

Food Allergies: Do You Know How to Keep Your Children Safe?

Many thanks go out to Dentonia Park Co-operative Nursery School for providing us with this very informative tipsheet!

Common Food Allergens:

- ✓ Peanuts
- ✓ Tree nuts
- ✓ Dairy in all forms (cow, sheep, goat, etc.) (whey, casein, butter, cheese, yogurt, modified milk ingredients, ghee, cream, etc.)
- ✓ Soy in all forms (soy, soya, soybean, soy oil, soy lethicin, etc.)
- ✓ Sesame in all forms (sesame seeds, sesame oil, tahini, etc.)
- ✓ Eggs
- ✓ Flaxseed
- ✓ Bananas
- ✓ Strawberries
- ✓ Eggplant

When Looking for Safe Foods, Follow These Tips:

- ✓ **Read Labels.** Food manufacturers are constantly coming up with 'new and improved formulas'. They also change ingredient lists without making any noticeable changes to the packaging, so read the labels, **every time**.
- ✓ **Buy Reputable Name Brands.** Most major brands voluntarily list the top 10 food allergens and any trace amount of those allergens, so try to stick with names you know. This doesn't mean that you have to buy the highest price name brand; most major food manufacturers, including grocery store 'no name' brands take food allergies very seriously and clearly label food allergens. If you're not sure, you can always call the toll-free number listed on the packaging.
- ✓ **Be Cautious About Foods Made Overseas.** Food labelling laws and guidelines from other countries vary widely and overseas manufacturers may be difficult to contact.
- ✓ **Look for Brands that use the 'Nut-Free' or 'Peanut-Free' Labels.** There are more and more companies coming out with peanut/nut free product lines. Some of these companies include: , Quaker, President's Choice, Dare, Nestle, Chapman's, and Sha Sha Bread Co., **BUT** be careful, not all products made by these manufacturers are peanut/nut free. **Look for the 'Peanut/Nut Free Label' every time.**
- ✓ **Avoid Bulk Foods.** Any store selling bulk items will tell you that they cannot guarantee that their products have not come into contact with peanuts, nuts or other allergens.
- ✓ **When in Doubt, Pick Up the Telephone.** If there is ever uncertainty about product ingredients, contact the manufacturer. Any reputable manufacturer will have contact information on their product's packaging. Never hesitate to call or email the company.

Safe List (but be sure to double check the label every time!):

- ✓ PC Multigrain Alphabet Pretzels
- ✓ PC Toasted O's Cereal
- ✓ PC Swedish Crisp Toasts
- ✓ Life Multigrain Cereal (made by Quaker)
- ✓ Life Cereal (made by Quaker)
- ✓ Quaker Rice Cakes, Original (other flavours need to be checked)
- ✓ Post Spoon Size Shredded Wheat (made by Kraft)

- ✓ Cheerios, Original (made by General Mills)
 - ✓ PC Organics Mild Salsa (make sure you buy the organic product, because the regular salsa contains soy oil)
 - ✓ Quick Beer Bread (see recipes below)
 - ✓ Honey Maid Graham Wafers (Christie product, made by Kraft)
 - ✓ Mr. Pita Whole Wheat Pita Bread (made by Handi Foods)
 - ✓ Shalimar Nan Bread (made by Handi Foods)
 - ✓ Pita Gourmet Greek Style Whole Wheat Flatbreads (made by Handi Foods)
 - ✓ Crofter's Organic Fruit Spread sweetened with grape juice; any flavour **except strawberry** (available at The Wholesome Market at Queen and Lee)
 - ✓ President's Choice Organics Stoned Wheat Crackers
 - ✓ President's Choice Organics Vegetable Stoned Wheat Crackers
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- ✓ Apples
 - ✓ Applesauce
 - ✓ Grapes
 - ✓ Watermelon
 - ✓ Cantaloupe
 - ✓ Pears
 - ✓ Cucumbers
 - ✓ Pineapple
 - ✓ Oranges, clementines and tangerines
 - ✓ Raspberries, blackberries and blueberries
 - ✓ Green, red and yellow peppers (these are safe, however, many children will not eat them)

Suggestions for Party Days:

- ✓ Jell-O (made by Kraft)
- ✓ Chapman's Rainbow Sorbet (orange, raspberry and lime flavours)
- ✓ Chocolate cake or cupcakes (see recipes below)
- ✓ Orange cake or cupcakes (see recipes below)
- ✓ Sha Sha Bread Co. Spelt Ginger Snaps (Note: there are two different types of Sha Sha Ginger Snaps; Ginger Snaps and Spelt Ginger Snaps – only the SPELT Ginger Snaps are safe)

Companies Who Will List the Top 9 Allergens (even if they may only be present in trace amounts) – these are just the ones that Dentonia Park Co-operative Nursery School has contacted, but there are more:

- ✓ President's Choice
- ✓ Quaker/ Pepsi
- ✓ General Mills
- ✓ Kraft
- ✓ Handi Foods/ Mr. Pita

Recipes:

Dairy-Free Chocolate Cake (The Joy of Cooking)

*Check all ingredients for possible allergens – no bulk items.

- ✓ Preheat oven to 350°F. Grease and flour one 8x8 inch pan or line the bottom with wax/parchment paper.
- ✓ Mix together in a large bowl:
 - 1 ½ cups of all purpose flour
 - 1 cup plus 2 tablespoons of sugar
 - 6 tablespoons of unsweetened cocoa powder (Fry's Cocoa Powder)
 - 1 teaspoon of baking soda
 - 1/8 teaspoon of salt
- ✓ Combine and add:
 - 1 cup of cold water
 - ¼ cup of vegetable oil
 - 1 teaspoon of white vinegar
 - 2 teaspoons of vanilla
- ✓ Stir until smooth. Scrape the batter into the pan and spread evenly. Bake until a toothpick inserted into the centre comes out clean; approximately 25-30 minutes. Let the cake cool in the pan on a rack for 10 minutes and then slide a slim knife around the cake to detach it from the pan. Invert the cake and peel off the paper liner, if used. Let the cake cool, right-side up on the rack.

Ultra-Orange Cake (The Joy of Cooking)

*Check all ingredients for possible allergens – no bulk items.

*For a less sweet cake, decrease the sugar by 2 tablespoons.

- ✓ Preheat oven to 350°F. Grease and flour one 8x8 inch pan or line the bottom with wax/parchment paper.
- ✓ Whisk together thoroughly in a large bowl:
 - 1 ½ cups of all purpose flour
 - 1 cup of sugar
 - 1 teaspoon of baking soda
 - ½ teaspoon of salt
- ✓ Add and stir together until smooth:
 - 1 cup of orange juice
 - 1/3 cup of vegetable oil
 - 1 tablespoon of grated orange zest
 - 1 tablespoon of white or cider vinegar
 - 1 teaspoon of vanilla
- ✓ Scrape the batter into the pan and spread evenly. Bake until a toothpick inserted into the centre comes out clean; approximately 30-35 minutes. Let the cake cool in the pan on a rack for 10 minutes and then slide a slim knife around the cake to detach it from the pan. Invert the cake and peel off the paper liner, if used. Let the cake cool, right-side up on the rack.

Quick Beer Bread (The Joy of Cooking)

*Check all ingredients for possible allergens – no bulk items.

- ✓ Position a rack in the lower third of the oven. Preheat oven to 400°F. Grease one 8 ½ x 4 ½ inch (6 cup) loaf pan.
- ✓ Whisk together thoroughly in a large bowl:
 - 1 cup of whole wheat flour
 - 1 cup of all purpose flour
 - ½ cup of old fashioned rolled oats
 - 2 tablespoons of sugar
 - 2 teaspoons of baking powder
 - ½ teaspoon of baking soda
 - ½ teaspoon of salt
- ✓ Add:
 - 1 ½ cups of light or dark beer (not stout), cold or at room temperature, but not flat
- ✓ Fold just until the dry ingredients moisten. Scrape the batter into the pan and spread evenly. Bake until a toothpick inserted in the centre and all the way to the bottom comes out clean, 35-40 minutes. Let the loaf cool in the pan on a rack for 5-10 minutes before unmolding to cool completely on the rack.