

a lifestyle resource from Food Equality Initiative

Free-From™ MAGAZINE

3

Hearty recipes
to keep you
satisfied this fall

IT'S CORN!

A big lump with
knobs

THE
POWER
OF
BOUNDARIES

Improving our
relationship with
ourselves and others

FROM THE
AUTHOR OF
NUT JOB

A reset through
self-awareness



LETTER FROM THE EDITOR

Dear Readers,

As the days get darker, I notice that I tend to feel more tired or burnt out or sad. The air is colder, the nights are longer, and I know snow is just around the corner.

If you are like me, the surrounding environment can greatly impact your emotions which can in-turn impact our health - both physically and mentally. I find that it is important for me to stay active and involved in my community, finding events and activities that get me out of the house and around people. (For me, that means singing in as many choirs as possible.) Also, I try to find something new to do to keep my brain engaged and excited.

This fall, I have decided to get more into reading - not on my phone - physical, paper copies of books. At my apartment, I do not have a fireplace, but on those gloomy fall days, I don't let that stop me from creating the perfect cozy reading environment. I pull up a Yule Log video on YouTube on my TV, set up a space heater in front of the screen, brew some black tea, and curl up under a blanket with my book. It works every time. (Having my Christmas tree set up early doesn't hurt either! 😊)

In our October/November edition of Free-From Magazine, we are tuning into mental health and the specialized needs of those diagnosed with diet-

treated conditions. As important as it is to keep our bodies safe from physical harm inflicted by eating the wrong foods, in order to achieve a balanced overall well-being, we must also be attuned to our thoughts, feelings, and emotions.

So, explore with us some techniques for setting up healthy boundaries in all aspects of our lives: school, work, and home.

Happy reading,

SOFIA

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Free-From MAGAZINE

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In This Issue

THE POWER OF BOUNDARIES

Some days are harder than others, boundaries help us get through them all

WORKING SMART: NAVIGATING DIETARY RESTRICTIONS AT WORK

Some helpful techniques to balance staying safe with earning professional success

TUNING IN AND RESETTING THROUGH SELF-AWARENESS

Healing is a whole-body process that starts with getting to know ourselves

TASTEMAKER: ALLERGY REPORT CARD

Our Teen Advisory Board shares some tips for surviving middle and high school

IT'S CORN!

Explore the history & health benefits of corn

ADVOCACY AISLE: WHITE HOUSE CONFERENCE REMARKS

Where we've been and where we are going as a nation of eaters

KIDS' ACTIVITY

Fall into fall with this wordsearch

RECIPES ★

3 Hearty recipes to keep you satisfied this fall

04

07

11

16

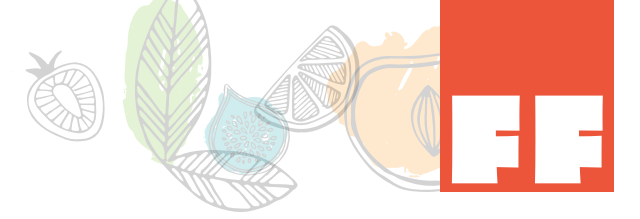
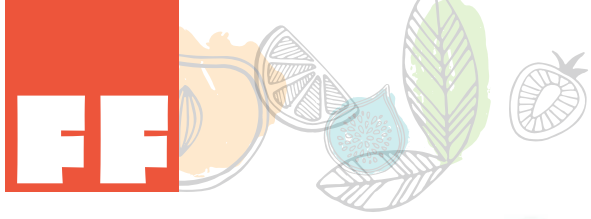
18

20

22

23

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



THE POWER OF BOUNDARIES MAINTAINING PHYSICAL AND MENTAL HEALTH

Grace Leffall

People with food allergies know the importance of setting up physical boundaries.

Separating yourself from allergens is the only way to treat the condition, so it is vital to learn how to do this early on. However, what may be less recognized is that we also need to set up boundaries for our mental health - to protect overall wellbeing and to regain control over situations where you feel you may have lost power.

Here are some ways my family has set up boundaries for the physical and mental health of our daughter's dietary restrictions. (These tips are also great for anyone to set up healthy boundaries.)

Boundaries For Physical Health

I remember the first time we started to teach our little one about setting up physical boundaries for herself at school. We researched online through food allergy blogs to hear what other parents have done to help their kids and also what adults with food allergies do to help themselves navigate through this physical challenge. And finally, we asked our daughter directly how she felt about her food allergies and what we could do to help her feel safe.

In our research, we learned that teaching our little one to say no was the most important first step. That was followed closely by being brave enough to speak up when someone comes too close to her personal space. For example, a lot

of kids love to give hugs to their friends at school during recess and after lunch. Kids also love sharing toys and craft supplies with each other. We taught our little one to say **'not too close please'** and **'please move over a little bit for me'** to create that important personal physical space for herself.

By learning these short phrases early in life, we hope she takes ownership of the space she occupies in the world and is always empowered to create her own safe space to eat, drink, and play when it may not be immediately presented. Respecting your own space helps you also to recognize the space of others, helping us promote more understanding between people and encourage a deeper sense of responsibility to make sure everyone feels safe and included.

Boundaries For Mental Health

Setting boundaries for mental health is so important and is a constant battle. I have noticed that my own personal anxiety levels have gone up since having a child and since she was diagnosed with food allergies. As a parent, I am always worried about my little one's well-being - with food being a fundamental aspect of life while also a potential source of danger for her - it is certainly tough, to say the least. Not to mention the anxiety my daughter feels when there is food around her that she is not familiar with. The fact of the matter is, we all need to eat food and that fact isn't going away. That means we have to learn how to set up coping strategies to keep anxiety and other psychological concerns at bay.

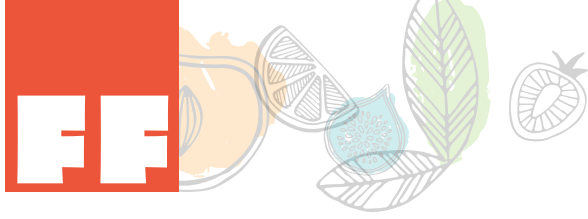
After speaking to a counselor and therapist, we talked to our daughter about setting healthy boundaries for her mental health. We told her that obviously maintaining her physical health is important, but so is her mental health; so we asked her what her main concerns were. The best thing we can do is create a safe space for her to talk about her thoughts and feelings while we listen. Then we ask if she wants help finding a solution.

For example, she shared her negative feelings about how the other kids at school are able to do things that she cannot participate in due to her food allergies. She wanted us to listen to her feelings, and to let her vent out what she went through at school. This allowed us to be her safe space to speak her mind, and also let us know when she wanted us to help her find a solution.

Sometimes there are no physical solutions to improve the situation, but there are solutions in mindset that we can put into action. There are different coping mechanisms that work for different people. A few that were recommended by our therapist to help our daughter are vocalizing her concerns to us, her teacher, her siblings, etc. and also putting her feelings down on paper through journaling and drawing.

It can be tough to set boundaries for mental health and even tougher to follow through with them, whether you are a child or an adult. When getting thrown around in the intricacies and busyness of life, sometimes we get caught up and do not really recognize how we are feeling or how those feelings are impacting our mental health. Taking a step back is vital for the overall health of our mind - creating a calm and safe environment for ourselves to reflect and ask ourselves what we need to thrive.





Setting boundaries and letting others know about them can create honest channels of communication which helps decrease anxiety. Boundaries can also help keep us in control of whatever situation comes our way, approaching it with a more clear perspective.

Resources

Before our daughter was diagnosed with food allergies, I read a bunch of general parenting books about the importance of setting boundaries, as well as taking care of our physical and mental health. Then when we found out about our daughter's food allergies, I realized I needed more help than the generalized knowledge could provide.

Counseling and therapy are great resources for both children and adults. Taking advantage of these resources is becoming more and more popular in today's society, which I believe is making us stronger. For people with dietary restrictions, sometimes the seemingly simple task of eating food every day can feel exhausting, overwhelming, intimidating, and so much more. Some days are harder than others, and it is important to recognize how you are feeling and reach out to a counselor, therapist, or a friend if you need support. Some additional resources that have worked for my family are



books about cognitive behavioral therapy such as *Rewire Your Anxious Brain For Teens* by Debra Kissen, Ashley D. Kendall, Micah Loffe, and Michelle Lozano. (We've found the book extremely helpful, even though we don't have any teens in the house yet.) Also, talking to people in the food allergy community on social media has helped tremendously.

Throughout our food allergy journey, I have learned the importance of setting boundaries for both physical and mental health. Creating a safe, supportive environment is vital for maintaining overall well-being for both our little ones and us parents. Only you can decide what is best for you, which may look different from person to person and that is okay. Putting your own safety and happiness first is what matters the most. 🍎



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.



WORKING SMART NAVIGATING DIETARY RESTRICTIONS AT WORK

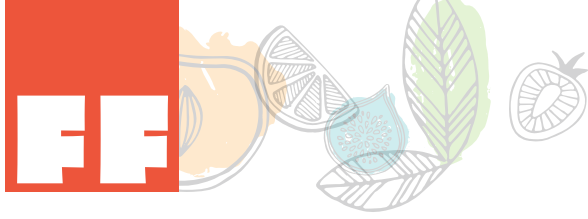
Cindy Kaplan | [Chocolate-Covered Lox](#)

Navigating dietary restrictions at work and in professional settings can be complicated.

Protected by Law

A lot of the safeguards that exist in schools or other youth settings don't exist in the workplace, and there's the added pressures of ambition, boss-employee power dynamics, and coworker relationships that can make advocating for your special dietary needs difficult. As a career coach with over 35+ food allergies, I've developed some helpful techniques to balance staying safe with earning professional success.

First and foremost, know that many food allergies and other dietary health restrictions can be considered a disability covered by the **Americans with Disabilities Act**. This law protects against discrimination due to a disability - which is defined as an impairment that limits a major life activity (**like eating!**). It's important to note that not all businesses (smaller companies in particular) are required to comply with the ADA, but most employers with 15 or more employees are bound by it. If your employer is bound by the ADA, they must provide **reasonable accommodations** for your disability, as long as the accommodations don't cause undue hardship.



An employment lawyer can help you understand the specifics of your state's laws and navigate your personal situation. But in most cases, you should be able to notify your company's HR of your disability, document it in your personnel file, and receive accommodations that work for you.

This could mean making your workplace an allergen-free zone if you have airborne allergies or cross-contact triggers. It might mean providing a fridge and/or microwave where you can house food you bring from home. You may also be able to receive time off for doctor's appointments, allergy shots, or other treatments on an ongoing basis.

Each individual circumstance will be different, but the majority of professionals have the backing of the law to ensure that their work environment is safe, as well as legal protection against discrimination, harassment, and bullying due to their disability. It's important to know your rights and to feel empowered to report bad behavior to HR, as it may be a violation of the law.

However, beyond discrimination or unlawful practices there are a whole host of other complicated issues that arise in professional environments that aren't illegal, just...hard. Here are a few common issues and ways to solve them.



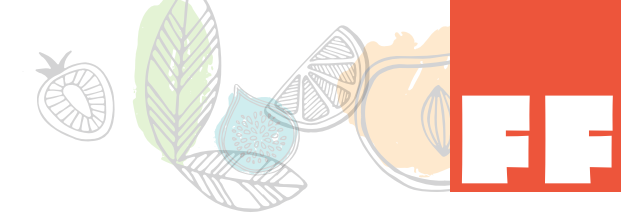
It's important to know your rights.

1. FREE TREATS IN THE OFFICE

A lot of offices offer free food as a perk or a way to celebrate a milestone. Whether your office has weekly catering, lavish annual holiday parties, or cupcakes in the breakroom for people's birthdays, you're likely exposed to free treats that make your coworkers' mouths water while your eyes well with tears. Yup, being excluded from food doesn't end when you stop being a kid and start adulting. Unfortunately, it still hurts, especially when your pesky coworker asks you for the millionth time why you aren't taking a banana-nut mini-muffin.

One way to approach these "free food" activities is to ask the organizer if they can accommodate your needs. Maybe they can order from a restaurant you know is safe or add an allergen-free food to their menu.

It's also perfectly okay to skip asking for accommodations. Personally, my allergies are too complicated for me to trust someone I don't know too well – even with the best intentions – when they're organizing catering for large groups, and there are so few restaurants I can eat in that it's usually too inconvenient to find one that works for the needs of the entire group. If you decide to avoid the food entirely, you can still attend these events and socialize with your peers, and politely smile and say "No thanks" when someone offers you food. If a colleague or your boss presses you for more information or wants to discuss your medical history, know that they are not entitled to your personal information if you don't want to share it, and you can simply reply, "Thanks for asking, but I'd rather not discuss my health at work" and pivot to a work-related conversation.



2. LUNCH/DINNER MEETINGS

In many industries, it's common to have business meetings over meals, whether to woo clients, close deals with partners, or network. These meetings are supposed to be fun, but they also can come with a lot of pressure to impress. Unless you're the CEO or the person being wooed, you'll likely have very little control over the setting and will be expected to defer to the more "powerful" person in the relationship. You can certainly suggest a restaurant that you know can accommodate your dietary needs, but it's not always possible.

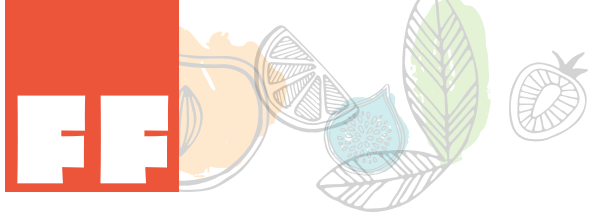
The good news is, you have a few options here. You can call ahead to the restaurant to see whether they can accommodate your needs and come up with a discreet action plan for how you can order safe food. But it's also totally fine to bring your own food if you need to, especially if you're dining with a larger group. It can be fun to cook something aligned with the restaurant's cuisine if that's your

style. Most restaurants are okay with outside food if you explain that you have restrictions that are too complicated for their kitchen to handle (or the servers will ignore the situation completely).

However, it can be uncomfortable to explain yourself to colleagues. If you keep it simple and joyful and move on to the topic at hand, most people will brush past it. Try saying something like, "I have some serious food allergies, so it's safer for me to bring my own food. But the menu here looks great, and you should order whatever you'd normally get! Anyway, how have things been at your firm?"

Depending on your relationship with your dining companion, you can also read the menu with them and suggest what you'd get if you could – I've read so many menus while waiting for people to order and been bored at enough dinners out that I've gotten really good at identifying the best dishes in a restaurant, even though I never eat them.





3. WORK TRAVEL

At the end of the workday...

Traveling for work can also be stressful. In addition to the increased likelihood of lunch/dinner meetings and free food opportunities, you'll also be away from your kitchen, trusted restaurants, and in some cases, trusted brands. Still, you don't have to miss out on this perk just because of your diet. You'll just need to do some extra prep and think creatively.

One of my travel must-haves – whether for work or pleasure – is a **PackIt**, a freezable lunch bag that's travel-safe and keeps food cold for up to 8 hours. Before a work trip, cook a few items that can easily be eaten cold – my favorites are grilled chicken, hard-boiled eggs, and bourekas (a Middle Eastern puff pastry turnover) – and put them in a frozen PackIt. Most hotels provide fridges free of charge for medical purposes, and some even provide microwaves. Once you reach your destination, head to the grocery store to pick up any produce or other products (like canned goods!) that meet your dietary needs.

Your boss should allow you the time to get safe food – it's a reasonable accommodation, after all – and you should be able to expense your grocery bill (including any plates or utensils for your makeshift hotel kitchen) the same way your colleagues expense their meals. If your company pushes back, remind them that your grocery expenses are less than the typical meal allowance, and that you have a documented disability that prevents you from eating out in restaurants.

Of course, if you can find a restaurant in your destination that feels safe, great! If part of your trip includes free food – either from the team you're visiting or the conference you're attending – you can treat this like any other free food perk at your office. Ask questions if you feel comfortable, or bring your own food along and pivot the conversation back to work.

Even though there's added pressure to fit in, be amenable, and socialize with your peers in professional environments, there are also structures in place that are designed to protect you from bullying, harassment, and discrimination. You can and should feel empowered to advocate for yourself at work, just like in any other space. And remember – you made it this far with your food allergies, and that's no small feat! Trust your instincts and the strategies you've developed in other environments throughout your life, and you'll be just fine. 🍎



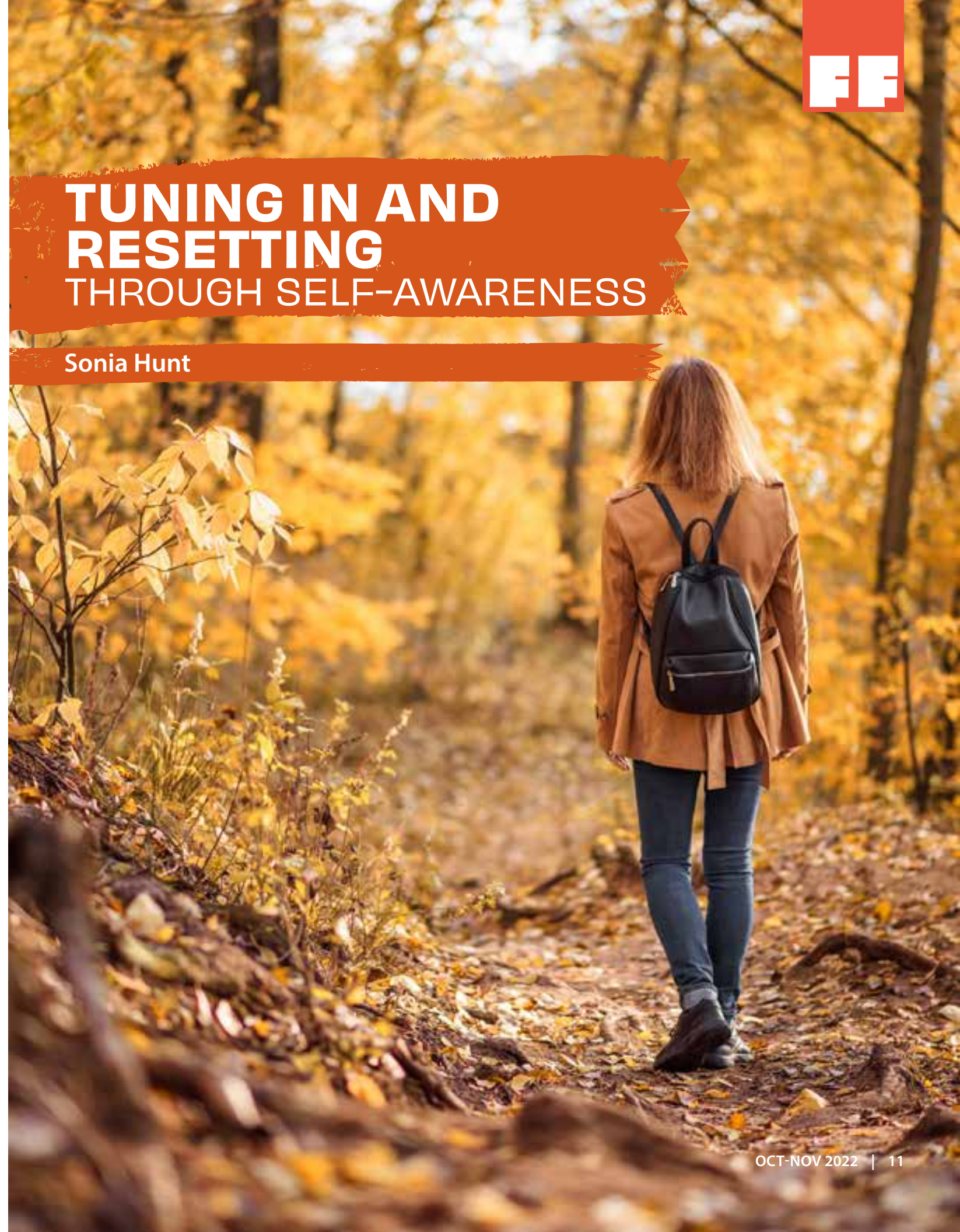
ABOUT CINDY

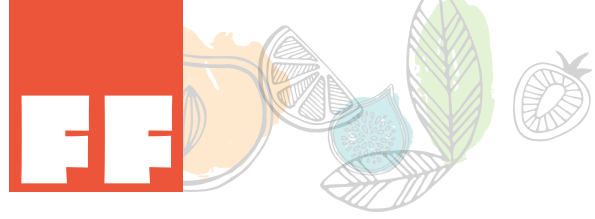
Cindy Kaplan is a writer, producer, and entrepreneur navigating life in Los Angeles. She blogs about life with 35+ food allergies on her Substack, "Chocolate-Covered Lox."



TUNING IN AND RESETTING THROUGH SELF-AWARENESS

Sonia Hunt





Healing is a whole-body process.

It's about unearthing hidden traumas, letting yourself feel emotions, unlearning negative patterns, restoring physical and mental health, and awakening the realization that we can take ownership of our lives.

At its core, healing is about bringing the body, mind, spirit, and emotions into alignment; only then can we prosper in life. Self-awareness is a big part of healing. Once you have a clearer understanding and perspective of health for your whole body, both inside and out, you're able to start making changes. For example, you can rewrite negative beliefs, cleanse bad thoughts, and change unhealthy patterns. By taking small, thoughtful and conscious steps, you can transform to a whole new mindset.

Today, as we emerge from the pandemic, more and more people are recognizing they have health issues that have become chronic. Dietary restrictions are such an issue which can last a lifetime. I know this first-hand as I've managed severe food allergies for four decades, with many of them appearing in adulthood.

Some of the elements surrounding the management of dietary restrictions are worry and anxiety which in turn lead to chronic stress which further exacerbates health problems. These worries and anxieties come from many different circumstances — not fully understanding the diagnosis or the cause, having to relearn how to eat, and the feeling of social separation of living a life free-from common ingredients present in cultural or important family functions.



Research shows that there's a link between our thoughts/feelings and our physical symptoms; it's called the mind-body connection. The **mind-body connection** means that our wellness comes not just from physical health, but from mental health (and spiritual and emotional health) as well. Furthermore, our physical health is directly impacted by our mental health. To be healthy overall, we must pay attention to all aspects of our being.

Let's put that into perspective. For example, to positively manage a lifestyle with dietary restrictions, you must be aware of accompanying anxiety and stress that may show up from time to time. Once you recognize the symptoms or potential environments that may trigger symptoms, you can put action-steps into place to work through your anxieties and reset your mind on a positive track.

The body stores an incredible amount of information. Often it knows what is going on before our brains realize it, thereby acting as an early detection system. You experience symptoms of an emotion before your brain can place a label or word to what you are feeling. Working on internal self-awareness helps you to notice what's going on and understand more about your own needs, wants, desires, and all other things that make you unique. The more you know about yourself, the better you are at adapting to life's changes.

Here are three ways that you can strengthen your self-awareness muscles:

1. Meditation.

Research shows that by **bringing meditation into your daily life**, not only will you become more self-aware, but you might feel its effects in a boosted immune system, reduced stress, improved psychological balance, and generally improved sense of overall well-being.

While all types of meditation are great for calming your being, Vipassana meditation is specifically tailored to take you on a journey toward greater self-awareness. In this practice, your mind is brought to a resting state, focused only on one thing at a time, and not allowed to wander. While sitting, you scan each area of your body and focus your mind on the sensations in each of those areas while removing all other thoughts and perceptions from your consciousness.

As you feel these sensations in your body, you're gradually increasing your self-awareness of those areas and providing yourself with greater clarity of thought and self-control.

Also, daily 'breath training' has been shown to **reduce high blood pressure** as well as medication can, not to mention other improvements to your heart health. So taking time to sit, clear your mind, and just breathe can have a multitude of benefits, some of which we still don't even realize yet.

2. Set Awareness Triggers.

Anxiety is nothing more than a feeling, albeit a strong one. It is persistent worry about the future which can sound off alarms in your body that may trigger a physical response — headaches, increased heart rate, perspiration, or a pit in your stomach.

If you catch yourself worrying or going down a negative spiral about "what if this happens" or "what if that doesn't happen," — that's anxiety. Your thoughts can begin to spin out of control, causing that anxious feeling which affects both your mental and physical health.

Setting a trigger that snaps you out of this anxious feeling when it arrives is a self-awareness exercise.

For example, in my lifetime with severe food allergies, I held daily anxiety around eating and told myself, "What if I can't eat anything I enjoy, ever again?" Now I know that was not true, but at the time it was all I could think about. Every time that narrative came into my head, I physically felt ill, and it took me down a spiral that was mentally difficult and exhausting to rise from.

Learning to set a trigger when this anxiety arose meant that I was aware it was happening, and I needed to interrupt that narrative so that I didn't go down a rabbit hole.

Here are steps to set example self-awareness triggers:

A. Notice when you begin to feel worried or anxious. Pay attention to visceral signs such as headaches, increased heart rate, perspiration, or nausea.

B. When this happens:

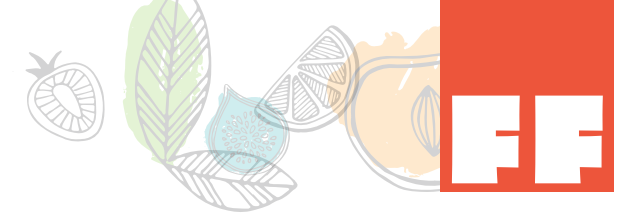
- **Snap your fingers three times loudly**, which causes your attention to change and mark the moment.

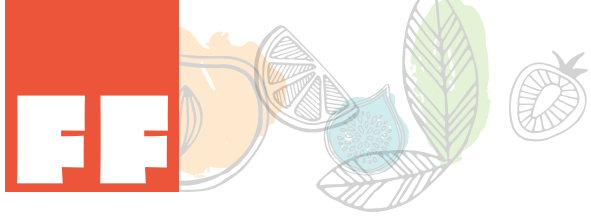
OR

- **Say the words "STOP" or "NO" out loud or in your mind**, as another way to be aware of what's happening.

C. Then count down slowly from 10 to 1 to calm yourself.

Upon setting up these triggers, you'll put yourself in a state of mind where you can work on resetting (see in the next step); if you can stabilize your thoughts, your body settles down and the feelings of anxiety won't escalate.

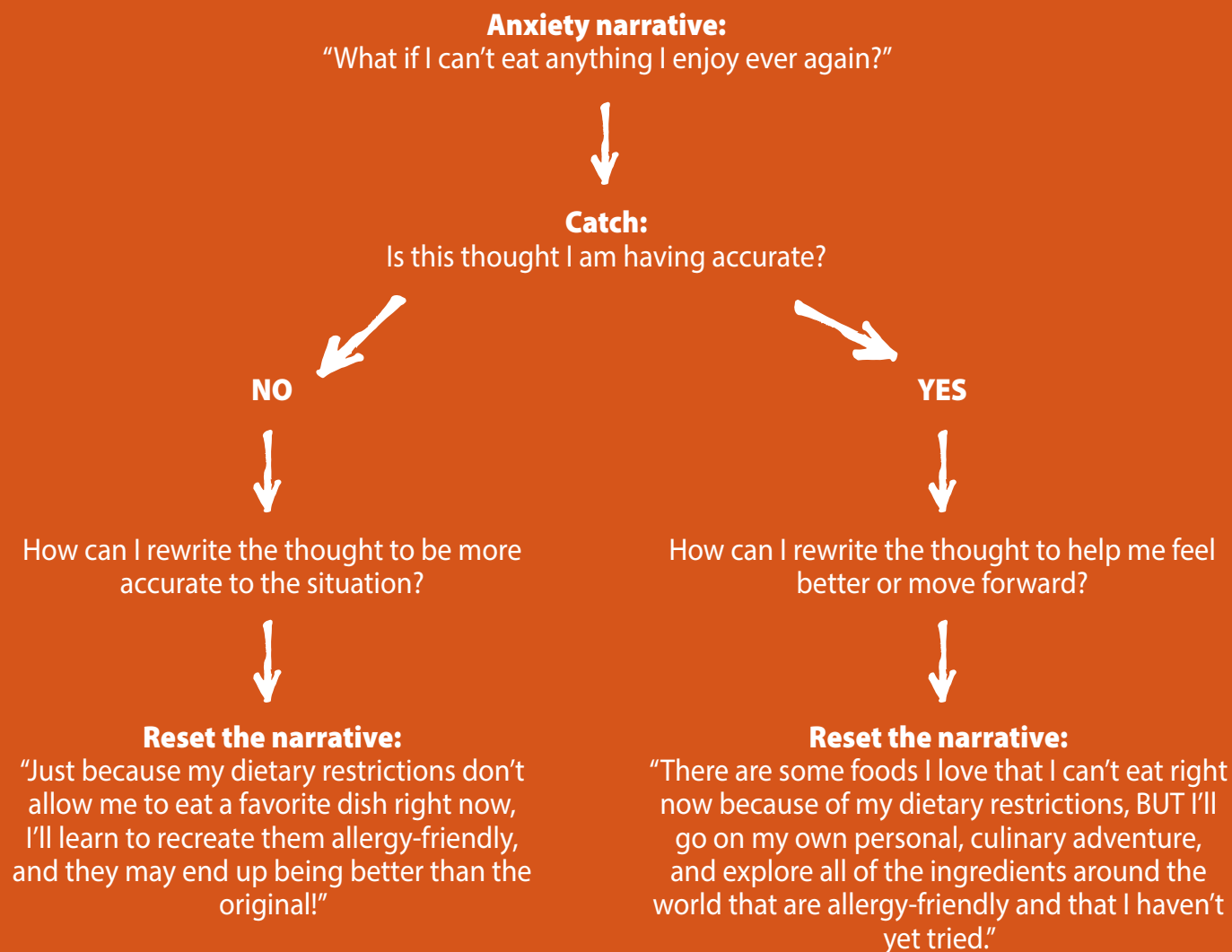




3. Reset with Catch + Release

Now that you've set a trigger to mark the moment when you're starting to feel worried or anxious, you are ready for the next step. Follow this flowchart for what I call the "Catch + Release" method to reset the anxious narrative and get back in control. If you work on this daily, over time you'll be reducing the stress in your life!

- A.** Catch what physical responses your body has that are a result of worry or anxiety
- B.** Reset to a positive narrative to regain control and release the anxiety

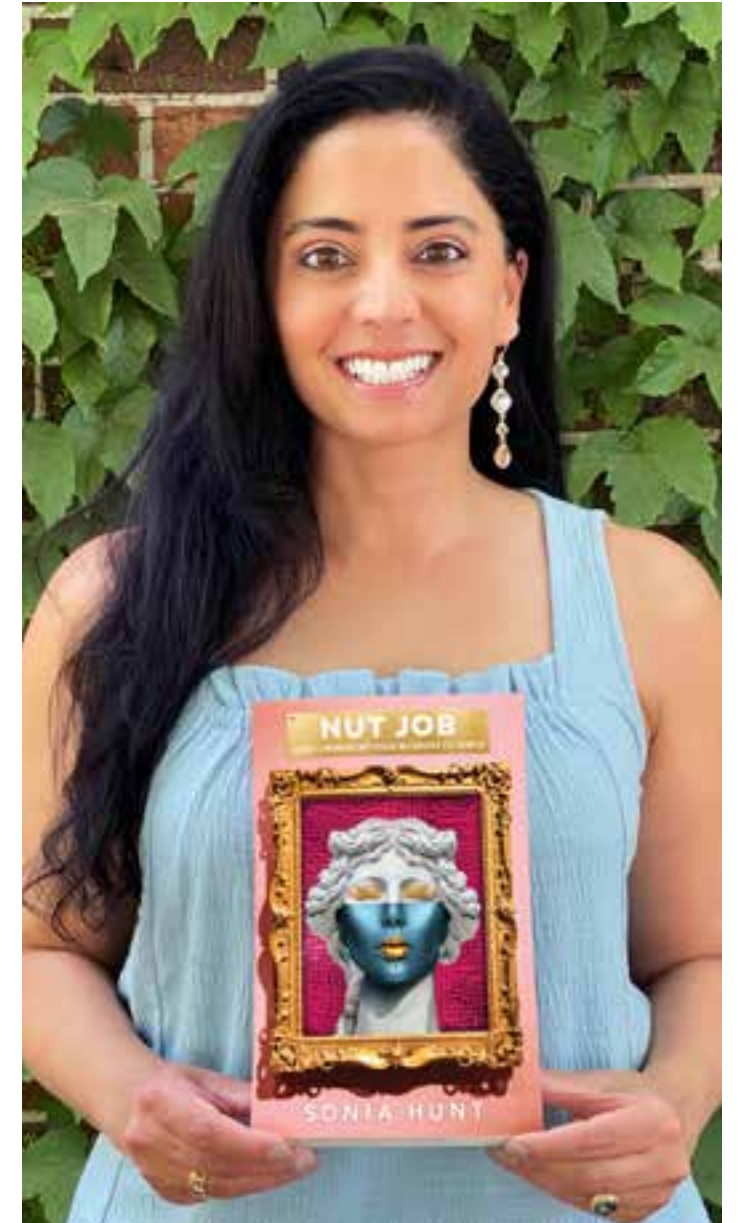
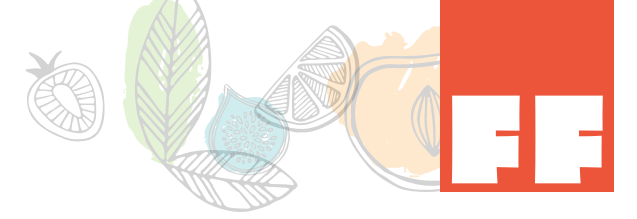


See how the reset can change your mindset and release anxious feelings?

Strengthening your self-awareness is about uncovering your limiting beliefs. Once you notice these worries and anxieties arise, you can reset them, and that process will free you from any burdens you may carry.

The great news is that these self-awareness techniques are free, work for every life situation, don't take too much time to do, and will help you learn a lot about yourself in the process.

Food is life and we all deserve to eat safely, healthily, and enjoyably! Strengthening your self-awareness muscles is how you take ownership of your life so that you can begin the healing that you so deserve. 🍎



ABOUT SONIA

Sonia Hunt is a Certified Integrative Nutrition + Health Coach, Best-Selling Author of NUT JOB, TEDx Speaker and Food Activist living in San Francisco, CA. To connect with Sonia, [visit her website here.](#)



THE TASTEMAKERS

Allergy Report Card



Middle School - Myles

Looking back at my middle school days, I often realize how big of a struggle it is dealing with food allergies. No matter what I did, I always wanted to surround myself with the best possible friends who cared about my allergies. Since I've been in your shoes many times before, I can realize how daunting it can be to come out about your food allergies.

When talking about your food allergies, one strength you can turn to is your friends. True friends will always have your back no matter the cost. Many times they might already know a thing or two because they have a family member who also is allergic to some foods. If you have a question about your food allergy, you could turn to your parents as well. Since they are buying most of your food, you can ask them about it. I would also suggest going grocery shopping with them and picking out foods you think you would like, instead of them guessing what you like.

When I went to middle school, the first thing I did was talk to the principal about what I could do to manage my allergies. An example of some questions I asked him were "How do you keep sesame out of this meal?"

and "What support does the school have in place for students with allergies?" etc. It's also a good idea to go right to the cooks that make the lunch and ask them what is in the meal so you can avoid having an allergic reaction at school. However, if you are not feeling as confident as you want to be in the situation, there is no shame in bringing a sack lunch to school until you build up that trust and confidence.



High School - Celeste

A big part of high school is the pressure to fit in - that is not always easy, especially for kids with dietary restrictions. For the past four years in high school, one of the main problems I personally have struggled with was a lack of support from my peers and community when it comes to food allergies, which is an important medical issue. In my case, to encourage understanding and garner support, I turned my food allergies into an opportunity I knew my peers would be interested in - volunteering.

Volunteering is an important activity throughout high school, especially for upperclassmen, as many colleges and universities look more favorably upon students who are involved in their communities. My junior year, I established a food allergy-focused club and hosted volunteering opportunities throughout both semesters; some as simple as painting teal pumpkins for Halloween, while others as involved as advertising a food allergy-friendly food drive in front of a local grocery store.

Another example of turning food allergies into opportunities for my community involved my school's biomedical department. Students interested in medicine at my high school were required to research different career pathways throughout the year, so I hosted a speaker series with medical/biomedical professionals involved in the field of food allergy research.

If you struggle with acceptance and support concerning your food allergies, your task is to figure out a way to get your community interested in supporting you, and don't forget to think creatively! 🍏





"IT'S CORN!"

Brittany Atkinson

"A big lump with knobs!"

Corn has been **taking the internet by storm**, thanks to the interview by Recess Therapy and subsequent song that lives rent-free in all our brains now. As the summer is coming to a close, harvest time brings bounties of corn and other vegetables to purchase directly from farmers across our nation. I want to take you on a journey back in history to understand this crop that can now be found in almost every packaged food we find on grocery store shelves.

For many families, like my own, going to a farm around Halloween time is a family tradition. Drinking apple cider, picking pumpkins, and taking hay rides encompass some of the fondest memories of fall from my childhood. Besides the corn maze being a fun challenge at the pumpkin patch, here

in the agricultural hub of Southern Maryland, corn has had a long rich history. Corn was essential to the Algonquian Peoples of the Chesapeake who cared for the land we now know as Maryland.

Last year, as a third-grade co-teacher, my class and I studied indigenous peoples of America and as an end to the unit, we took our class to the National Museum of the American Indian in Washington, DC. This **"Three Sisters Crop"** is a staple story taught in schools across the country, but the roots of corn in America run far deeper. At the museum, I discovered that corn held a much more significant meaning to the indigenous people of America than I realized. For example, in the exhibit, **Our Universes: Traditional Knowledge Shapes Our World**, we learned the harvest of corn came in an array of colors, like the many colors of a sunset across the skies of lands cared for by the native people there. Yellow may be used for weddings or red in ceremonies, bringing a very sacred meaning to the differences found in the crop, each unique to their geographical location and heritage.

The Piscataway Tribe, specific to my area of Southern Maryland, used corn for their livelihood and later, around 1604, the Piscataway introduced corn to the European settlers. From there it only grew, becoming a staple in the growing United States' economy and diet. You can even see etchings of **corn cobs on pillars in the US Capitol!**

Today, we mostly harvest 5 types of corn: dent corn, flint corn, flour corn, sweet corn, and popcorn. From these 5 types, you get almost everything, from cornmeal, high fructose corn syrup, animal feed, to good-ole corn-on-the-cob. But, with more than **90 million acres of land being planted with corn**, our food industry has found a multitude of new purposes outside of using corn for human and animal consumption. For example, corn can now be found in the gas we can put in our cars - ethanol. **Additionally, new research** is being developed to transform corn into raw chemical materials with the goal to eventually replace petroleum.

Back in the times of the Great Depression, the US Government decided to subsidize corn as a way to overcome food shortages - keeping supermarket costs low and protecting farmers from disappointing harvests. With federal agriculture policy and subsidies still influencing the American food supply, a lot of times we see corn as more of a filler ingredient in many foods rather than a wholesome vegetable.



Meeting the Piscataway Tribe

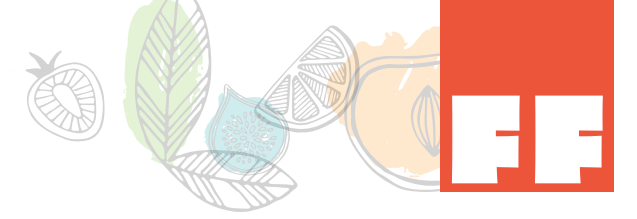
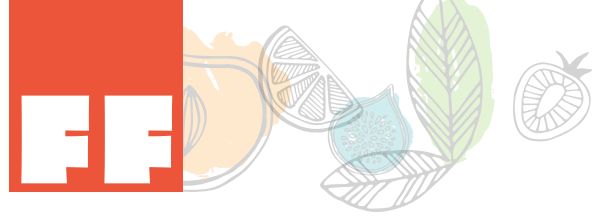
Corn has had a significant impact on my diet recently. While reasons for including corn in my diet are less than spiritual or necessity, corn has helped me along my journey to eliminating gluten. While I do not have an allergy to wheat and I do not have celiac disease, I felt that my body could benefit from the elimination of the industrialized version of wheat. I have introduced a few corn-based favorites to my regular diet, like corn chips, cornmeal-based, corn tortillas, and popcorn to replace their gluten-filled counterparts.

As for shopping for most items, it's ideal to implement **basic label-reading practices** to make sure you are purchasing the best products. Something to look for when choosing your corn or corn-based product is an organic certification. This will help eliminate the chances of consuming Genetically Modified corn. In the last few months, I have seen improved digestion and a major decrease in feelings of bloating. 🍏



ABOUT BRITTANY

Brittany travels the U.S. with her husband and 2 boys in their converted travel van. She and her husband homeschool their kids, using the world as their classroom. She loves finding unique small-town spots that are safe for her food allergies to peanuts, nuts, and legumes. She takes time in nature often and always looks for a chance to make an adventure out of the smallest opportunity.



ADVOCACY AISLE

WHITE HOUSE CONFERENCE REMARKS

Kathy Downing | Food Equality Initiative

Wednesday, September 28, 2022 was a historic day.

For the first time in over 50 years, the White House held a conference focused on ending hunger and improving nutrition and health. The goal? “End hunger and increase healthy eating and physical activity by 2030, so that fewer Americans experience diet-related diseases like diabetes, obesity, and hypertension.” The Biden Administration is aiming to meet this goal through a 5 pillared approach:



THE NATIONAL STRATEGY

Pillar 1

Improve Food Access and Affordability: End hunger by making it easier for everyone—including individuals in urban, suburban, rural, and Tribal communities, and territories—to access and afford food.

Pillar 2

Integrate Nutrition and Health: Prioritize the role of nutrition and food security in overall health—including disease prevention and management—and ensure that our health care system addresses the nutrition needs of all people.

Pillar 3

Empower All Consumers to Make and Have Access to Healthy Choices: Foster environments that enable all people to easily make informed, healthy choices, increase access to healthy food, encourage healthy workplace and school policies, and invest in public education campaigns that are culturally appropriate and resonate with specific communities.

Pillar 4

Support Physical Activity for All: Make it easier for people to be more physically active—in part by ensuring that everyone has access to safe places to be active—increase awareness of the benefits of physical activity, and conduct research on and measure physical activity.

Pillar 5

Enhance Nutrition and Food Security Research: Improve nutrition metrics, data collection, and research to inform nutrition and food security policy, particularly on issues of equity, access, and disparities.

I had the opportunity to watch the livestream of the day-long event alongside my Food Equality Initiative colleagues. Doing so helped me feel connected to the thousands of other anti-hunger advocates who took part in the event, and committed to taking action.

Since the first, and only, White House Conference on Food, Nutrition and Health was **held in 1969** by the Nixon Administration, much progress has been made. For example, the US government has expanded the Supplemental Nutrition Assistance Program (SNAP) and School Lunch Program (NSLP); put into place a program specifically designed to assist Women, Infants, and Children (WIC); and has greatly expanded national efforts on **nutrition labeling** for grocery store items.

But the unsettling fact remains that 1 in 10 families still do not have enough to eat, and rates of diet-related diseases like diabetes are soaring.

We can do better.

And it’s clear to me that the White House, along with advocates with lived experience, lawmakers, faith and

business leaders, and many other stakeholders, are committed to doing just that. The conference unveiled a coordinated strategy to accelerate progress and drive transformative change to both end hunger and reduce diet-related diseases by 2030 - all while closing health disparities.

In the meantime, Food Equality Initiative will continue our work educating about Food is Medicine and providing access to nutrient-dense foods for those in need. 🍏



Some of the FEI Team



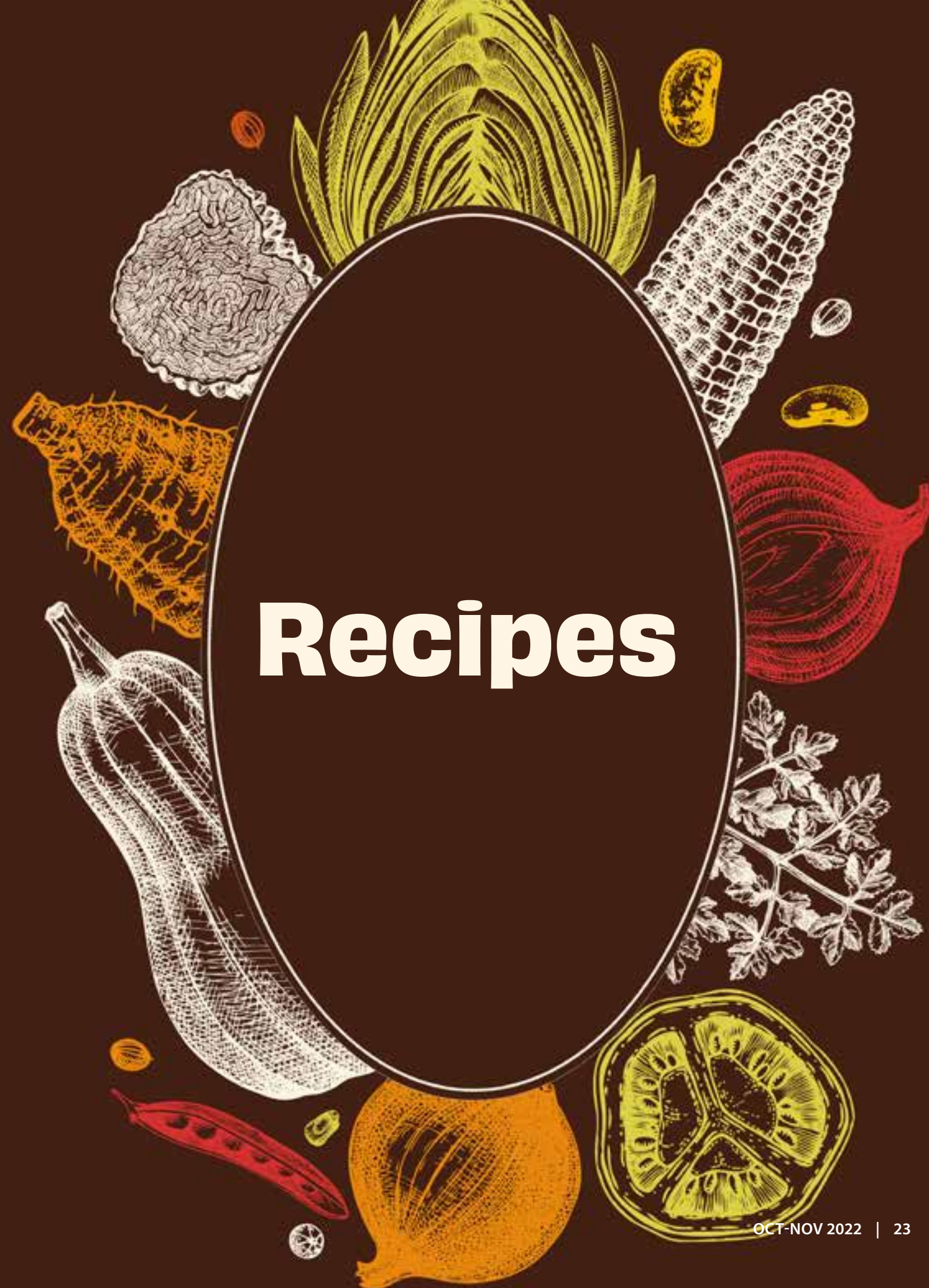
Fall into Fall

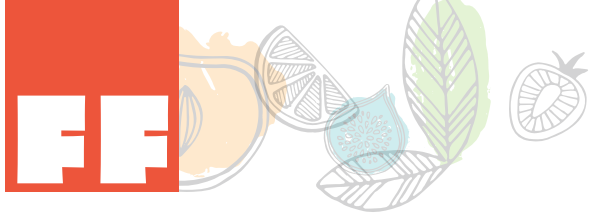
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 K V S E A S O N Y X T P M X K A E H
 B Q U P Y I O V H A R V E S T R T A

Find the following words in the puzzle.

Words are hidden → ↓ and ↘

- Apple
- Autumn
- Candy
- Chili
- Chilly
- Cider
- Corn
- Festival
- Halloween
- Harvest
- Leaves
- November
- October
- Pie
- Pumpkin
- Season
- Sunflower
- Sweater
- Thanksgiving
- Trick or Treat





GOOD OLE CORN-ON-THE-COB

Brittany Atkinson

Calling Maryland home, I grabbed the iconic Maryland Old Bay Seasoning to spice up this simple, yet classic version of grilled corn on the cob. With summer at a close and fall showering us with its beauty, my family fired up the grill for a beautiful open-air meal together. As the Maryland crab season extends into fall, this side dish would pair deliciously with a complete seafood dinner.

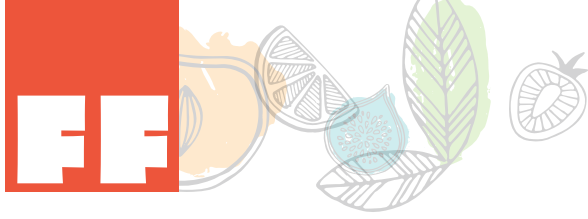
INGREDIENTS

- 6 cobs Fresh corn, still in husks
- 1 ½ Tbsp Old Bay Seasoning
- ¼ cup Avocado oil or vegan butter

DIRECTIONS

- Soak corn, husk and all, in water for 20 to 30 minutes. This will prevent the husks from over burning.
- When you are ready to grill, light the grill to medium high heat. Grill for about 30 minutes turning about every 7-10 minutes until the outsides of the husks are blackened evenly. Let cool.
- Melt butter and mix in the Old Bay Seasoning.
- Peel back the blackened corn husks and brush the seasoned butter onto the grilled corn with a basting pastry brush. Place back on the grill for 5-8 minutes rotating twice allowing all the flavors to infuse into the corn. Break off husks before eating, enjoy.





GRILLED CHICKEN AND VEGETABLE PESTO ORZO

Erin Martinez

INGREDIENTS

- 1.5 lbs Chicken breast
- 2 Zucchini
- 2 Yellow squash*
- 2 Tomatoes, medium (or 2 cups of cherry or grape tomatoes)
- ½ cup Pesto (try Trader Joe's Kale & Cashew Pesto, it's vegan!)
- 2 cup Orzo, (for gluten free, use 1 package of original Right Rice)
- 1-2 Tbsp Avocado oil
- Salt and pepper, to taste



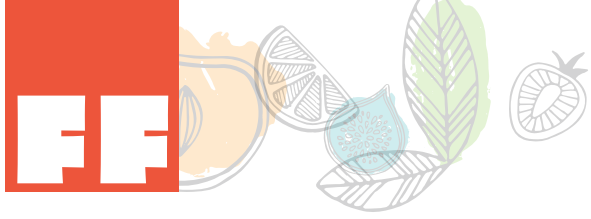
DIRECTIONS

- Brush chicken breasts with avocado oil and season with salt and pepper. Place on the grill to cook (check out our July/August Magazine for indoor grilling tips).
- Slice the zucchini and yellow squash vertically, brush with avocado oil and season with salt and pepper. Grill the vegetables. (Depending on the size of the grill, you can grill these at the same time as the chicken. If you need to do batches, grill the chicken first, then the veggies.)
- Once chicken and veggies are fully cooked, cut them into bite-sized pieces and place in a large serving bowl. Add freshly chopped tomatoes.
- Cook and drain the orzo or cook the Right Rice according to the package directions. Place cooked pasta/Rice into the serving bowl with the vegetables.
- Add the pesto and toss all together until the pesto coats all the ingredients. Serve hot or cold, it is delicious either way!

*Change it up by switching out the zucchini and yellow squash for other grilled vegetables.

Serves 4-6





KOREAN BEEF SESAME NOODLES

Crysta Green | Based on a recipe from Half Baked Harvest

This is an easy, healthy meal that is free-from dairy, eggs, gluten, soy, and many other allergens that the whole family can enjoy. For our recipe, we use fresh broccoli and bell peppers for the vegetables in the stir fry, and toast the sesame seeds ourselves. It is a great way to get the kids in the kitchen to help us cook - which helps encourage them to eat the healthier options as well, a win-win.

INGREDIENTS

SAUCE

- 4 cloves Garlic, chopped
- 1 Tbsp Ginger, freshly chopped
- ½ cup Coconut aminos
- ¼ cup Honey
- 2 Tbsp Rice vinegar
- 3 Tbsp Gochujang (Korean chili paste)
- 1 Tbsp Sesame oil

STIR FRY

- 14 oz Gluten-free stir fry rice noodles
- 2 Tbsp Sesame oil
- 3 cups Stir fry vegetables (whatever you like)
- 3 Shallots, sliced
- 1 lb Flank steak or chicken breast, sliced thin
- ¼ cups Sesame seeds, toasted
- ½ cups Basil, fresh

DIRECTIONS

- Sauce- combine all sauce ingredients in a mason jar. Shake to combine.
- Cook rice noodles according to package directions. Drain and rinse under cold water.
- Heat 1 Tbsp of oil in a large skillet over high heat. Add the vegetables and cook until tender; approx. 2-3 minutes. Stir in 2 Tbsps of the sauce. Cook until the sauce coats the vegetables. Remove from the pan.
- In the same skillet, add 1 Tbsp of oil. Add shallots and cook for 2 minutes until softened. Then add meat and cook, undisturbed, until seared. Stir the meat, then pour in the rest of the sauce. Simmer for 1 minute, then stir in the noodles and vegetables. Cook for a few more minutes, until the sauce coats the noodles.
- Remove from heat and stir in the toasted sesame seeds. Serve topped with fresh basil.





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