where she was able to take control of what went in the mixer and in what order the ingredients were added. That means that she could bake items in an order that eliminated cross contamination with nuts. She started with the simple sugar cookies then worked her way up.

It was pretty rare to have someone with food allergies come into the bakery, because most food allergy kids know to generally stay away. However, Jenn was prepared to answer any questions and put at ease those who had a nut allergy like hers. “It was fun when people walked in with allergies and I could say ‘I also have an allergy and I just ate this cookie!’”

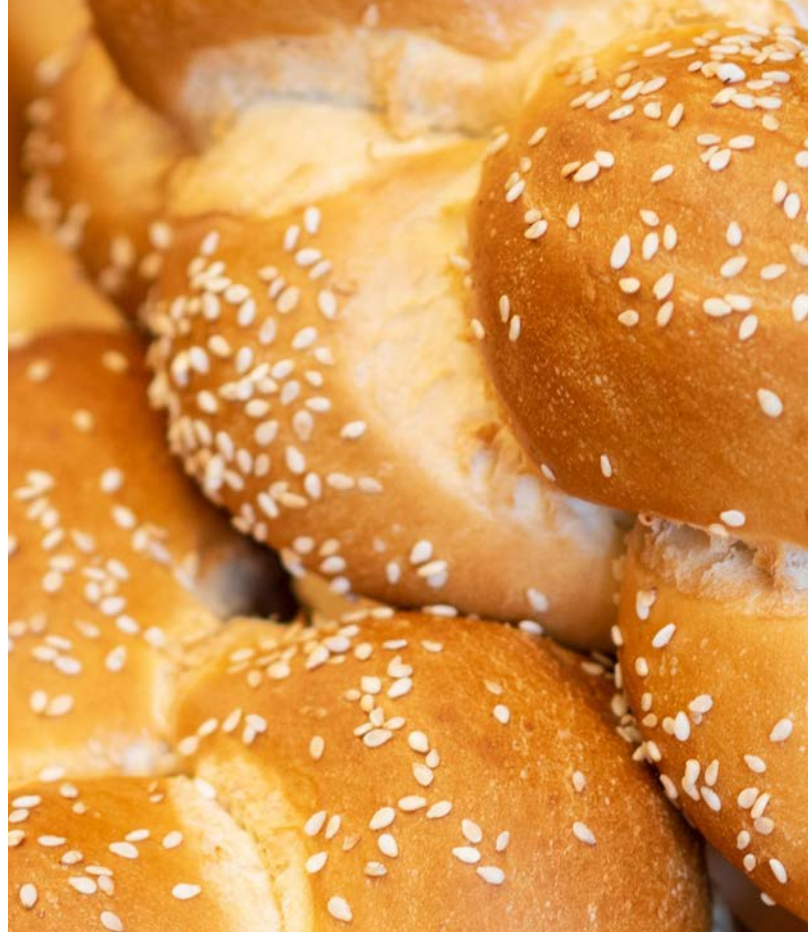


Jenn says, “a lot of people don’t think that much about it. You go to the bakery and buy yourself a muffin; it is just a nice thing to do for yourself. But not everyone gets to do that. It seems like a small thing, but after working at the bakery and getting to see when I could change the environment so that others could safely eat there who would not usually be able to, it really was a big thing. That you can go out and be part of your community and just sit at a bakery and eat a muffin.”

In the end, Jenn did have an allergic reaction and had to quit working at the bakery, but that did not turn her off from the experience. She said that having a food allergy can make you feel a loss of control in your life over the foods that you can or cannot eat, “so it is important to find ways that you can meaningfully shape food for yourself.” If there is anything that Jenn has learned from having a food allergy it is: “Be mindful. Pay attention to what you like, how your body reacts to certain things, and what makes you happy. That is why baking is so important to me. It is something that makes me happy and I know exactly what is in the food.”

The Moral of the Story

So whatever your holiday gathering looks like this season, whether it be in person or virtual, with or without tree nuts, remember that you still have agency and power. Traditions are not lost, only modified. Creating new rituals with your family and friends allows you to take control of your food and ensure that the holidays are a memorable, inclusive, and happy time to be together.




“It is important to find ways that you can meaningfully shape food for yourself.”



CRAFTS

Fun Ways to Use Your Box

CARDBOARD "GINGERBREAD" HOUSES



Make these adorable Tiny Gingerbread Houses out of recycled cardboard, they're so easy to make and you can use them year after year! From Little Red Window.

MATERIALS

- Cardboard (use an old cardboard box!)
- White paint pen
- Tracing paper, wax paper or parchment paper
- Battery operated tea lights Or fairy lights

TOOLS

- Craft knife
- Hot glue gun
- Metal ruler
- Pencil

TIPS FOR CUTTING CARDBOARD

1. Go slowly with your knife, it will take a few passes to cut all the way through.
2. If your edges start to look ragged or it gets harder to cut, change to a new blade.
3. Sometimes it helps to turn the piece of cardboard over to the back to see where you haven't cut through yet. This can be helpful at corners.

INSTRUCTIONS

1. Gather your recycled cardboard
2. Measure and draw out the pieces of your cardboard houses, mine were 3 inches wide and deep by 4 inches tall
3. Draw windows and doors on the wall pieces
4. Cut out the walls, windows and doors
5. Use your white paint pen to decorate the walls with "frosting" designs
6. Glue pieces of tracing paper (or wax paper or parchment paper) behind the inside of the windows and doors
7. Assemble the walls of the houses with hot glue
8. THEN measure and cut the roof pieces, be sure to include overhanging eaves
9. Decorate the roofs with "frosting"
10. Glue the roofs in place from the inside





ASK THE EXPERTS!

Ready For Primetime: Peanut Therapy Hits The Market

Jodi Shroba, APRN, CPNP

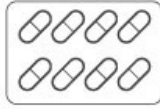
Children's Mercy Hospital nurse practitioner Jodi Shroba gives Porter Hall a checkup before a peanut allergen exposure session.

ORAL IMMUNOTHERAPY (OIT) TREATMENT

01

STARTING SMALL

Slowly increasing the amount of the peanut flour ingested (eaten) each day. The first day is called "initial dose escalation" where the patient comes into the allergy office and receives several increasing doses of peanut powder.



02

DECREASING SENSITIVITY

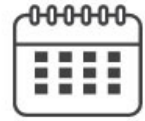
The child will take their dose daily at home



03

MAINTAINING TREATMENT

return to the allergy office every 2 weeks for their next dose which is called the "escalation phase."



Peanut allergy is the most common food allergy in children under the age of 18...

Peanut allergy is the most common food allergy in children under the age of 18 and the 2nd most common in adults (foodallergy.org).

Peanut allergy tends to be lifelong with only about 20% of people outgrowing it. The recommended treatment is avoidance (not eating the allergen) and to carry epinephrine for allergic reactions.

However, in March 2020 the very first FDA approved treatment for peanut allergy came to the market. Palforzia™ is known as oral immunotherapy (OIT) and works by exposing the body to small amounts of peanut so the body will be desensitized (less reactive) upon accidental exposure. This treatment is approved for children 4-17 years of age. This occurs by slowly increasing the amount of the peanut flour ingested (eaten) each day. The first day is

called "initial dose escalation" where the patient comes into the allergy office and receives several increasing doses of peanut powder. The child will take their dose daily at home and return to the allergy office every 2 weeks for their next dose which is called the "escalation phase." During the visits to the allergy office, they will be observed for 60 minutes. Once they reach 300mg (1 peanut) they are in the "maintenance phase" and will continue this dose daily indefinitely (forever). This is not a cure for peanut allergy, and patients must continue to avoid peanut ingestion and carry their epinephrine autoinjectors.

This is not a cure for peanut allergy, and patients must continue to avoid peanut ingestion and carry their Epinephrine autoinjectors.

Risks

This treatment does come with risks like mild allergic symptoms such as itchy mouth, throat or stomachache; these are usually mild symptoms that improve with time. Risk of hives, runny nose, congestion, and wheezing can also develop. Since you are ingesting a food you are allergic to, anaphylaxis is always a risk. There is a smaller risk for the development of eosinophilic esophagitis (EoE) which is an inflammatory reaction of the esophagus (the tube that goes from your mouth to your stomach). There is a greater risk of reaction if fasting (not eating for religious or personal reasons), asthma flared, fever greater than 100, or gastro-intestinal (GI) illness such as vomiting. In these cases, your allergy provider will ask you to hold your dose and not increase as quickly. Additionally, there is a recommended “rest period” after your dose each day. It is important that your child does not exercise, participate in activities that will increase heart rate, or take a hot shower during the rest period as these can increase risk of reaction.

Benefits

So why take this therapy? The benefits include reduction and/or elimination of an allergic reaction upon accidental exposure (eating an allergen by mistake). Quality of life will improve by helping the child and family worry less and feel more comfortable in school and social situations such as restaurants and parties. This treatment will allow most children to participate more comfortably in normal childhood activities that they previously may have been afraid to, due to their peanut allergy.

Peanut OIT is not for everyone and avoidance is still a valid treatment option. However, if you are thinking about OIT for your child, here are some questions to consider before starting this treatment:

Questions to Consider

Do my child and I often worry about peanut exposure?

Does my child not participate in all the activities that they would like to because of their peanut allergy?

Is our schedule flexible enough to allow visits to the allergy clinic every 2 weeks while in the escalation phase about 6 months?

Is our schedule flexible enough that we have enough time to dose daily (give the medicine every day) and observe the rest period?

Could my child stick to taking daily dosing?

Do I fully understand all the risks involved?



Jodi Shroba APRN CPNP

Pediatric Nurse Practitioner
Food Allergy Program Coordinator
Division of Allergy and Immunology
Children's Mercy Kansas City

Costs

Work with your Allergy provider to determine cost based on your insurance. Financial assistance may also be available.

Oral immunotherapy (OIT) to other foods is a treatment option that is offered by some allergy practices, but this is considered off-label treatment. While it holds the same risks and benefits, there is no FDA approved product for other foods.



Future Studies

While the focus of this article is oral immunotherapy, research is also ongoing regarding Epicutaneous Immunotherapy (EPIT) which is a patch that will provide small doses of protein through the skin. While most of the studies on the peanut patch are closed, they are in the process of applying for FDA approval.

Another form of immunotherapy also being studied is called sublingual immunotherapy (SLIT) where a small amount of the protein is placed under the tongue. SLIT is already available for treatment of seasonal allergies, but not yet approved for food allergies.

If you have more questions or would like more information about OIT, speak to your allergy provider.



Welcome to our new recurring column: Ask the Experts! As the name implies, this is a place where medical experts will be publishing articles about recent developments and news in the food allergy field. These experts are members of the Food Equality Initiative's Medical Advisory Board and are proud to serve the food allergy community.

Each month you can expect a full-length article about a new topic from a different member of the advisory board. After reading the article, you can send in your questions or comments to:

MARKETING@FOODEQUALITYINITIATIVE.ORG

We will do our best to have our expert address as many of your questions in a short commentary section in the next month's magazine.

Also, this magazine is for you, so let us know what topics you want to learn about for the future. Happy reading!

A BRIEF HISTORY

The National School Lunch Program

Sofia Gillespie



“Approximately 30 million participated in the National School Lunch Program in 2016”

Established in 1946 by President Harry S. Truman, the National School Lunch Program (NSLP) exists to provide free and low-cost meals to students attending public or non-profit private schools and residential daycare facilities. The NSLP is run by the United States Department of Agriculture (USDA) and sets a list of nutritional requirements that must be met for each lunch served. In practice though, this program is administered by agencies in each state and it looks a little different depending on where you live.

Students are able to qualify for the NSLP in many ways, such as their status in a Federal Assistance Program or based on their household’s income and family size. Already in its first year, 7 million

children benefited from this program and it has only grown in the years since. According to the most recent data, Approximately 30 million participated in the National School Lunch Program in 2016 alone. Now that’s a lot of food!

Food Allergies + School Lunch

But enough general information, let’s talk about where food allergies fit in. Here are the exact words from the USDA’s document entitled: Accommodating Children with Special Dietary Needs in the School Meal Programs (2017).

“When accommodating a child’s food allergy, no food item offered to the child may contain traces of substances that may trigger an allergic reaction. For example, if a child has a peanut allergy, no foods served to the child may contain peanuts or include peanuts as an ingredient. This means food labels or specifications on food items children with

allergies will consume must be checked for allergens. If a food label for a product served in the Programs does not provide adequate information, it is the responsibility of the school food service to obtain the information necessary to ensure no allergic substances are present."

Okay, let's break that down.

Essentially what this says is that the school lunch provider must ensure that all ingredients provided to a food-allergic student are free-from any potential allergens. That means providers must thoroughly read labels and do any necessary background research, including contacting manufacturers, to get the full story behind the product. If a meal is found to contain an allergen, then it is the school's responsibility to find a replacement, however, this replacement meal is not required to mirror the mainstream serving of the day.

Furthermore, any severity level of allergic reaction is to be accommodated under this regulation:

"Please note that children's symptoms may not always be overt or visible. School officials should be attentive to children's complaints of physical discomfort, faintness, or other symptoms which may signal an allergic reaction."

The school is still within its rights to request a medical statement from a licensed professional detailing the student's food allergy and requested accommodations therefore.



What does this mean?

Schools are now required to accommodate all levels of food allergy because this is widely interpreted as a disability which is protected by law from discrimination (think: being charged more for food substitutions). This stems from the amendment to the Americans with Disabilities Act (ADA) in 2008 which loosened the requirements to prove a disability. That means that instead of spending time proving that a food allergy is a condition that severely impacts quality of daily life (something most anyone with a food allergy could tell you), the USDA recommends using that time to ensure that the student is provided with safe, healthy food in the NSLP. Historically speaking, this is a HUGE leap in the right direction.

Let me explain...

Just 16 years prior, the same document, the Guidance for Accommodating Children with Disabilities in the School Lunch Program, was published in 2001 stating that if your food allergy was not life threatening (aka did not result in anaphylaxis) then the school lunch provider was not legally required to avoid allergens when preparing your food. That meant that less severe allergic reactions were neither protected by law nor accommodated for in the NSLP.

Why is that? Because in 2001, the USDA followed the Rehabilitation Act of 1973 which does not state which disabilities explicitly are protected by the act (meaning not to be discriminated against in federal programs). That left a lot of room open for interpretation, which could be both a good and bad thing. In many cases, it had been interpreted to include food allergies, as food allergen avoidance can very much be something that "substantially limits one or more major life activities" (read: every social meal or gathering). However, if your food allergy or intolerance was not "severe enough" it could have been equally interpreted

as not a disability, therefore removing legal protection for accommodations in programs such as the National School Lunch Program.

Let's put that into perspective.

Kaytlyn is a 16 year old from Kansas who is in the 11th grade. She also is a member of Food Equality Initiative's Teen Advisory Board.

At 4 years old, Kaytlyn was diagnosed with a severe allergy to tree nuts, which has gotten more severe over the years. Her allergy to tree nuts is life-threatening and is therefore protected by the ADA and the NSLP. That means meals provided to her during school hours must be free of tree nuts in all shapes and sizes, or else there could be grounds for legal repercussions.

However, Kaytlyn also suffers from a more mild allergy to sesame, which was not accommodated for in 2011, when she was in first grade. One time at lunch, she had some sesame seeds on a bun. Afterward, she went to recess to play, but she found herself having another type of reaction. "I don't know how to explain the feeling. It was like heartburn almost, but really painful. It hurt all up and down my back, and I remember it being really traumatic." Her friends wanted to talk with her but she remembers that talking hurt, swallowing hurt, even moving hurt. She was trying her best not to vomit, focusing herself on the simple task of breathing in and out. She was afraid to go to the teacher because she did not want to cause anyone anxiety, and she did not want to tell her friends for fear of being ostracized, so she sat alone.

"I feel like schools still don't give the attention to allergies that they need"

How is it in 2020?

Even though in 2020 all her food allergies and sensitivities are classified as disabilities by the APA and the NSLP, Kaytlyn still has thoughts about how schools could do better: "I feel like schools still don't give the attention to allergies that they need and I feel that students will be judged by others if you puke in class etc. (a typical symptom of an allergic reaction). They need to address the stigma about having allergies in school and help reduce judgment by other students in the classroom."

What can we do?

Food Equality Initiative is dedicated to advocating for those who have food allergies, intolerances, and Celiac disease. We agree with Kaytlyn, there is more that schools can do to provide for their students with food allergies. You can read about how we have taken action and how we will continue to make change on our website under Programs > Take Action.

The USDA has also issued suggested guidelines for how schools can be more proactive in countering bullying, in Appendix C of the Accommodating Children with Special Dietary Needs in the School Meal Programs (2017) document.

We encourage you to speak up and contact your local officials about the issue of food allergies in school. Tell your story about what living with food allergies entails, whether that is your direct experience or witness to someone you care for. Educate yourself about your rights to make sure you are being provided for, wherever you are.

**“In a chaotic world,
the way we nourish
our bodies is one of
the few things we
do have power over!”**



The Perfect Smoothie

JOI



INGREDIENTS

8 oz water

2 Tbsp JOI almond or cashew nut-base

1 large pitted date

4 oz frozen banana

3 oz frozen strawberry

2 oz frozen raspberry

1 oz frozen cauliflower

Pinch of salt

DIRECTIONS

Add all ingredients to the blender. Blend until smooth and serve straight up or on ice & enJOI!



TIPS

Add or mix up the fruits to personalize your smoothie! You can also give it a Protein Punch by adding your favorite Free-From protein powder!

Free-From Yummy Gravy

Hungry Harry's



INGREDIENTS

¼ cup Olive Oil or Free-From butter alternative

¼ cup Hungry Harry's All Purpose Flour (Allergy friendly & GF!)

2 cups of gluten-free broth/stock of choice or cool meat drippings

Salt & Pepper to taste

DIRECTIONS

Place all ingredients in a saucepan, then turn on the heat to medium (Gravy will be clumpy if you don't do this in order). Whisk constantly until gravy starts to boil ensuring ingredients are combined and your gravy is smooth. Remove from the heat and cool before serving.



TIPS

Use your favorite Free-From bouillon cubes and add to water to make your own stock! You can also add water if the gravy's flavor is too strong or add a little more Hungry Harry's flour if you prefer a thicker gravy.

Maple Seed Butter Fruit Dip

88 Acres



INGREDIENTS

1 cup yogurt or Free-From yogurt alternative

1/4 cup 88 Acres Maple Sunflower Seed Butter

Pinch of cinnamon

DIRECTIONS

Place yogurt, Seed Butter, and cinnamon in a small bowl. Stir until combined into a light, creamy consistency. Voila!



TIPS

Use this delicious Maple Dip to dip your favorite fruit- we recommend sliced apples, grapes, and pears!

Taquitos de Papa

Siete Tortillas



INGREDIENTS

1 pack of Cassava & Chia Tortillas

Mashed potatoes

1-2 cups of oil for frying (we recommend using Avocado or Coconut Oil)

1 cup finely shredded cabbage (for garnish)

1/2 cup plain, unsweetened coconut yogurt (for garnish)

3/4 cup cranberry sauce (for dipping)

DIRECTIONS

In a large, deep saucepan, pour about 2 inches of oil in over medium-high heat. While the oil is heating, warm tortillas on the stove-top (medium-high heat for 10 seconds each side) or in the microwave (8 second intervals) until they are soft enough to roll. Place about 3 heaping spoonfuls of mashed potatoes lengthwise in the center of the tortillas, then roll into a tube. Repeat until the desired number of taquitos are formed. Using tongs, carefully place 2-3 taquitos in the hot oil for about 5-7 minutes until browned on all sides. Drain the oil on a paper towel-lined plate. Repeat until all are fried. Serve with shredded cabbage, coconut yogurt (or sour cream) and leftover cranberry sauce for dipping.

TIPS

Great use for your leftover mashed potatoes and cranberry sauce from Thanksgiving



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

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PARTAKE

Spokin

Natalie Giorgi
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FAACT
Food Allergy & Anaphylaxis
Connection Team

CHOMPS

O'MY!
DAIRY FREE GELATO

FAAR
CENTER FOR FOOD ALLERGY AND ASTHMA RESEARCH

PREVAIL.

JOE

enjoy life
eat freely

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 life-style, homemade goods and services, and/or sustainability. Contact

MARKETING@FOODEQUALITYINITIATIVE.ORG

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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