

*a lifestyle resource from Food Equality Initiative*

# Free-From MAGAZINE

3

**LESSONS LEARNED:  
COLLEGE EDITION**

Delicious packable  
recipes

Dining plan or don't?

**TASTEMAKERS:  
BACK TO SCHOOL  
LUNCHES  
& MORE**

Tips for how to stay safe  
at school

**504 PLANS**  
Public school protections

**SOCIAL  
MEDIA  
RESOURCES**



## LETTER FROM THE EDITOR

Dear Readers,

School supplies are hitting the shelves in full force. From backpacks, pencils, notebooks, calculators, crayons to laptops, mini-fridges, command strips, and extra-long twin sheet sets. It is all you see in catalogs from your local superstore. Will this edition of Free-From Magazine be any different? Nope! Back to school is in the air, and we here at Food Equality Initiative want to make sure that you and your students are ready.

First of all, to those of you in Missouri, tax-free weekend is August 6-8. Clothes and shoes less than \$100, school supplies less than \$50, and computers less than \$1,500 are free-from sales tax. Make sure to mark your calendars!

I was one of two children in my class of 350 that had a severe food allergy. In kindergarten, I ate a cookie that one of the parents brought in for a class party

and had to go to the nurse's office because I got sick afterwards. In first grade, I put a piece of Valentine's Day candy in my mouth and felt pain. I ran out into the hallway and spit it out in the water fountain. I gargled a bunch of water to try to get that feeling to go away. By second grade, I had learned to not eat any food that was brought in from my classmates, their parents, or the teachers. You never know what could happen, I was done taking chances.

I remember pretending like I didn't care one way or another about not eating the "fun party food." But, I did care. I would cry in the bathroom about not being able to participate. My friends used to say, "It doesn't even taste that good, you aren't missing out on much," expecting that to make me feel better. It never did.

Since I was one of the only ones in my school with an allergy, I did not know how to advocate for myself. My

teachers did not know what to do to support me. I did not know my rights as a student or an individual. No one was there to show me. It was not until college, when I met a larger food allergy community, that I realized there are protections set in place for food allergic individuals and our allergies should be accommodated for at school and other public places.

This issue of Free-From Magazine covers schooling with food allergies from the first days at public school to the last days of college. We want you to be prepared and know how to speak up for what you need. Our contributing writers have walked this path before. We know what you are going through, and we want to help.

Happy back to school season and stay safe!

Sofia Gillespie  
Editor in Chief,  
Free-From Magazine



@FOODEQUALITY  
#FOODEQUALITY

# Free-From MAGAZINE

a lifestyle resource from Food Equality Initiative

## In This Issue

### BRAND SPOTLIGHT

88 Acres

### 504 PLANS

A plan for your school district to follow for your child's food allergies or asthma

### TASTEMAKERS: BACK TO SCHOOL LUNCHES & MORE

Back to school is a learning curve for everyone, especially with food allergies

### LESSONS LEARNED: COLLEGE EDITION

College is the perfect place to learn how to stand up for yourself

### SOCIAL MEDIA RESOURCES

Using online food allergy support groups to their fullest potential

### BRAIN TEASERS

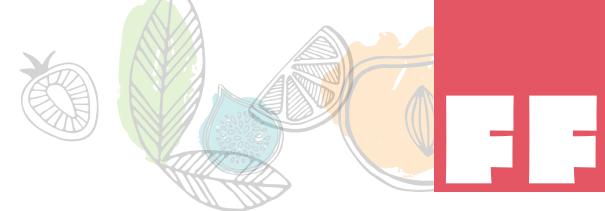
Get your mind in shape with these quick games

### RECIPES\*

Tigernut Flour? Give this new ingredient a try, plus some familiar favorites

04  
07  
10  
13  
17  
20  
22

\*Disclaimer: The recipes included in Free-From Magazine are suggestions. They may not be free-from all Top 9 Allergens. 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.



# BRAND SPOTLIGHT

## 88 ACRES

Good Food Naturally!

# Back to school is made easy with healthy, scrumptious, and allergy-friendly snacks created by 88 Acres.



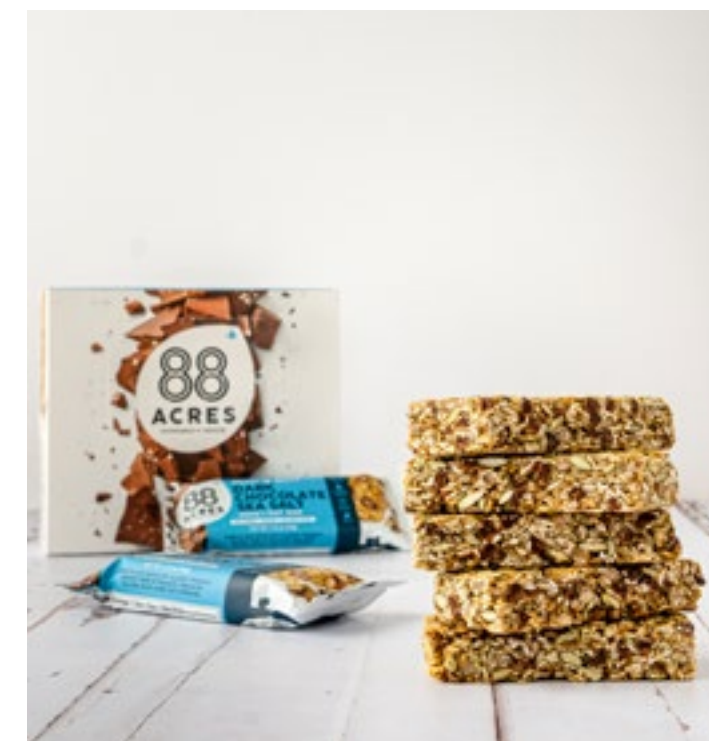
**88** Acres is a seed-based food company known for its simple, plant-based ingredients and delicious, allergy-friendly Seed + Oat Bars, Seed Butters, Seed'nola, and Whole Seed Protein Bars.

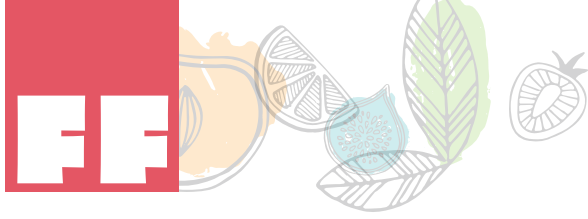
88 Acres was founded by Nicole Ledoux in her very own kitchen when her now-husband and co-founder, Rob, had a severe allergic reaction on their fourth date that landed him in the hospital. Nicole didn't want Rob to miss out on experiencing the love of food she had from growing up on an 88 Acre farm in central Massachusetts. Added to the mix are Nicole and Rob's two children. Emmett is five years old and Parker is one year old, both of them have food allergies. As a result, Nicole decided to create delicious, healthy, and allergy-friendly foods that her family can enjoy together.

Since successfully launching the company in 2015, Nicole has been focused on creating the most wholesome, appetizing, sustainable, and safe products. 88 Acres uses organic and non-GMO ingredients in all products. The products are made in small batches in a dedicated manufacturing facility in Boston which is also a zero food waste bakery.

All of 88 Acres' products are allergen-friendly; the bakery never allows any of the top 9 food allergens (peanuts, tree nuts, gluten/wheat, soy, dairy, fish, shellfish, eggs, and sesame) into the facility. The snacks are made with seeds, which are a great source of healthy fats and are filled with essential vitamins and minerals.

As an inspiring founder, CEO, entrepreneur, baker, and mom, Nicole realizes the importance of providing healthy and trustworthy food. Nicole only uses ingredients that she would cook with in her own kitchen. This is why 88 Acres is confident to provide products fit for back-to-school lunch boxes and snacks for nut-free classrooms.





88 Acres' Seed & Oat Bars, which can be consumed as perfect on-the-go snacks before, during, and after school include six flavors:

- Dark Chocolate Sea Salt
- Double Dark Chocolate
- Cinnamon Maple
- Apple Ginger Crisp
- Triple Berry Crumble
- Blueberry Lemon

All of these Seed & Oat Bars include whole, real ingredients and 88 Acres' signature seed blend made of organic sunflower seeds, organic pumpkin seeds, and flax seeds.



88 Acres also offers delicious Seed Butters, which can be enjoyed as additions to dressings, smoothies, granola bowls, or make the perfect alternative to a PB&J. The Seed Butters come in jars as well as convenient single-serve pouches in five different flavors.

- Dark Chocolate Sunflower
- Vanilla Spiced Sunflower
- Maple Sunflower
- Roasted Pumpkin
- Roasted Watermelon

88 Acres' commitment to food safety and sustainability is deepening through recent partnerships with JetBlue and Misfits Market. 88 Acres upcycles the thousands of pounds of Seed Bar edge pieces as complimentary in-flight snacks for all JetBlue flights. These edge pieces also get turned into Cinnamon Maple Edge'nola, an exclusive gluten-free, nut-free, non-GMO snack available at Misfits Market. By partnering with sustainability-focused companies, 88 Acres furthers its efforts to turn food system inefficiencies into affordable, accessible food.

88 Acres is available nationwide at a variety of retailers including Whole Foods Market, Sprouts Farmers Market, and Jamba. You can also find products in hundreds of other natural grocery stores, fitness studios, cafes, and independent storefronts across the country. For more information and purchasing, please visit [88Acres.com](https://88Acres.com).



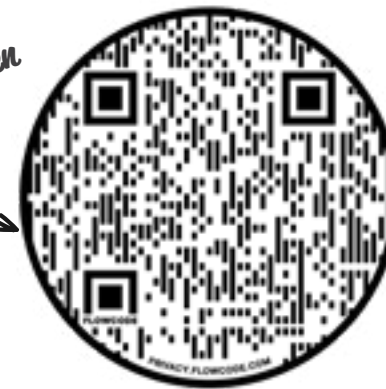
## THE ZESTY CORNER 504 Plans

Kortney Kwong Hing & Shahla Rashid

### Why do you want to have a 504 Plan in place at school for your child's food allergies and asthma?

*This article is the highlight reel from an interview on [The Itch Podcast](#) with Kristin M. Osborne, a Trained Disability Advocate and founder of [The Prioritized Group](#). Listen to the full interview on iTunes, Apple Podcast, Google Play, and Spotify.*

Scan QR code with your phone to listen to the podcast!



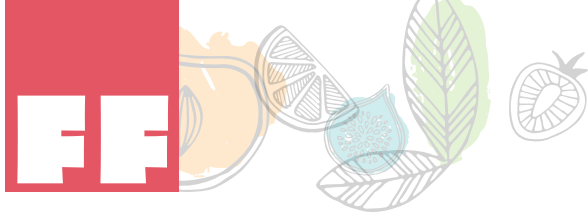
### What is a 504 Plan?

**T**he plan is derived from Section 504 of the Rehabilitation Act of 1973. It is a law that says there can't be any discrimination in schools based on disabilities such as food allergies, asthma, ADHD, or a child who may have a physical impairment.

The 504 Plan is then tailored to make sure that the student has the ability to learn in the classroom without their disability, impacting them. This consists of accommodations that are set up to help protect the student and the school.

It is suggested parents set up a 504 Plan the moment their child enters the school system. Note that a 504 plan is for any preschool, elementary school, or high school that is federally funded. If your child attends another form of schooling, ask what they have in place that is equivalent to a 504 Plan.





## What do you need to qualify for a 504 plan?

If you think your child would benefit from a 504 plan in school, you want to make sure that you ask for an eligibility meeting with your school. Eligibility includes that your student has a physical or mental impairment that substantially limits a major life activity, such as, but not limited to, breathing, eating, walking, or speaking.

## Putting together a 504 Plan.

When outlining the accommodations you would like to see for your child, it is important to make sure that you put it in writing as opposed to giving a verbal request. The best is to always follow up in an email. Send it to the administrator and the 504 coordinator. In all public schools, there's a 504 coordinator for each individual school. There is also a 504 administrator or director that oversees the whole school district.

## TIP: It's always good to leave a paper trail.

Having a 504 Plan is important even if you have a great relationship with a teacher or administrator; the plan lists all accommodations in a very detailed manner.



## Common examples of 504 Plan accommodations for food allergies:

- No food in the classroom.
- Your child sits at the free-from table in the cafeteria.
- You receive advanced notice, whether it's 48 hours or 72 hours, of food being included in an activity. You have access to reading ingredient labels on packaged foods.
- There is a safe snack list all parents use for celebrations involving food.

## Common examples of 504 Plan accommodations for asthma:

- If your child has some difficulties during certain seasons and they miss a lot of school, the accommodation states that when the student returns to school due to an asthma-related illness, they have 50 percent more time to turn in their work or do a project. They can also ask for additional time to not take a test as soon as they return.
- Your child can self-carry their rescue inhaler.
- In physical education (P.E.), your child is exempt from certain activities.

## What happens if the 504 plan is violated?

Typically, if the 504 is violated, as a parent, first listen and ask, was it a miscommunication on the school's part? Do they need to be reminded again? Does this continue to happen? Did they blatantly disregard the accommodation?

Next use Kristin's **honey and hot sauce method**. First, bring the honey by initially reiterating the accommodation. Do this via email. Suggest how things could be better next time. If you have done this multiple times, then it is time

to bring out the hot sauce. This can look like taking the case to the district-wide 504 coordinator, who understands the legal side of a 504 plan and how it should be executed. Typically most problems are resolved on that level.

But if that's not the case, then talk to the office of civil rights.

504 Plans need to be renewed every school year. A pro tip is to bring your child with you to the meeting. This will help your child learn more about how to advocate for themselves and it will help all the parties involved see the person who needs the accommodations. There is nothing more powerful than having your child explain to the staff why they need accommodations and how they feel when they are not met.

If you are new to creating a 504 Plan there are many resources available on nonprofit organization websites such as [FARE](#) and [Kids with Food Allergies](#).



## the FOOD EQUALITY SHOP!



Shop at the FEI Threadless Shop today! Promote advocacy with fun and bright t-shirts, tote bags, travel mugs,

Scan the QR code!

AND SO MUCH MORE!



[WWW.FOODEQUALITYSHOP.THREADLESS.COM](http://WWW.FOODEQUALITYSHOP.THREADLESS.COM)

# THE TASTEMAKERS

*This is a recurring section of Free-From Magazine that is led by teenagers who are active change-makers in the food allergy community.*



## BACK TO SCHOOL Lunches & More

Lexi Langman

### Going back to school is an exciting time,

**B**ut some stress accompanies the excitement for those with allergies. As a student with a nut allergy, I must take serious safety precautions to prevent having an allergic reaction at school.

#### Lunch time

For me, the most high-risk time during the school day is at lunch. I must be very cautious if eating any food from my school cafeteria. Just like ordering at a restaurant, I speak directly to the chef at the cafeteria about the ingredients of different dishes. The cafeteria staff direct me to foods that are safe for me and tell me ones to stay away from. Even so, there is always a risk of cross-contact or times when I feel uncertain. Generally, I feel safer making my lunch at home. Not only is it tastier, it allows

me to know every ingredient that is in the food I am eating. I know best what is safe for me, and I prefer to eat comfortably with no issues or anxiety.

However, the risk at school extends beyond just what I eat. Even if someone else is eating nuts near me, I can still be in danger due to mere exposure to nuts through the air. Airborne allergy reactions could occur when a person with an allergy inhales dust or particles of their allergen. These particles can spread through the air or sit on tables or other surfaces in trace amounts. While it is unlikely that I would go into anaphylactic shock from airborne exposure, there is still a risk of a more mild allergic reaction, like hives.

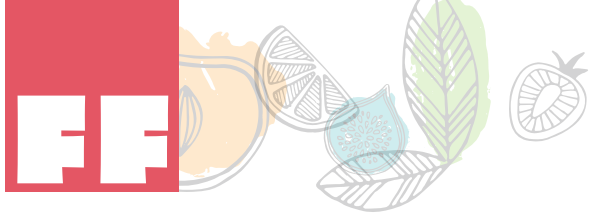
At my school, the cafeteria has a designated table for students who bring foods with nuts. This policy helps the great number of students with nut allergies reduce their exposure, thereby minimizing the risk of a reaction. However, while the school tries to encourage students to use the tables through signs and informative emails, it is nearly impossible to enforce this policy. They cannot check the

ingredients of each student's lunch for nuts. Additionally, there are only tables designated for nuts. The policy does not help protect students with allergies to other foods.

**Airborne allergy reactions could occur when a person with an allergy inhales dust or particles of their allergen.**

#### In the classroom

Other issues could arise outside of the cafeteria in classrooms. For instance, some students eat snacks in class before lunch. In that case, it is more difficult to avoid the allergen because classrooms are much smaller than a cafeteria. Smaller rooms mean there is heightened exposure. This problem has come up several times for me. I have found that the best solution is to make sure my classmates and teachers are aware of my allergy.



Some teachers ask at the beginning of the year if anyone in the class has an allergy to prevent an incident from ever arising. But most of the time, I only mention it when someone is eating nuts. In this case, I will speak to my classmate individually. I politely explain my allergy and request they eat their snack at a different time. In my experience, my classmates have both been respectful and understanding, agreeing to refrain from eating nuts in the classroom. Fortunately, the situation has never escalated, and I have never had a reaction in school. Despite my classmates being accommodating in the past, I sometimes feel nervous or uncomfortable speaking up to a classmate. I don't want to upset anyone or seem controlling, but in the end, safety is more important.

My school also addresses this issue by labeling specific desks as allergen-free in each classroom. Students consuming food that contains nuts in the classroom cannot sit at these desks in order to reduce the risk of cross-contact of airborne allergens. Even before COVID-19, the allergy-safe desks were



regularly cleaned with special cleaning procedures to ensure no food residue is on them.

### Class parties

Another similar issue occurs when there are class parties celebrating holidays and special occasions. The teachers will bring in a variety of snacks or request that students bring in food to share with the class. These items range from store-bought goods to homemade desserts to products from the bakery with unknown ingredients. I am able to avoid any risks in this situation by not eating any foods that I am unfamiliar with, especially ones without labels. I usually just bring snacks of my own that I know are safe for me to eat.

### In case of emergency

One of the most important safety measures I take is making sure I have an easily accessible epinephrine auto-injector at all times. I carry it with me

in my school backpack, so I have it with me wherever I am throughout the school. This serves as a security blanket in the scenario that I have an allergic reaction.

There are always risks for students with allergies wherever they go. Fortunately, there are also several ways to prevent an allergic reaction. A combination of cautiousness and mindfulness can help reduce the possibility of an allergic reaction. These precautions help keep all students safe.

**There are always risks for students with allergies wherever they go.**

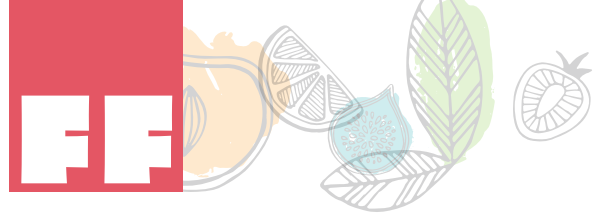


**ABOUT LEXI**  
Lexi Langman is a high school student interested in pursuing a career in medicine. She connects with the mission of Food Equality Initiative because she struggles with food allergies herself.



## LESSONS LEARNED: College with Food Allergies

Cindy Kaplan



## Making mistakes in college is sort of a rite of passage...

**A**t least that's what I tell myself when I reflect on how I handled my food allergies during undergrad. I started college in 2004. Social media was still in its infancy and "The Facebook" was for intracollege (between universities) networking; I lacked the **food allergy resources** that are available today, and I certainly didn't know anyone who had to navigate multiple, severe food allergies in a college cafeteria.

My allergies are primarily to uncommon foods, and the long list has fluctuated over time. Around age 12, my allergies had stabilized. But the environmental impact of living in NYC on 9/11 caused a resurgence in the severity of my allergies; I learned the hard way, on a teen tour of the west coast one summer, that my cabbage allergy had become airborne. Two years later, I started college without much practice living independently with my worsening food allergies. Hence, the mistakes, and the lessons I learned:

### 1. CROSS-CONTACT IS WORSE THAN YOU THINK

The dining hall was a buffet with hot food stations and a salad and cereal bar. As a freshman, I asked the staff for the ingredients in the hot sides. Ratatouille with zucchini, eggplant, and tomatoes? I could eat those veggies! But sometimes, I'd get sick anyway. After multiple reactions, I pressed the staff, asking if they were sure there were no additional ingredients. I learned that the cafeteria often repurposed vegetables that were leftover from previous

meals. If they served pasta primavera with mushrooms (one of my allergens) one night, they'd take the leftover veggies and make a ratatouille that was 'mushroom-free.' I was constantly eating foods that cross-contacted with my allergens. This ultimately led to more severe reactions from overexposure.

### 2. JUNK FOOD ISN'T ENOUGH

When I couldn't find food in the cafeteria to eat, I resorted to an old trick -- empty calories! It wasn't unusual for me to eat chips and cake as my meals for the day. My friends were snacking constantly, complaining about the 'freshman 15.' I would snack along with them... only, I lost 15 pounds, since I wasn't eating meals. I thought I was clever, eating Pizza Pringles as dinner, convincing my taste buds that they were getting actual pizza. My stomach ached all the time, and I'd overeat during breaks just to stock up on nutrients. It took me far too long to realize I needed to find a ride to the off-campus grocery store to shop for foods I could prepare in my dorm.



### 3. USE MICROWAVES WISELY

Microwaves are a lifesaver for students with food allergies. I ate a lot of boxed soups, baked potatoes, and microwaveable meals. My ultimate lifesaver was a microwaveable pasta maker that allowed me to make pasta and rice safely. Emphasis on "safely" -- I got famous my freshman year for cooking a box of rice pilaf without realizing the plastic bowl I had was not microwave safe, inadvertently (accidentally) causing a small fire and the evacuation of my entire building into the cold, Boston rain. Once I got the right dishware, I was able to sustain myself without much reliance on the dining hall.

### Part of living with food allergies is coping with the reality that I could be exposed to an allergen at any time.

### 4. SOMETIMES YOU NEED TO ASK NOT ONCE, NOT TWICE, BUT THREE TIMES FOR HELP

By junior year, I was highly engaged in campus life and didn't let my food allergies get in my way. There was only one thing missing: I wanted to eat more veggies, but didn't know how, since those are my primary allergens. I enlisted the help of the campus nutritionist, who pitched me on the wonders of gluten-free pasta and chicken parm. Given that I am not gluten-sensitive, and keep kosher (I don't mix meat and dairy), her advice was worthless.

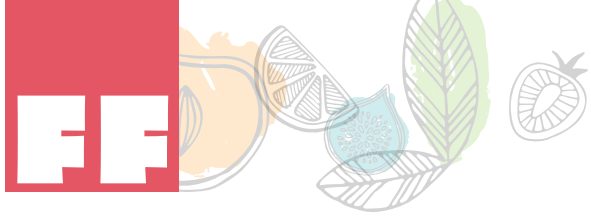
She directed me to the campus doctor, who "didn't believe in food allergies," and told me my going to the dining hall would be a "liability to the school" if my allergies were actually real. This was more of a bullying tactic than a reality;

the doctor was adamant that food allergies didn't exist. She even called my primary care doctor back home to question the diagnosis. (Luckily, he stood up for me and taught me that not all medical professionals can be trusted).

The nutritionist then convened a meeting for us with the assistant dean and the dining plan managers. The dean suggested I move to an open room in an occupied grad student apartment. That way I could have access to a kitchen and wouldn't have to rely on the dangerous dining hall. At this point, I was done making mistakes and could tell I was being completely misunderstood. The nutritionist, doctor, and assistant dean didn't understand that part of living with food allergies is coping with the reality that I could be exposed to an allergen at any time -- I often had reactions when classmates would bring salads to lectures that overlapped with meal times (another mistake: scheduling classes during common lunch hours).







## Finding The Middle Ground

I wasn't looking for a way to cure my allergies -- although that would be nice. I knew my condition and had my emergency action plan in place. But also, I didn't want to have the reality of my medical condition questioned or redefine my entire college experience. I knew I was better off staying where I was. Living with my best friends who didn't bring allergens into our suite was favorable to trusting a stranger to keep the shared kitchen safe. All I wanted from the university was to eat more vegetables and not waste money on a dining plan that didn't suit my needs!

## I didn't want to have the reality of my medical condition questioned.

To my surprise, it was the dining plan representatives who finally understood what I wanted. They agreed and offered to make special meals for me to pick up in the cafeteria and for any catered events I attended. Following the meeting, they checked up on me regularly. They made me feel seen, heard, and validated. I wasn't a dumb college kid and a liability, but a resilient woman who had learned to ask for what she needed. You could say I graduated.

## NEW LAWS FOR COLLEGE ACCOMMODATIONS

People with food allergies -- whether they're kids on a playground, students at college, or adults in the workplace -- deserve access to healthy, affordable food. Fortunately, since my time in college, a lot has changed for the better. In 2012, a few years after I graduated, a settlement was

reached between the **US Department of Justice and Lesley University** that prescribed ways higher education institutions should cater to students with food allergies within the parameters of the Americans with Disabilities Act (ADA). Someone else with allergies had suffered like I had, and had the bravery to speak up about it and make change. This settlement includes suggestions for accommodations, like preparing nutritionally comparable meals, disclosing allergens, making reasonable attempts to avoid cross-contact, and making the purchase of allergy-friendly food more accessible.

There may still be speedbumps in the college experience, but if you know your rights and find the people who will champion you, you'll be just fine. Even after it all, I still think college was some of the best years of my life!



### ABOUT CINDY

Cindy Kaplan is a writer, producer, and entrepreneur navigating life in Los Angeles. She blogs about life with 35+ allergies at [www.allergyepisodes.wordpress.com](http://www.allergyepisodes.wordpress.com) and <https://medium.com/@cindyf.kaplan>.



## HOW SOCIAL MEDIA HELPED ME Become A Food Allergy Advocate

Grace Leffall

### If there was a pamphlet handed out to new parents and caregivers

**O**f children after their first allergic reaction to food, that would provide a greater sense of direction of what to do next. But as of right now, there isn't, which leads to the feeling of being utterly alone. That does not have to be the case. The food allergy community online is strong. We have the power to connect through social media platforms to educate and support one another. We can all become food allergy advocates.

### "Your daughter has food allergies."

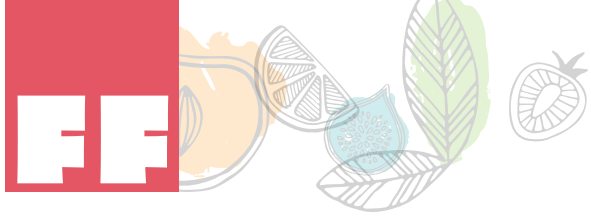
Those were the first words I heard when we were in the ambulance on our way to the hospital.

I am sure that all food allergy parents remember how scary their child's first life threatening allergic reaction was. Before that day, I was blissfully ignorant. I had heard about food allergies, but I didn't know too much about them at

all. I only learned about food allergies when my youngest daughter was 9 months old. Within minutes of eating scrambled eggs, her eyes, mouth, and cheeks puffed up. She was not breathing normally and all I could think was to call 911 immediately.

After a few hours at the hospital and after the doctors, nurses, and paramedics explained to us what food allergies were and how to use an epinephrine auto-injector, I felt so lost. I felt scared, anxious, and honestly had no idea where to turn from there. If the medical staff had given us some ideas of where to find support as soon as we left the hospital, I would not have felt as alone and confused.

I couldn't sleep that night and neither could my husband. The appointments for the pediatrician, allergist, and dermatologist were days away. So, what does a mom do when she can't sleep at night with racing thoughts? I turned to Google and social media to find answers about food allergies. The first pages that showed up on my Facebook search were **Elijah-Alavi Foundation**, **Friends Helping Friends Food Allergy Support Group**, **Red Sneakers for Oakley**, and **Metro Vancouver Anaphylaxis Group**. I sent all of the social media pages a private message and typed my heart out about our daughter's first scary anaphylactic episode.



## The online community

It felt good to let all my emotions out and type every worry and concern and question that was racing through my mind. Within a few hours all of them replied and were so sympathetic, kind, and nurturing. This was the first time I felt I was not alone in this food allergy journey.

They introduced me to new, safe food products that my daughter can have. From their guidance, I learned the importance of reading food labels every single time, in case ingredients change. I received the life-saving advice of carrying an epinephrine auto-injector at all times. These groups also introduced me to new people across the globe who taught me that food allergy labels are different in other countries. Most importantly, I felt my confidence to advocate for my daughter boosted.



*Oral immunotherapy (OIT) works by exposing the body to small amounts of an allergen so the body will be desensitized (less reactive) upon accidental exposure.*

-Jodi Shroba APRN CPNP  
Pediatric Nurse Practitioner  
Children's Mercy Kansas City

## There are groups for everything

Now that our daughter is older, we have just started OIT (Oral Immunotherapy) for peanuts, tree nuts, shellfish, and sesame. At first, I was completely overwhelmed. It is a lot and I needed ideas on where to start and how to organize the different OIT trials that we are doing all at once. Again, I turned to social media. There are support groups specifically geared toward OIT on Facebook and Instagram such as [Metro Vancouver OIT Support Group](#).

I love these groups because it feels like I have a community that supports me every step of this food allergy journey. We are able to talk to other people going through the same exact baby steps we went through, alongside experts who have been doing it for years. I learned about what types of

foods and recipes work for OIT and which do not work. My favorite part of being included in these social media groups is the encouragement that the people give each other. It is so nice to meet others that say, "Hey, I know this is tough, but you can get through this!" Or reading posts that say, "Even though it is challenging, it will only get better from here."

**I love these groups because it feels like I have a community that supports me every step of this food allergy journey.**

## Creating my own social media resources

These wonderful people I met through social media have been there for me every step of the way. They continue to motivate me to be a food allergy warrior. I speak up not just for my daughter, but for other people out there that might need the same shoulder to lean on in the future. My interactions online have even motivated me in 2019 to start my own food allergy social media pages on [Facebook](#) and [Instagram](#). Just search Grace's Food Allergy Blog and you should be able to find me! I am so thankful that social media has made it accessible to find support in navigating this food allergy journey.

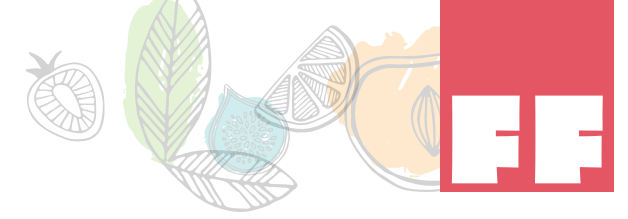


Because I was helped by such welcoming people in the beginning of our food allergy journey, I feel more confident as a food allergy mom. I want to now pass the torch to help others and raise awareness. I want our daughter and other kids just like her to be confident, fearless, and to feel included. There are people all over the world going through the same thing and they are all talking about it online. The food allergy community is larger and stronger than you think. You can join it for free, all you have to do is log-on.



### 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.



# BRAIN TEASERS

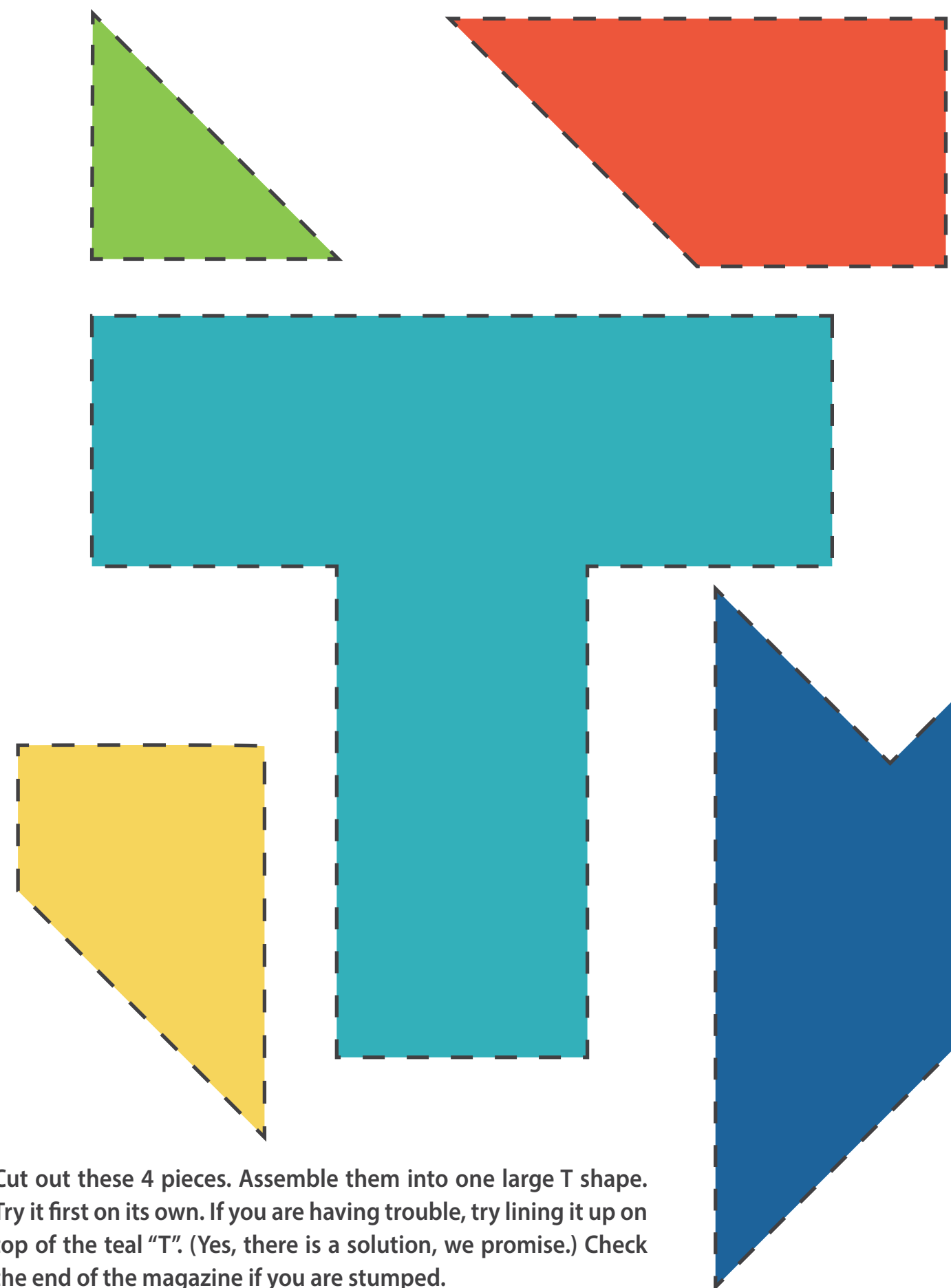
## Puzzle and Game

### R U ready 2 go back 2 skool?

Help get your brain in shape with some of these puzzles and games! If you're alone, try out the T Puzzle on the opposite page. If you are with some friends, try out the categories game below.

### CATEGORIES

With a partner, make a list of 5 different categories. Some examples are: desserts, cities, colors, animals, and famous people. Write the categories down on each of your pieces of paper with plenty of space beneath each one. Then set a timer for 3 minutes and try to come up with as many things as you can that start with the letter "T" that fit each category. Compete to see who can come up with the most original answers. If you and your partner have the same answer, neither of you get a point. Whoever has the most words/points wins. Play again using a different letter and/or category!



Cut out these 4 pieces. Assemble them into one large T shape. Try it first on its own. If you are having trouble, try lining it up on top of the teal "T". (Yes, there is a solution, we promise.) Check the end of the magazine if you are stumped.



## Loaded Chili Cheese Fries

(Vegan, Gluten-Free, Dairy-Free)

CORE & RIND



### INGREDIENTS

#### Oven Fries\*

4 large baking potatoes, cut into 12 wedges each  
1 Tablespoon oil  
Sea salt and pepper, to taste

#### Toppings

##### Core & Rind Bold & Spicy Cashew

##### Cheesy-Sauce

Red onion, diced  
Jalapeño, thinly sliced  
Tomato, diced  
Cilantro, chopped  
Vegan sour cream, optional

#### Lentil Chili\*\*

1 Tablespoon oil  
1 white onion, diced  
1 red bell pepper, seeded and diced  
½ jalapeño, diced  
4 cloves garlic, minced  
1 Tablespoon + 1 teaspoon chili powder  
2 teaspoon paprika  
1 1/2 teaspoon ground cumin  
8 Cups low-sodium vegetable broth  
1 can (15 oz) kidney beans, drained and rinsed  
2 ¼ Cups (16 oz) brown lentils  
1 can (15 oz) fire-roasted diced tomatoes  
Sea salt and pepper, to taste

### DIRECTIONS

Preheat the oven to 425°F. In a large bowl, toss potatoes with oil. Season with sea salt and pepper, to taste. Place potatoes in a single layer onto a greased baking sheet. Bake until golden brown and crispy, about 40-45 minutes.

Heat oil in a large pot over medium heat. Once oil is warm add onion, red bell pepper, and jalapeño. Saute for 5-6 minutes or until tender, stirring occasionally. Add garlic, chili powder, paprika, and cumin. Cook for 1 minute until fragrant. Stir in vegetable broth, kidney beans, brown lentils, and diced tomatoes (with juice). Bring to a boil then reduce heat and simmer, uncovered, for 30-35 minutes or until lentils are tender. Season with sea salt and pepper to taste. Add water or additional vegetable broth

to thin to desired consistency. Please note, chili will thicken as it cools.

Top oven fries with lentil chili, Core & Rind Bold & Spicy Cashew Cheesy Sauce, red onion, jalapeño, tomato, cilantro, and sour cream, if desired. Enjoy!

#### Tips

- \*Use a frozen bag of fries in place of oven fries. Prepare according to package directions.
- \*\*Use canned chili of choice in place of lentil chili. Prepare according to package directions. Save leftover lentil chili for lunch throughout the week or freeze and enjoy later.



\*Disclaimer: The recipes included in Free-From Magazine are suggestions. They may not be *free-from* all Top 9 allergens. 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.

\*Disclaimer: The recipes included in Free-From Magazine are suggestions. They may not be *free-from* all Top 9 allergens. 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.



## KOREAN BBQ BOWL

Renia S. Butler

GRISTLE AND GOSSIP



### INGREDIENTS

1 lb Grass-Fed Beef  
2 C Cooked Long Grain Rice  
Brown, White, or Jasmine  
1/4 tsp Salt  
1/4 tsp Pepper

#### Korean BBQ Sauce

3 tsp Minced Garlic  
1 Tbsp Cornstarch  
1 Tbsp Water  
2 tsp Rice Wine Vinegar or Mirin

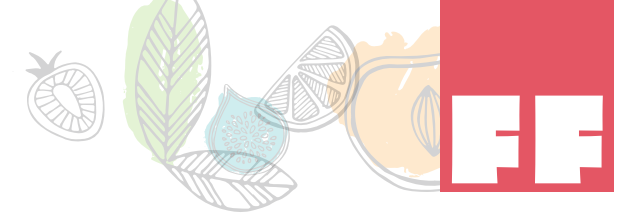
2 tsp Sesame Oil  
1/4 tsp Chili- Garlic Sauce  
3 Tbsp Worcestershire  
3 Tbsp Gluten and Soy-free coconut  
aminos  
1/4 tsp Ground Ginger  
1 Sliced or Julienned Carrot (garnish)  
1 Tbsp Sesame Seeds (garnish)  
2 Chopped Scallions (garnish)

### DIRECTIONS

In a large skillet cook the ground beef with salt and pepper over medium heat until no longer pink. Drain meat and return to skillet.

#### Making Korean BBQ Sauce

In a small saucepan, cook the minced garlic for 2 minutes. Add cornstarch and stir for 1 minute. Add water, rice wine vinegar, sesame oil, coconut aminos, Worcestershire sauce, chili-garlic sauce, and ground ginger. Stir and bring to a bowl. Once boiling, reduce heat and simmer for 10 minutes or until thickened.



#### Assembling BBQ Beef Bowl

Pour Korean BBQ sauce over beef and simmer until heated through. Top rice with Korean beef and garnish with carrots and scallions.



#### ABOUT RENIA

Renia S. Butler is the content creator behind GristleandGossip.com, a space where parents of children with food allergies, and those looking to modify their current diet can find simple, quick, and delicious free-from soy, wheat/gluten, dairy, egg and nut recipes!



## DOUBLE CHOCOLATE BANANA MUFFINS

Stephanie Ulrich

### THE OPEN COOKBOOK



These gluten-free double chocolate banana muffins are a decadent treat that the whole family will love. It is hard to believe these delicious, nutritious, and fluffy muffins are free from the Top 9 food allergens.

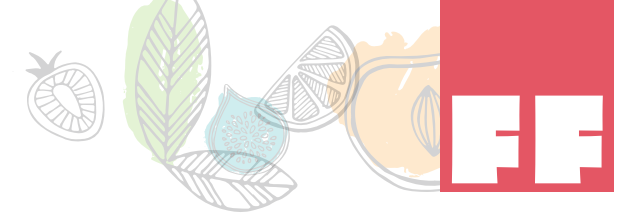
Packed with prebiotic fiber as well as magnesium, calcium, iron, and vitamin C, tigernuts can play an important role in a nutrient-dense diet. Perfect for allergy-friendly baking, tigernut flour has a slightly sweet and “nutty” flavor, all without the nuts.



### What exactly is a tigernut?

Despite what the name suggests, tigernuts are not nuts! Tigernuts are actually a small root vegetable originally cultivated in Africa. Incredibly versatile, they can be easily transformed into tigernut milk or flour through a process of soaking, grinding, and drying out the tubers. In fact, horchata, a traditional Spanish beverage, is actually made with tigernuts.

\*Disclaimer: The recipes included in Free-From Magazine are suggestions. They may not be *free-from* all Top 9 Allergens. 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.



### INGREDIENTS

1 C tigernut flour  
 1/2 C arrowroot powder  
 1/3 C vegan cocoa powder or carob powder  
 1 tsp baking soda  
 1/2 tsp salt  
 1 ripe banana, roughly 1/2 C, mashed  
 1/4 C maple syrup  
 1/2 C avocado oil  
 1 tsp vanilla extract  
 1 vegan egg (gelatin, chia, or preferred source)  
 2 Tbsp apple cider vinegar  
 1/2 C vegan dark chocolate chips or carob chips

### DIRECTIONS

Preheat the oven to 350°F. Line a muffin pan with 6-8 muffin liners and set aside.

In a small bowl, mix together the tigernut flour, arrowroot powder, cocoa powder, baking soda, and salt until well combined.

In a medium bowl, mash the banana and combine with the maple syrup, avocado oil, and vanilla extract.

Pour the dry ingredients into the bowl with the wet ingredients and mix well to fully combine. Fold in the dark chocolate chips (optional).

Fold the preferred vegan egg into the mixture and add the apple cider vinegar as the last step. Do not overmix.

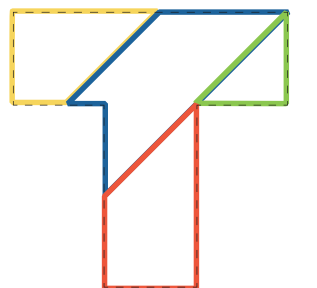
Evenly distribute the batter into the muffin liners. Top each muffin with additional chocolate chips if desired.

Place the muffin pan into the oven and bake for 20-23 minutes. Check around 20 minutes, testing with a toothpick.

Once done, remove from the oven and let cool for at least 15 minutes to set.



\*Disclaimer: The recipes included in Free-From Magazine are suggestions. They may not be *free-from* all Top 9 Allergens. 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.





300 E 39th Street  
Kansas City, MO 64111



(816) 800 - 0884



[contact@foodequalityinitiative.org](mailto:contact@foodequalityinitiative.org)

**WWW.FOODEQUALITYINITIATIVE.ORG**

