

*a lifestyle resource from Food Equality Initiative*

# Free-From MAGAZINE

6

Road Trip Worthy  
Podcasts

25  
**CELEBRITIES**

Who have discussed  
their food allergy  
experiences

**TRAVEL WITH  
MONIKA**

Traveling tips from a food  
allergy kid

**4 ROAD TRIP  
TREATS**

Trail mixes and wraps to pack  
for your trips

**BRAND SPOTLIGHT**

Meet the Kohn family  
and PREVAIL Jerky





## LETTER FROM THE EDITOR

Dear Readers,

June is an exciting month of potential. School is out. The weather is pleasant. The sun is up for hours into the night. Basically, you could say it is my favorite month.

We prepared a magazine for you dedicated to what I would consider the best part of summer: roadtripping! Whether you are going on a one-hour trip to a local state park or on a ten-hour trip to visit a friend in another state, road trips are a great way to shake up your regular routine. We all need that every once in a while as a way to reset ourselves and have a little vacation from the monotony of the daily grind of work and/or school.

However, I don't need to explain to you all that traveling with a food allergy or celiac disease is far from simple. You

cannot just pack an overnight bag and go; it takes a lot of careful planning and preparation. Finding restaurants where it is safe to eat, alerting airlines about allergies, and packing a week's worth of free-from food just in case there is no safe food at the destination are just a few of the realities of traveling with food allergies and/or celiac disease.

But that does not mean you cannot travel. In fact, that is far from the truth! With enough background research, you can go almost anywhere. Of course, Covid-19 is still restricting a decent amount of world travel, so perhaps you cannot go everywhere just yet. Regardless, this June, I hope that you are able to travel somewhere, even for just a couple of hours, and treat yourself to something fun. After that long winter, you certainly deserve it.

Take this magazine along with you! We've got some excellent recommendations and stories for you. And don't forget to bring your free-from snacks along, you can't travel on an empty stomach!

Happy reading! Stay safe.  
Sofia Gillespie  
Editor in Chief,  
Free-From Magazine



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# Free-From MAGAZINE

a lifestyle resource from Food Equality Initiative

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## BRAND SPOTLIGHT

### PREVAIL Jerky

The Kohn Family

## PREVAIL Jerky is known for its delicious and tender take on top 8 allergen-free beef jerky.

**T**his 100% grass-fed/grass-finished paleo, gluten, keto, and celiac approved & allergy-friendly jerky is a welcome high protein, low sodium snack. PREVAIL prides itself on its mission to prove that allergy-friendly food can be delicious.

“My children and I have several food allergies & celiac disease and we were tired of having to settle for bland, boring food just because we were on a special diet. No one should have to compromise flavor for health when looking for a high protein, low sodium snack- so PREVAIL was born. All of our recipes are from our home kitchen and were created by my husband who fancies himself as something of a smoked meat mastermind. I would have to travel for work and would curse the days that I would forget to bring our homemade jerky with me and have to settle for a banana or hard-boiled egg in the airport. We shared our jerky with our non-allergy friends, and they loved the texture and the flavor combinations. It seemed like we weren’t the only ones looking for something different from the meat snack market,” states Ashley Kohn, PREVAIL Founder



PREVAIL is a family business that started in late 2019 after scouring the jerky market and seeing that no one was doing it all~ top 8 allergen-free, a tender texture and delicious craveable flavors were missing from this protein category. PREVAIL’s tasty offerings include:

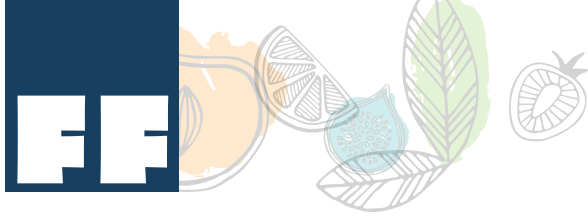
- Original (nothing ordinary here),
- Spicy (they use Morita peppers that offer a bold, smoky & sweet flavor),
- Umami (their take on a Teriyaki style, without the soy),
- and Lemongrass (an Asian-inspired flavor).

## Its tender texture is really something you can sink your teeth into.

“Our kids love the Umami & Lemongrass flavors. It was always tough to make sure that our children were getting enough daily protein, and with our jerky it’s a breeze. With 12 grams of protein per serving, plus wholesome organic spices it can tide you over until dinner without making you feel like you need a nap after words. Plus, since they are low sodium you aren’t going to feel like you need to chug a gallon of water after you eat it,” says Ashley.

As the weather warms up, jerky is a great snack to take with you on a bike ride, walk, hike, or day at the beach. It certainly packs a protein punch on a long road trip. Since we have food allergies, we always make sure that we have a “snack kit” filled in the car just in case someone gets hungry. Ours usually includes our jerky, mixed nuts, dried fruit, seaweed, homemade muffins (grabbed straight from our freezer), and water. Always make sure to bring enough for the ride home, too!





PREVAIL Jerky is also a founding member of FEI's Seven Percent Fund & Coalition. Ashley Kohn says, "Being someone with food allergies, I understand the feeling of having to go hungry when you can't find food that fits within your dietary needs. We were so lucky to find Emily and her organization because we wanted to do something meaningful that stayed true to our company's mission. We are so grateful that we can help others PREVAIL through their food."

PREVAIL Jerky can be found on the Free-From Marketplace, as well as Amazon, Erewhon Market, Plum Market, Lassen's and over 200 specialty and natural retailers across the country. Check out all the products online at [prevailjerky.com](http://prevailjerky.com).



# EXPIRATION DATES

## To Eat or Not to Eat

Alena Frankish

*Dietetic Intern*  
BSc Psychology, PgD Psychology and Social Work,  
BSc Nutrition and Food Science,  
Dietetics Specialization  
University of Alberta



## Have you ever wondered...

If it is okay to eat products that are past the “use by,” “best before,” “enjoy by” and other expiration dates? If so, you are not alone! Many people find these terms extremely confusing.

The good news is there is an industry-wide effort (supported by the FDA) to simplify the language and make expiration date labelling more organized. But for now, we still need to make sense of all kinds of labels that exist out there. And there are a lot!

### Safety vs. Quality

The first thing to know is that more often than not, the dates you see on the package refer to the quality of the food, not the safety of the food. In other words, you can expect your food to look, taste, and smell the best, up to the date displayed on the package. What “best” means is usually determined by the company that produced that food.

It is also important to know that there is no single accepted guideline or federal law on how to label food products or what terms to use. Moreover, according to the [FDA's website](#), manufacturers

are not required to place date labels about quality on any prepackaged foods at all, except for **infant formula**. This means the whole process is entirely voluntary and allows producers not only to choose the terms for their expiration dates, but also what date to use and for what reason.

### Best before/ Best if used by

Most often, companies use “best before” or “best if used by” dates. This date tells you that up to that point, the food is in its “best” quality and nutritional value (as was intended by the company that made it). After the date, it may or may not be at its best. This does not tell you, however, whether the food is safe or unsafe to eat.



### Sell by/ Guaranteed fresh

“Sell by” is similar to “best before” in the sense that it describes food quality. Companies use it to help stores to sell the food while it is still most appealing. Same goes for “guaranteed fresh” (usually used for baked goods), “enjoy by,” or “fresh through.” All of these terms are used to describe food quality and freshness only.

### Use by

“Use by” is the most confusing as it may mean different things in different regions. It is also unregulated and up until now it was often used interchangeably with “best if used by” to show when the product is at its

peak quality. Infant formula is the only exception, as it is actually required by law to have a “use by” date stamp. This date confirms that up to this point, all of the important nutrients are still present in the product. The same principle applies to baby foods, and although they don't need to be dated, you should not use baby formula or baby food past its “use by” date.

### The future of expiration dates

Is your head spinning already? If yes, here is some great news! As part of the new effort to minimize confusion and to simplify expiration date labelling, major US food industry companies have endorsed the use of two terms:

1. “Use by,” for perishable products to indicate the date after which it should be discarded.
2. “Best if used by,” to show the date up to which a product is at its best quality.

If everything goes as planned, you will start seeing these two terms more often than others. The important point is that none of these dates guarantee whether the product is safe to eat, or not. In theory, the longer you store something, the higher the chance is it will go bad. But sometimes, food can spoil even before the expiration date, for example if it wasn't stored or handled properly.

You may also notice that many products approaching expiration dates are sold at a reduced price to boost sales. In case of short-dated products, use your best judgement. Do not buy perishable products (meat, poultry, dairy, etc.) if the package is damaged, it feels warm, or packaging looks inflated (larger than normal). If the food is non-perishable (such as cans), short-dated products are considered safe as long as the cans are not rusting, bulging, leaking, dented, or damaged in other ways.

Lastly, all the expiration dates are valid only for unopened products. Once the package is opened, the food should be consumed shortly after. Oftentimes, the label will state for how many days and where you should store the food after opening.



If you want to know more about storing food safely, there are many tips and tricks you can find on [The FoodKeeper](#), a free program developed cooperatively by the U.S. Department of Agriculture (USDA), Cornell University, and the Food Marketing Institute. You can download it on your phone or browse it from your computer.



“Keep safe,  
and til next!”

### ABOUT ALENA

Alena is the founder of Smart Bite Solutions, a nutrition support network for people with food allergies and celiac disease. She is a nutrition writer and food photographer who resides in Alberta, Canada. Alena earned degrees in Psychology, Food Science and Human Nutrition and is finishing her internship to become a Registered Dietitian.





## Road Trip Essentials

Sofia Gillespie

### There is nothing quite like a cross-country summer road trip.

**T**he gentle rocking of the car at fast speeds on the interstate. The smell of the air-conditioner running at full blast. The feel of your warm blanket covering your legs as you nod off to sleep (when you aren't the driver, of course!). The taste of your delicious free-from snacks from the Free-From Marketplace and the sound of voices discussing interesting topics regarding food allergies and celiac disease.

Wait, you mean you don't listen to podcasts about food allergies and celiac disease? Well perhaps this summer you can give some a try! We compiled a list of our favorites (in no particular order) so when you are on one of those long, boring trips through corn fields or soybean farms, check out one of these educational podcasts. And, be sure to let everyone around you know what you've learned! That is the purpose of listening to podcasts, right?

You can find these podcasts for free on most podcast player apps on your smartphone or on the website: [player.fm](https://player.fm).

NAME	DESCRIPTION	LENGTH
<b>Exploring Food Allergy Families</b> by Food Allergy Counselor	"Exploring Food Allergy Families is a podcast with real talk, relatable conversations, and practical tips focused on navigating the impacts that food allergies have on families, relationships, mental health, and emotional well-being. Building resilience and an empowered mindset are key pillars of this podcast."	30 minutes
<b>The From Scratch Body</b> by Liv Austen	"Singer and actor Liv Austen has turned a health issue into a passion for cooking, by taking control of every ingredient that goes into her meals. Every week she shares something she has learned from cooking from scratch, and goes through a recipe she loves, so you can cook alongside the podcast. Cook from scratch - your body will thank you."	15 minutes
<b>Oh Crumbs</b> by Laura Strange & Sarah Howells	"A podcast about all things gluten free, celiac disease and more. By gluten free bloggers Laura Strange and Sarah Howells. Each week, guests will be talking about their free from lives including: gluten free diets, children with allergies and intolerances, IBS, low FODMAP, IBD and Crohns, allergies and celiac disease. Episodes will feature a range of people from chefs and authors to television stars and bloggers."	40 minutes
<b>Food Allergy and Your Kiddo</b> by Dr. Alice Hoyt	"If your kiddo has a food allergy, then this is the podcast for you. Join me, Dr. Alice Hoyt, as we dive into all things food allergy. I'm a board-certified allergist and immunologist, and I interview world-renown allergists as well as food allergy advocates and food allergy families, just like yours. My goal? Answer YOUR food allergy questions and provide YOU with strategies that you can then discuss with your allergist. I'll demystify this strange and often scary disease so that you and your family can do what all families want to do: enjoy life."	30 minutes



**NAME**

**DESCRIPTION**

**LENGTH**

**The Itch Podcast**  
by Kortney & Dr. Gupta

"Itching to know more about environmental and food allergies, asthma or immunology? Leave Dr Google at home and tune in as Kortney (a real life food allergy girl) and Dr Gupta (allergist/immunologist) discuss all things allergies, asthma and immunology. They want to bring you the facts in an easily digestible manner. From deep dives to interviews they will cover the science and the lifestyle."

40 minutes

**Dietetics After Dark**  
by Becca Harris & Sarah Muncaster

"Welcome to Dietetics After Dark, the podcast where true crime meets food. Join Sarah and Becca as they use their backgrounds in nutrition and criminology to discuss fascinating food-related scandals using an evidence-based lens."

60 minutes

the **FOOD EQUALITY SHOP!**



Scan the QR code!

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

[www.foodequalityshop.threadless.com](http://www.foodequalityshop.threadless.com)





# CELEBRITIES

## With Food Allergies

Zoë Slaughter

INVISIBLY ALLERGIC

## Summer has arrived and I hope you're able to soak up some sunshine this season!

Something refreshing that has caught my attention recently has been celebrities discussing their food allergy experiences. I always appreciate hearing someone with a large platform discuss their experience having a food allergy in a meaningful way, and as it turns out, many celebrities are managing food allergies themselves or for a family member. It's so important for these conversations to be taking place where many eyes and ears are able to be exposed to the realities of life with a food allergy, and this got me inspired to compile a list of many well-known people with food allergies. You may be surprised while reading through!

While this list isn't exhaustive, I've included some well-known names, and also included two fictional children's characters who I thought were accurately represented with food allergies.

This list shows how food allergies can't be generalized, you can see how different each person is in their food allergy experience. The way we see food allergies portrayed in the media informs children, adults, and their families about food allergies. For some, forms of media may be the only exposure to a food allergy they have, so it's crucial that certain details are accurate when discussing allergies. Cheers to seeing more people with large platforms speak out about their food allergy experiences to spread positive and helpful messaging this summer & beyond!



**Serena Williams**  
39 years old, Professional Tennis Player,  
**Peanut Allergy**



**Kerry Washington**  
44 years old, Actress,  
**Multiple Food Allergies.** She is known to always have her epinephrine on-hand at all times, an important precedent to set.



**Kelis Rogers**  
41 years old, Singer,  
**Peanut Allergy**

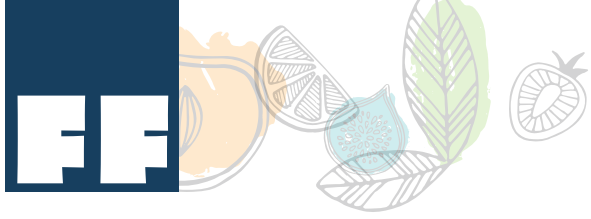


**Ray Romano**  
61 years old, Actor,  
**Peanut Allergy**



**Nicole Kidman**  
53 years old, Actress,  
**Strawberry Allergy**





### Malia Obama

22 years old, Daughter of Barack & Michelle Obama, **Peanut Allergy**



### Ariana Grande

26 years old, Singer, **Tomato, Banana & Shellfish Allergies**



### Bill Clinton

74 years old, Former 42nd President of the United States, **Chocolate & Gluten Allergies**



### Steve Martin

75 years old, Actor/Comedian, **Shellfish Allergy**



### Halle Berry

52 years old, Actress, **Shrimp Allergy**



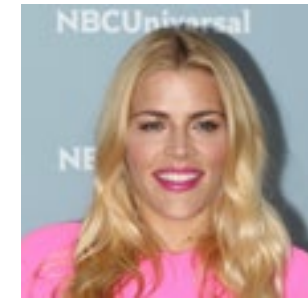
### Binky Barnes

Arthur, **Peanut Allergy**



### Chelsea Clinton

41 years old, Daughter of Bill & Hillary Clinton, **Gluten Allergy**



### Busy Phillips

42 years old, Actress, **Soy Allergy & Gluten Sensitivity**



### Emmy Rossum

35 years old, Actress, **Celiac Disease**



### Daniel Tiger

Daniel Tiger's Neighborhood, **Peach Allergy**



### Jessica Simpson

40 years old, Singer, **Dairy, Wheat, Tomato, Hot Pepper, Coffee, Corn & Chocolate Allergies**



### Kelly Clarkson

39 years old, Singer, **Peanut Allergy**



### Drew Barrymore

46 years old, Actress/Producer, **Coffee & Garlic Allergies**



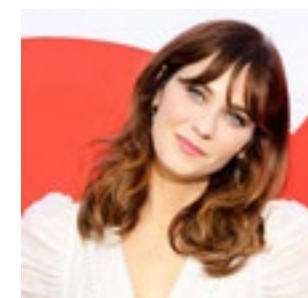
### Bill Hader

42 years old, Actor/Comedian, **Peanut Allergy**



### Tom Poti

44 years old, Retired Ice Hockey Player, **Peanut, Chocolate, Fish, and Multiple Other Food Allergies**



### Zoey Deschanel

41 years old, Actress/Singer, **Dairy, Egg, & Wheat Allergies.** In addition to food allergies to dairy, eggs, and wheat, Zoey has multiple food sensitivities as well.



### Miley Cyrus

28 years old, Singer, **Dairy & Gluten Allergies**



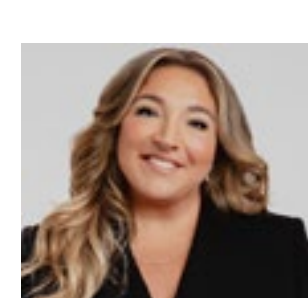
### Clay Aiken

41 years old, Singer, **Chocolate, Coffee, Mint, Shellfish, Tree Nut & Mushroom Allergies**



### Justin Bieber

27 years old, Singer, **Gluten Intolerance**



### Jo Frost

49 years old, TV Personality, **Shellfish, Peanut, & Tree Nut Allergies**



# TRAVELING WITH MONIKA

## Tips from food allergy kids

Sofia Gillespie

**“I know the word ‘peanut’ in 20 different languages.”**

### Meet Monika

**M**onika is an industry journalist. She makes it her business to report on the state of affairs of different markets across the globe from the pork industry to soap, wool, and oil industries. In this profession, she has visited 70 countries and counting, including Mongolia,

Thailand, Mexico, and Morocco. Monika estimates that she spends at least 200 hours in airplanes per year. Basically, you could say that it is her job to travel.

But what you would not know about Monika from the surface is that she has struggled with a severe food allergy her entire life. Even though she is now an adult, she will always be a food allergy kid; it is a lifestyle.

She is very allergic to legumes and she does not take this lightly. (Legumes are a type of plant in the pea family. They include vegetables such as peanuts, chickpeas, black beans, green peas, and lima beans.) “I know the word ‘peanut’

in 20 different languages.” Everywhere she goes, Monika makes sure that there is always something safe for her to eat, even if that means packing it herself from home.

**Does having a food allergy make it hard to travel internationally?**

In a word, yes. It is certainly more complex. The physical act of traveling is perhaps one of the hardest parts. While fewer and fewer airlines serve peanuts on their planes in the United States, that cannot be said worldwide. And these snacks don’t even include the

ones other passengers brought in their carry-ons, containing who knows what. The food served on the plane is generally not safe for Monika, due to possible cross-contamination and restrictive labeling, so she just chooses to wait until arriving at her destination or connecting airport to eat. “I don’t eat on planes at all; I wear a mask just to be safe.” The mask makes her feel more at ease while she is in a confined space a couple thousand feet in the air, that the allergens are contained a safe distance from her airways.

For most of Monika’s international career, she was the only one on the plane ever wearing a mask, but due to COVID-19 restrictions, that quickly changed.

“I’m not the only person on a plane wearing a mask!” she excitedly said. She felt like just another traveler, doing her part to safely get from Point A to Point B, even if her motives were combined

with other benefits. Now she says, “It was always kind of fun being the only one wearing a mask because people didn’t know why you were wearing one, so they just stayed away which was exactly what I wanted. But there were also other benefits, like it keeps your lips moist. I hope that by wearing masks when traveling now with COVID-19, we can all be a little bit safer.”

**Everywhere she goes, Monika makes sure that there is always something safe for her to eat**

After having safely arrived at her destination, the next step was to sleep off the jetlag and find safe foods for her to eat. This generally means visiting a local grocery store with a pocket translator (or even better, a live person

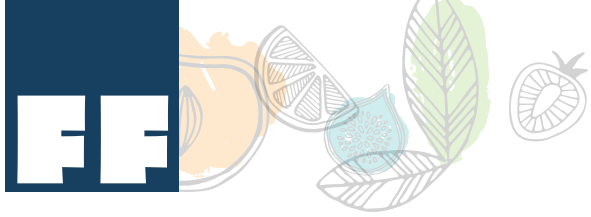
translator) to see what safe goodies she can find.

For one of her most memorable trips, Monika rode on the Trans-Siberian Railroad across Russia, which took her about a week to complete. She was able to visit dozens of towns and meet new people all across the country, which she found extremely rewarding. But she did not take this trip unprepared.

Monika did her research, she knew that Siberia is extremely remote and finding safe food, not to mention emergency health care should things go wrong, could be difficult. She was unsure if she would be able to eat in the dining car, so she said “sometimes I have to just pack food of my own.” Even if it means buying groceries to last a week, Monika found it much more reassuring to have her own food with her, that she knew was safe, so she could spend her time worrying about other things, like making sure she made it to the train station on time!







Monika recognizes, though, that her allergy limits her ability to fully immerse herself in the community she is visiting. “It is a cultural thing to share food, but unfortunately there is no guarantee that I can survive off the kindness of others.” However, she does not let that stop her from trying out the food in her own way!

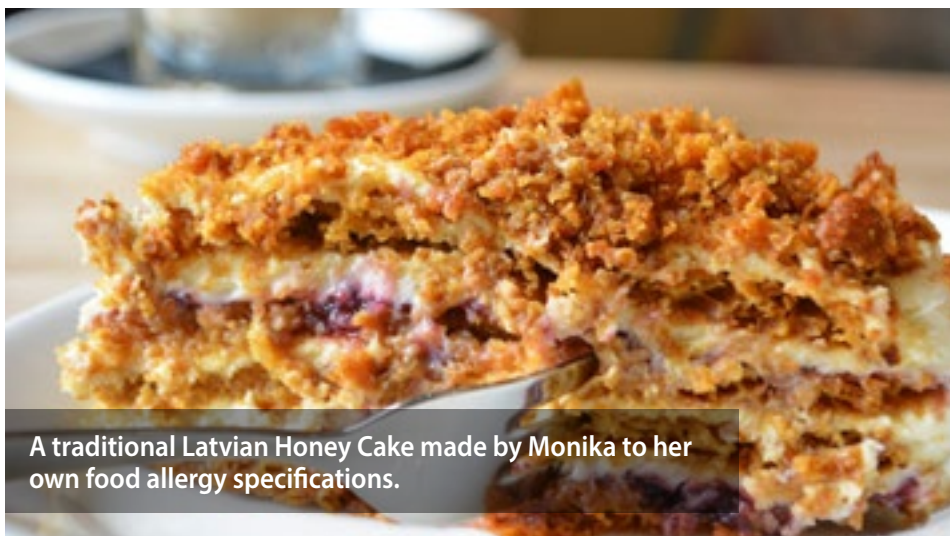
This is how she sees it: **“My food allergy makes me try out new places and learn new things.** For the places where it is unsafe for me to eat, I take cooking classes instead. That way, I can learn the authentic way to cook meals in that culture, and then I can go home and cook it for myself with safe ingredients.”

While Monika has never flat out turned down a job because of that country’s cuisine, she does try to avoid countries whose diets are bean-based. Refusing food is hard to do, and some people take it personally, “I don’t want to offend anyone.” Monika recognizes the importance of traditional food and meals for each country, but she also recognizes the importance of her

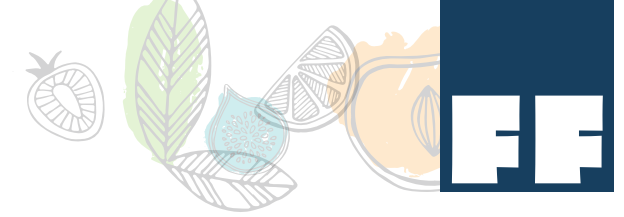
physical and mental well-being. If she cannot eat the traditional meals prepared, then she finds a different way to engage with the culture, like through dancing or art.

Traveling with a food allergy may be difficult, but it is nowhere near impossible. With diligent research and suitable provisions, you can make the world your oyster. Traveling during COVID-19 is still restricted, both domestically and especially internationally, but with proper safety precautions and willingness to think outside the box, new adventures can still be had. Think: road trips!

Before traveling, be sure to check in with the CDC’s website for the most up-to-date travel information. Visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).



A traditional Latvian Honey Cake made by Monika to her own food allergy specifications.



## WORD SEARCH FUN!

Try to find these key words from our June magazine in the word search below. Check vertically, horizontally, and diagonally!

- |           |              |           |            |
|-----------|--------------|-----------|------------|
| food      | dairy        | williams  | deschanel  |
| allergy   | sesame       | berry     | paint      |
| allergies | tree nut     | obama     | chalk      |
| celiac    | soy          | grande    | outside    |
| disease   | family       | cyrus     | summer     |
| celebrity | together     | barrymore | stew       |
| platform  | cookies      | hader     | raisins    |
| magazine  | nutrition    | clinton   | oatmeal    |
| free from | health       | simpson   | vegetables |
| peanut    | prevail      | martin    |            |
| gluten    | jerky        | phillips  |            |
| wheat     | beef         | poti      |            |
| fish      | daniel tiger | bieber    |            |
| shellfish | binky barnes | clarkson  |            |
| egg       | aiken        | frost     |            |







# CRAFT!

## Sidewalk Chalk Paint

WWW.THEBESTIDEASFORKIDS.COM

### For a fun twist on traditional sidewalk chalk, try this sidewalk chalk paint recipe.

**K**ids will love creating art on the sidewalk with these paints. You can easily paint pictures, write words or even design your own painted obstacle course with these paints!

This sidewalk chalk paint will make one muffin cup of paint. If you want to fill your muffin tin you will need to repeat the recipe for each color.

You can also double or triple the recipe and make a larger batch and then split it into smaller containers and add the sidewalk chalk in last to save time.

We recommend you use the paint the same day that it is made. The cornstarch will start to settle at the bottom of the muffin tin and harden if not used right away. If this does happen, use a spoon to mix it up again.

We suggest you have a high pressure spray hose ready to rinse off when you're done. Do not leave it sitting out in the hot sun for too long. We suggest testing the sidewalk chalk paint in an inconspicuous area and then try washing it away with water.

If you are still having difficulty cleaning up, wet the paint and wait 5 minutes. Then spray the area with the highest pressure setting on your nozzle and as close to the paint as possible on a slight angle.

### SUPPLIES

- Corn Starch
- Water
- Sidewalk Chalk – the leftover remnants of old chalk are perfect for this!
- Muffin Tin
- Paintbrushes
- Measuring Cup

### DIRECTIONS

Add 2 tablespoons of cornstarch into a measuring cup.

Add 2 tablespoons of water into the cup and mix. Note: if you find the paint does not paint well, add an additional tablespoon of water.

Grate sidewalk chalk to get approx 1/2 tablespoon of chalk. Add it into the cup. If you would rather not grate the chalk, place the chalk pieces into a ziploc bag and bang with a rolling pin until it turns into a similar consistency. Mix.

Pour the paint mixture into a muffin tin once fully mixed.

Repeat for each color you'd like to make.







## SAVORY TRAIL MIX

Healthy Gluten-Free Family



An easy nut-free snack that is so yummy no one knows it is packed with so much goodness. Recipe adapted from Elena's Pantry.

### INGREDIENTS

½ cup roasted and salted pumpkin seeds  
 ½ cup roasted and salted sunflower seeds  
 ½ cup dried cranberries  
 ½ cup chopped dried apricots  
 ½ cup chocolate chips (I used Enjoy Life Mini Chips)

### DIRECTIONS

Place all ingredients in a large bowl and enjoy!  
 Store in a sealed container to keep fresh.



## SWEET TRAIL MIX

Sofia Gillespie



A sweet-treat for any occasion and a family favorite at my house.

### INGREDIENTS

½ cup Corn or Rice Chex  
 ½ cup Mini Marshmallows  
 ½ cup Coconut caramel candies  
 ½ cup Dairy-free chocolate Chips  
 ½ cup Gluten-Free Pretzels  
 ½ cup Pre-Popped Pop-Corn, salted  
 Optional: 1/2 cup Oatmeal Squares

### DIRECTIONS

Add all items together in a bag or container in whatever proportions you like (the ½ cup is just a suggestion). Feel free to melt the chocolate over the top in a drizzle, or just leave the chocolate chips whole in the mix. Or both. This trail mix is easily changeable for different tastes. Add other ingredients that sound good to you!





## WRAPS!

Sofia Gillespie



### INGREDIENTS

#### MEAT WRAP

Sliced Ham Lunchmeat, or any other deli meat you like (pepperoni, salami, etc.)  
Dairy-free Cheese Sticks

#### CHEESE WRAP

Meat Stick  
Sliced Cheese, or dairy-free cheese of your choice -the softer the cheese, the easier it will roll.

### DIRECTIONS

#### MEAT WRAP

This one is easy, simply wrap the lunchmeat around the cheese stick. If you pack them together tight enough, they should not unroll, but you can also use a toothpick to help them stay together.

#### CHEESE WRAP

This is the inverse of the previous snack. Wrap your sliced cheese around the meat stick (Chomps would be perfect for this) and enjoy!

If you don't feel like preparing anything in advance, then there are always the pre-packaged options to choose from.

Popular options from the Free-From Marketplace:

- Apples & Bananas
- Baby Carrots & Celery
- Partake Cookies
- PREVAIL Jerky
- GoGo Squeez Applesauce Packs







300 E 39th Street  
Kansas City, MO 64111



(816) 800 - 0884



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

**[WWW.FOODEQUALITYINITIATIVE.ORG](http://WWW.FOODEQUALITYINITIATIVE.ORG)**



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