



• **Be A PAL** •

Food Allergy Awareness Program

Purpose

The food allergy awareness patch program, **Be A PAL: Protect A Life** aims to educate girls on how to better understand food allergies, and to know the importance of how to help an individual suffering from an allergic reaction.

It can be a risky situation when someone is having an allergic reaction. Every three minutes a food allergy reaction sends someone to the emergency room. That's about 200,000 ER visits per year!

Food allergies can affect anyone at any age and chances are that you already know someone living with a food allergy.

By learning about food allergies, you can help allergic individuals avoid risks, and know what to do if a reaction should occur.

Once you complete this patch program you should feel confident in the following:

- Being able to identify common allergens
- Preparing allergy-friendly foods with substitutes
- Knowing what to do if someone suffers from a reaction



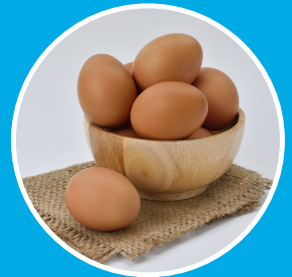
Peanuts



Tree Nuts



Milk



Eggs



Wheat



Soy



Fish



Shellfish

Be A PAL

Food Allergy Awareness Program

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LEARN TO BE HER PAL



If you have a friend with food allergies, learn to be her PAL:

- Know what food your friend is allergic to and help her avoid them
- Don't share food with your food-allergic friends
- Wash your hands after eating, to prevent traces of an allergen from being passed along to your food allergic friend
- Know what medications your friend needs and where she keeps them
- If your friend starts to show any of the signs of an allergic reaction, get help quickly! Even if you aren't sure, it's better to get help and not need it than not to act fast enough if your friend is having a reaction.



BE A PAL PATCH REQUIREMENTS

Girl Scouts is girl-led, girl-driven! This patch program allows girls to select a variety of activities to earn their Be A PAL patch.

- Girl Scout **Juniors** complete at least 8 of the 20 following requirements
- Girl Scout **Cadettes** complete at least 12 of the 20 following requirements
- Girl Scout **Seniors** complete a least 16 of the 20 following requirements

Be a PAL Patch Requirements

1 Read through this booklet to become familiar with food allergies. People who have food allergies have to avoid any trace of the food to which they are allergic. Imagine you are allergic to eggs and you know that even the smallest bite of a food that contains egg will make you really sick. Read the label of every food you eat. (See page 17 for a list of ways egg can appear on an ingredient statement.) How did you feel after doing this for a day? What types of situations did you have to look out for? How would you feel if you had to avoid egg all the time?

2 What extra steps would you have to take in planning your next camping trip if one of the girls in your troop was allergic to milk? With a group, plan menus to ensure that she would be able to eat everything. List some milk-free alternatives to traditional camping foods, such as s'mores.

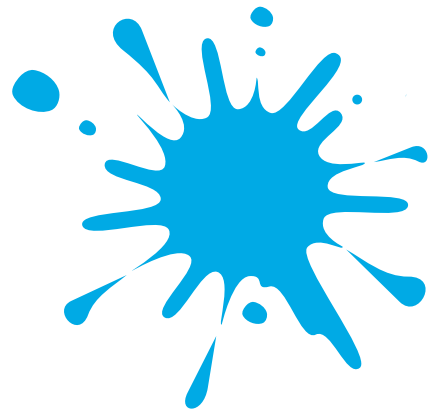
3 What is the difference between a general family doctor and an allergist? What do allergists do? Make an advertisement for a children's allergist.

4 Some schools have programs in place to help provide a safe environment for children with food allergies. For example, some schools assign peanut-free tables in the cafeteria; others don't allow eating in the classroom and don't allow food to be used in craft projects. Pretend you are a school principal. What plans would you put into place to help food-allergic students avoid a problem food? How would these plans affect all the other students in the school? Create a poster listing your plan and how it will help children with food allergies, and share it with your troop. Take a survey. How would everyone feel about following your plan? How would they feel about it if they were the food-allergic student?

5 Many birthday parties involve food. Pretend that you are planning a party and you want to invite all of your friends, including one who is allergic to eggs, and another who is allergic to peanuts and tree nuts. What foods, activities, and party favors will you plan to use so that all the guests can enjoy everything?

6 If a friend is having a food-allergic reaction, actions as simple as recognizing symptoms and seeking medical treatment immediately can make a BIG difference. Make a poster listing all of the common symptoms of an allergic reaction, and outlining what you should do if a friend is having an allergic reaction. Share your poster with your troop.

7 Sometimes kids with food allergies will get teased or harassed by other students. How would you feel if you were being teased just because you couldn't eat some of the same foods as everyone else? With a group, discuss ways you could help someone who is getting teased because of her food allergy.





Be a PAL Patch Requirements

- 8** Plan a “food allergy party” to share what you’ve learned with another Girl Scout troop. Give a presentation to educate others about food allergies. Be sure to list the symptoms of an allergic reaction, and emphasize the seriousness of food allergies. Prepare and serve treats that are free of some of the most common food allergens, such as milk, eggs, wheat, peanuts, tree nuts, or soy. Make ingredient labels for all foods and post them next to each item. Ask people if they can taste the difference between a food that has an allergen in it and one that doesn’t.

- 9** Host a Teal Pumpkin Project event or party to raise awareness of food allergies and promote inclusion or all trick-or-treaters throughout the Halloween season.

Sometimes recipes contain surprise ingredients. For example, did you know that peanut butter is sometimes used to thicken chili or that walnuts are sometimes added to blue cheese dressing? Read some cookbooks or recipe pages of a magazine. Did you find any ingredient surprises? Find and share an example of where milk, eggs, peanuts, or tree nuts have been used in a recipe that you would not expect?

- 10**

- 11** Put on a play. Script a situation where a food-allergic friend is having a reaction. Act out some things that others could do to help this person. Share your play with other troops or your community. If possible, record your play.

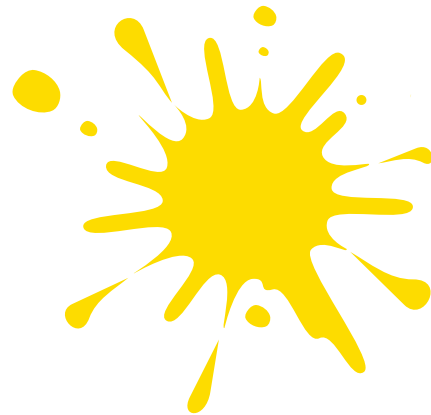
Invite a local allergist to speak to your troop. Ask the speaker to talk about the major concerns of people with food allergies, the diagnostic process, and what advice is given to patients who have just been diagnosed with a food allergy. What other types of careers deal with food allergy? How do people get into the food allergy field? What education is necessary to become an allergist? What are the pros and cons of working in this field?

- 12**

- 13** Develop and administer a survey to members of your school or your service unit to gauge the level of food allergy awareness in your area. Analyze and share your results by creating charts or posters. Include food allergy facts and ways to help a food-allergic individual. (See page 13 for ideas.) With permission, post them in your community, such as in a grocery store or a library.

Many people who have food allergies, especially those with multiple food allergies, visit a dietitian to ensure that their diet is nutritionally balanced. Interview a dietitian to find out how a diet is analyzed. What substitutions does he or she suggest to people allergic to the most common food allergens?

- 14**





Be a PAL Patch Requirements

15 The Internet can be a great resource for people with food allergies, since many national chains and fast food restaurants post menus and ingredient statements on their websites. Pretend that you have a peanut allergy and visit the website of your favorite fast food restaurant to see what foods you would still be able to eat. Were you surprised at any foods that contained peanuts?

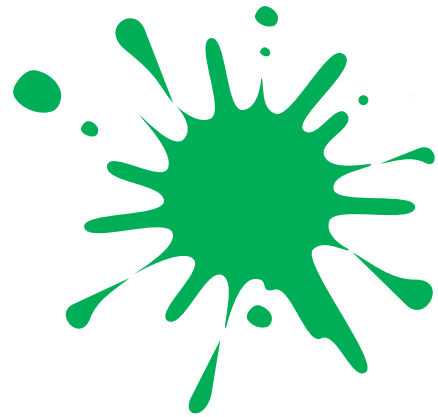
16 Examine how food-allergic people are portrayed in movies, books, television shows, and other media. Determine how this portrayal affects the public perception of living with food allergies. Find at least three examples of characters with food allergies. How well do you think they were depicted? How would you revise those characters to make them more realistic?

17 Many food labels list “artificial flavors” or “natural flavors” on the ingredient statement, yet these flavors can contain food proteins to which individuals are allergic. Pretend that you are allergic to soy. Find an ingredient label that lists natural or artificial flavors, and, with permission, call the food manufacturer to ask if soy protein is present in any of those flavorings. How was your experience calling the manufacturer? Would you have felt differently if the answer to your question meant the difference between having a serious reaction or continuing with your day?

18 Cooking without certain foods can sometimes be tricky. An example is people who are allergic to wheat. Select a recipe and adapt it to be wheat-free. You may need to try several different combinations of non-wheat flours before you find one that works. (Check out the allergy-free cooking tips on page 15). Try the adapted recipe. How did it taste?

19 Watch how someone prepares food at home. See if you can identify ingredients that may cause a problem for someone with a food allergy, and pinpoint where cross-contamination occurs. Note some things you could do to help make the kitchen safer for people with food allergies.

20 Some allergists concentrate on research in food allergies, as opposed to primarily treating patients. Read about the latest food allergy research at www.foodallergy.org. Which kind of allergist career interests you more? Write about a recent finding in food allergy research.





WHAT IS A FOOD ALLERGY?

A food allergy involves an interaction between a food and the immune system. Although a food, such as soy, is harmless to most people, an allergic person's immune system misinterprets the protein in the foods as being harmful and creates antibodies to fight off that food.

Each time the allergic person eats that food, the body's immune system launches an attack by releasing histamine and other powerful chemicals. The release of these chemicals causes the symptoms of an allergic reaction.

Researchers estimate that 32 million Americans have food allergies, including 5.6 million children under age 18. That's one in 13 children, or roughly two in every classroom.

WHAT IS THE DIFFERENCE BETWEEN ALLERGY AND AN INTOLERANCE ?

Many people think that food allergy and food intolerance mean the same thing, but they do not. A food intolerance is an adverse food induced reaction that does not involve the immune system.

Lactose intolerance is one example of a food intolerance. A person with lactose intolerance lacks an enzyme that is needed to digest milk sugar. When the person digests milk products, symptoms such as gas, bloating, and abdominal pain may occur.

With a food allergy, the immune system identifies a food as being an enemy, and when the allergic person eats that food, the immune system tries to "fight off" the enemy. Symptoms can range from mild to severe.

WHAT FOODS CAUSE MOST ALLERGIC REACTIONS?

Eight foods account for 90 percent of the allergic reactions— milk, eggs, peanuts, tree nuts (such as walnuts, pecans, almonds, and cashews), soy, wheat, fish, and shellfish (including shrimp, crab, and lobster). These are known as the “Top 8”.

What are common symptoms of an allergic reaction?

An allergic reaction to food can involve the skin, respiratory tract, gastrointestinal tract, and cardiovascular system. While symptoms vary from one person to another (See page 10)

What is it like to have a food-allergic reaction?

Reactions can range from hives or gastrointestinal problems (such as cramping, diarrhea, and vomiting) to difficulty breathing and can be life-threatening. Regardless of the level of a reaction, however, it is always scary.

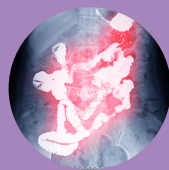
Some kids get embarrassed when they realize they are having a reaction. They try to quietly take care of the situation, or hope that by ignoring it, their reaction will just go away. Others feel themselves getting sick and go to the bathroom alone, trying not to make a scene. This is very dangerous, because if the reaction progresses more quickly than expected, the allergic person could lose consciousness and be unable to help herself.

If you think a friend might be having a reaction, it's important to act quickly. Don't wait to see if the reaction will worsen. If your friend has a history of severe reactions, get help immediately (for example, call 911).

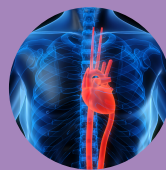
Symptoms of an allergic reaction



Skin



Gastrointestinal



Cardiovascular



Respiratory

Symptoms of an allergic reaction



Skin symptoms

- Hives
- Swelling
- Itchy, red rash
- Eczema flare-up

Gastrointestinal symptoms

- Cramps
- Nausea
- Vomiting
- Diarrhea

Cardiovascular symptoms

- Reduced blood pressure
- Lightheadedness
- Increased heart rate
- Shock

Respiratory symptoms

- Itchy, watery eyes
- Runny nose
- Stuffy nose
- Sneezing
- Coughing
- Itching or swelling of lips, tongue,
- Throat
- Change in voice
- Difficulty swallowing
- Tightness of chest
- Wheezing
- Shortness of breath
- Repetitive throat clearing





WHAT IS ANAPHYLAXIS?

ANAPHYLAXIS IS A SUDDEN, SEVERE ALLERGIC REACTION THAT INVOLVES VARIOUS AREAS OF THE BODY SIMULTANEOUSLY. IN EXTREME CASES, IT CAN CAUSE DEATH. SOME PEOPLE CALL THIS TYPE OF REACTION A GENERAL REACTION OR ALLERGIC SHOCK.

What are the symptoms of an anaphylactic reaction?

- Tingling sensation, itching, metallic taste in mouth
- Hives (it is possible to have anaphylaxis without any skin symptoms, such as hives or rash)
- Sensation of warmth
- Asthma symptoms
- Swelling of the mouth and throat
- Difficulty breathing
- Vomiting
- Diarrhea
- Cramping
- Drop in blood pressure
- Loss of consciousness

These symptoms can appear immediately, or may develop over hours.

Can someone die from anaphylaxis?

Yes, anaphylactic reactions can be fatal. That's why it is so important to act quickly to try to stop the reaction. The difference between acting fast and waiting to see if the symptoms will go away can mean life or death. Fortunately, anaphylactic reactions are only rarely fatal, and most people survive them.



How does someone avoid having a reaction?



Since there is no cure or preventative medication available for food allergy, strict avoidance of the food in question is the only way for someone with food allergies to avoid having a reaction. Food-allergic people must learn the scientific and technical names for foods, read the ingredient statements on every food they eat, and avoid products that contain the offending food.

Most people who have experienced food-allergic reactions knew about the food they were allergic to and unknowingly ate that food in a product they thought was safe. How does this happen? In some cases, the person didn't think to check the label because the food was an unlikely source for their allergen. For example, soy is sometimes added to hamburger patties! In other cases, the food itself does not contain the allergen, but it becomes contaminated.

Cross-contact occurs when the proteins from various foods mix. Oftentimes this happens during the cooking process (for example, when a cookie sheet used to bake nut-containing cookies is then used to bake nut-free cookies without being cleaned between uses) or the serving process (for example, when the knife used to spread peanut butter is then dipped in the jelly jar).



CREATIVE COOKING

PEOPLE WITH FOOD ALLERGIES OFTEN MAKE FOOD AT HOME TO MINIMIZE THEIR RISK OF HAVING A REACTION FROM CROSS-CONTACT OR MISLABELED FOODS. ALLERGY-FRIENDLY COOKING CAN BE A BIT OF A CHALLENGE AT FIRST, BUT WITH A LITTLE CREATIVITY AND SOME DETERMINATION, YOU CAN SOON WHIP UP TREATS SO DELICIOUS THAT NO ONE WILL BELIEVE THEY'RE ALLERGY-FRIENDLY!

MILK-FREE COOKING

Milk is one of the easiest ingredients to substitute for in baking. For a cup of milk, substitute a cup of water, fruit juice, rice milk, or soy milk.

EGG-FREE COOKING

Eggs are in almost every baked good recipe you'll find. They are used to hold ingredients together, to add moisture, or as a leavening agent (making the batter rise enough to cook). You can use any one of the following to replace each egg in baked goods (note that these substitutes only work for recipes with one, two, or three eggs).

- » 1 tsp. baking powder, 1 T. liquid, 1 T. vinegar
- » 1 tsp. yeast dissolved in 1/4 cup warm water
- » 1 T. apricot puree
- » 1 1/2 T. water, 1 1/2 T. oil, 1 tsp. baking powder
- » 1 packet gelatin, 2 T. warm water (do not mix until ready to use)

WHEAT-FREE COOKING

Baking without wheat is often the most challenging allergy-friendly cooking. The flavor and texture of baked products is sometimes a little different without gluten (found in the protein of grains such as wheat). Combining several flours may make the finished product hold together more and taste better.

Use any of the following for a thickening agent instead of 1 T. wheat flour:

- » 1 1/2 tsp. cornstarch
- » 1 T. white or brown rice flour
- » 1 1/2 tsp. potato starch
- » 2 tsp. quick-cooking tapioca
- » 1 1/2 tsp. arrowroot starch
- » 1 1/2 tsp. sweet rice flour

Wheat-free all-purpose flour mixture:

1 cup cornstarch 2 cups soy flour
2 cups rice flour 3 cups potato starch flour

Use this mix in place of wheat flour in a recipe. Use slightly more flour mixture than the recipe calls for. Reduce oven temperature by approximately 25 degrees and bake a little longer than is called for. Store any unused mixture in the refrigerator or the soy will become strong.



HOW TO READ A LABEL

The only way to prevent a food allergy reaction is to avoid the problem food. But you can't know whether a food contains an allergen simply by looking at it.

Laws and regulations like the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) have made it easier for people with food allergies to identify problem foods and avoid them.

Managing life with a food allergy means reading packaged food labels every time you buy that food. This is true even if you have purchased the food hundreds of times. Ingredients and manufacturing processes can change without warning. Make a habit of carefully reading labels to ensure you avoid any potential allergens.

While all ingredients in a food are supposed to be listed in the ingredients list, FALCPA only covers the eight most common allergens. These are milk, egg, peanut, tree nuts, soy, wheat, fish, and crustacean shellfish.



MORE TIPS FOR READING FOOD LABELS

- Familiarize yourself with your allergen and the foods it often appears in. Food allergens can appear in surprising places and go by less-common names. Knowing your allergen inside and out will improve your sleuthing skills
- If you are unsure whether a product could have come in contact with your allergen(s), call the manufacturer. Ask them about their ingredients and manufacturing practices.
- If you encounter a product that doesn't have an ingredients list, don't buy it.
- Be extra careful with imported products. Food labeling regulations vary by country. Imported items are supposed to follow FALCPA and other domestic food labeling laws, but occasionally they do not.
- A child with a food allergy can start checking food labels as soon as he or she learns to read. Practice at home and when you're shopping- with help from an adult.

WHAT SHOULD I LOOK FOR?

FALCPA-regulated allergens can be called out in one of three ways:

1. In the ingredient list, using the allergen's common name
2. Using the word "Contains" followed by the name of the major food allergen- for example, "Contains milk, wheat"
3. In the ingredient list in parentheses, when the ingredient is a less common form of the allergen- for example, "albumin (egg)"

With tree nuts, fish, and crustacean shellfish, the specific type must be listed (e.g. almond, tuna, crab). If you see your allergen featured in one of the above ways, it means the allergen is present in the food. Manufacturers must list an FALCPA-regulated allergen even if the amount is very small.

Non-FALCPA regulated allergens such as sesame and mustard may be present in a food but missing from an ingredient list if they are part of a spice or flavoring. Instead, they may be covered by a general term such as "natural flavorings". "May Contain" statements.

You may also notice other precautionary language on food labels. These include statements such as "may contain," "processed in a facility that also processes" or "made on equipment with." These warnings often follow the ingredient list

Such advisory labeling is voluntary for manufacturers. There are no laws governing or requiring these statements- neither when to include them nor what their wording should be. They may or may not indicate if a product unintentionally contains, or has come in contact with, a specific allergen. Likewise, the absence of an advisory label does not mean that a product is safe.

Per the U.S. Food and Drug Administration (FDA), advisory food labels "should not be used as a substitute for adhering to current good manufacturing practices and must be truthful and not misleading."

OTHER ALLERGEN STATEMENTS

Phrases such as "peanut-free" and "egg-free" are not regulated. Product labels can bear these phrases but be made in facilities where the allergens are present. Always contact the manufacturer if you are unsure.

Her Story

Julia, Age 10 - Tree Nuts Allergy

For the first time, I tried pistachio ice cream. First, I complained of a bad stomach ache. Then, my mom saw that I had hives. My mom had to take me to the ER and I was nervous. They told me I was having an allergic reaction.

Another time, a few years later, I thought I was eating a chocolate macaroon, but I ended up eating a hazelnut macaroon instead. My mouth felt really dry and numb. I also got hives all over my body and was throwing up and that was scary for me. The Doctor told me that I have a tree nut allergy and cannot have pistachios, hazelnuts or cashews. Now, to be on the safe side, I keep Benadryl and an Epi-Pen on hand, just in case.

Emily, Age 9 - Milk Allergy

My mom and I were at an Amusement Park. We were watching a show and I ate cookies we brought from home. I started to get hives on my neck that spread to my face and eyes became very itchy. My mom was with me and knew what was happening, so she asked a person working to call 911 and gave me one Epi Pen. I was scared, sad and nervous. My reaction was not getting better and my mom gave me a second Epi Pen. The ambulance came and gave me oxygen and an IV with Benedryl and Prednisone. They took me to the hospital for further help and then I got better. It makes me sad to think about because it was scary.

Andrea, Age 14 - Peanut Allergy

I had a bite of a candy bar that had peanuts in it. My mother took it off my tongue before I even swallowed it and the memory of the ten seconds of that bite will last the rest of my life.

The swelling, labored breathing, projectile vomiting, and welts. My mother said my eyes rolled to the back of my head and I passed out. I was so little. My mother was screaming and crying. I remember that, too. My mother's tears.

For a Milk-Free Diet

Avoid foods that contain any of these ingredients:

Artificial butter flavor

Butter, butter fat, butter oil

Buttermilk

Casein

Caseinates (ammonium

Caseinate,

Calcium caseinate, magnesium

Caseinate, potassium caseinate,

Sodium caseinate)

Cheese

Cream

Cottage cheese

Curds

Custard

Ghee

Half & Half®

Hydrolysates (casein, milk

Protein,

Protein, whey, whey protein)

Hydrolyzed milk protein

Lactalbumin, lactalbumin

Phosphate

Lactoglobulin

Lactulose

Milk (derivative, powder, protein,

Solids, malted, condensed,

Evaporated, dry, whole, low-fat,

Milkfat, non-fat, skimmed, and

Goat's milk)

Nougat

Pudding

Rennet casein

Sour cream, sour cream solids

Sour milk solids

Whey (in all forms including

Sweet,

Delactosed, protein concentrate)

Yogurt

May contain milk protein:

Chocolate flavorings (including natural and artificial)

Lactose

Luncheon meat, hotdogs, sausages

High protein flour

Margarine

Non-dairy products

Simplese®



For a Peanut-Free Diet

Avoid foods that contain any of these ingredients:

Beer nuts

Cold pressed, expelled, or

Extruded peanut oil

Ground nuts

Mixed nuts

Monkey nuts

Nu-Nuts® flavored nuts

Nut pieces

Peanut

Peanut butter

Peanut flour

May contain peanut protein:

African, Chinese, Indonesian,

Thai, and Vietnamese dishes

Baked goods (pastries, cookies, etc.)

Candy

Chili

Chocolate (candies, candy bars)

Egg rolls

Marzipan

Natural and artificial flavorings

Nougat

Sunflower seeds



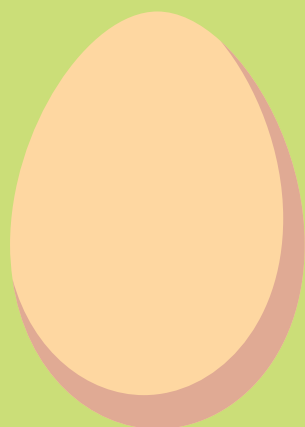
- Artificial nuts can be peanuts that have been deflavored and reflavored with a nut, such as pecan or walnut. Mandelona nuts are peanuts soaked in almond flavoring.
- Studies show that most allergic individuals can safely eat highly refined peanut oil (not cold pressed, expelled, or extruded peanut oil). Follow your Doctor's advice.
- Arachis oil is peanut oil.

For a Egg-Free Diet

Avoid foods that contain any of these ingredients:

Albumin
Egg (white, yolk, dried, powdered, solids)
Egg substitutes
Eggnog
Globulin
Livetin
Lysozyme (used in Europe)
Mayonnaise
Meringue
Ovalbumin
Ovomucin
Ovomucoid
Ovovitellin
Simplese®
Surimi

Note: A shiny glaze or yellow baked goods may indicate the presence of eggs. Lecithin, marshmallows, marzipan, natural and artificial flavorings, and pasta may contain eggs.

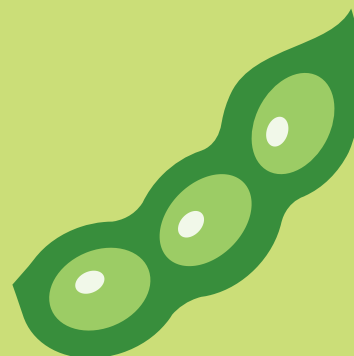


For a Soy-Free Diet

Avoid foods that contain any of these ingredients:

Edamame
Hydrolyzed soy protein
Miso
Shoyu sauce
Soy (albumin, flour, grits, nuts, milk, sprouts)
Soya
Soybean (granules, curd)
Soy protein (concentrate, isolate)
Soy sauce
Tamari
Tempeh
Textured vegetable protein(TVP)
Tofu
May contain soy protein:
Flavoring (including natural and artificial)
Vegetable broth
Vegetable gum
Vegetable starch

Note: Studies show most soy allergic individuals may safely eat soy lecithin and soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soy bean oil). Follow your doctor's advice on these ingredients.



For a Wheat-Free Diet

Avoid foods that contain any of these ingredients:

Bran
Bread crumbs
Bulgur
Cereal extract
Couscous
Cracker meal
Durum, durum flour
Enriched flour
Farina
Gluten
Pasta
Flour (all-purpose, enriched, graham, high gluten, high protein, pastry, soft wheat)
Hydrolyzed wheat protein
Kamut
Seitan
Semolina
Spelt
Vital gluten
Wheat (bran, germ, gluten, malt, starch)
Whole wheat
Berries
Whole wheat flour

May contain wheat protein:

Flavoring (including natural and artificial)
Soy sauce
Starch (gelatinized, modified, modified food starch, vegetable)
Surimi
Vegetable gum



For a Tree Nut-Free Diet

Avoid foods that contain any of these ingredients:

Almonds
Brazil nuts
Caponata
Cashews
Chestnuts
Filbert/hazelnuts
Hickory nuts
Macadamia nuts
Marzipan/almond paste
Nut Meal
Gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolate)
Nougat
Nu-Nuts® artificial nuts
Nut butters (i.e. cashew butter)
Nut oil
Nut paste (i.e. almond paste)
Nut pieces
Pecans (Mashuga nuts)
Pesto
Pine nuts (pinon nuts)
Pistachios
Walnuts

- Artificial nuts can be peanuts that have been deflavored and reflavored with a nut, such as pecan or walnut. Manelona nuts are made from peanuts soaked in almond flavoring.
- Mortadella may contain pistachios.
- Filberts are also hazelnuts
- Avoid natural extracts i.e. pure almond extract, use imitation or artificial flavored extracts.
- Natural and artificial flavoring may contain tree nuts. Tree nuts have been used in many foods including barbecue sauce, cereals, crackers and ice cream.
- The Food and Drug Administration (FDA) identifies coconut as a tree nut, although it's the seed of a drupaceous fruit. Ask your doctor if you need to avoid coconut.



ALLERGY FRIENDLY RECIPES

RAINBOW SCOOPS

Ingredients

- 2 15 oz cans black beans
- 1 11 oz can yellow and white corn
- 1 small orange bell pepper, chopped
- 1 small red onion, chopped
- 30 grape tomatoes, quartered
- 1/4 cup fresh cilantro, chopped
- 2 tsp jarred minced garlic
- 2 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp crushed red pepper flakes
- 1 bag scoops style tortilla or corn chips



**"PERFECT FOR
PARTIES AND
CELEBRATIONS"**

Directions

- Drain and rinse black beans and pour into large mixing bowl. Drain and rinse yellow and white corn and add to bowl. Add the remaining ingredients (except the "scoop" chips) and mix until thoroughly combined.
- Either chill in the refrigerator and pack in a prepared, insulated thermos or pack in a container in an insulated lunch bag with a freezer pack. Eat by scooping with "scoop" chips.

ALLERGY FRIENDLY RECIPES

SPINACH AND ARTICHOKE TAILGATE DIP

Ingredients

5 slices bacon
2 medium onions (2 cups)
3/8 tsp salt (divided)
10 grinds fresh ground black pepper (divided)
8 oz Tofutti Better Than Cream Cheese (softened)
8 oz Tofutti® Sour Supreme Better Than Sour Cream
1 dash (approx. 1/16 tsp) cayenne pepper
2 15 oz cans artichoke hearts (packed in water)
2 Tbsp extra-virgin olive oil
9 oz fresh baby spinach
1 medium/large tomato (1 cup)



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"PERFECT FOR
PARTIES AND
CELEBRATIONS"

Directions

- Preheat the oven to 350 °F.
- Set a large fry pan over medium heat. Add bacon and cook for 5-7 minutes until mostly crispy but not burnt.
- While the bacon cooks, thinly slice the onions. Cover a plate with a paper towel and transfer the bacon to the plate to drain when done. NOTE: be careful to leave as much of the bacon grease in the pan as possible, as you will use this to cook the onions.
- Return the pan to the stove and add the sliced onions. Cook over medium heat for 2 minutes. Season the onions with 1/8 tsp of salt and 5 grinds of fresh black pepper (if using) and decrease the heat to medium-low. Cook for another 15 minutes, stirring occasionally, until the most of the onions are caramelized.
- While the onions cook, add the softened cream cheese, sour cream and cayenne pepper to a large mixing bowl and stir to combine.
- Drain the artichoke hearts and cut them in half the long way. Next, julienne each half and add it to the cream cheese mixture.
- Finely chop the cooked bacon and add to the cream cheese mixture.
- When onions are finished cooking, add them to the cream cheese mixture.
- Place the pan back on the stove, turn the heat up to medium and add the olive oil to the pan. Once the oil is hot, add the spinach and season with 1/4 tsp of salt and 5 grinds of fresh black pepper (if using). Sauté the spinach until it is completely wilted (about 4 minutes). Add to the cream cheese mixture and stir well to combine all of the ingredients.
- Transfer mixture to an 8" square or 8 or 9" round baking dish and bake for 20-25 minutes or until the edges are bubbling and the top is golden brown.
- While the dip cooks, dice the tomato into 1/2" dice and set aside.
- Allow dish to cool on a wire rack for 10 minutes. Top with chopped tomatoes and serve warm with tortilla chips or chopped veggies.

ALLERGY FRIENDLY RECIPES

CHOCOLATE MARSHMALLOW BROWNIES

Ingredients

Brownies:

- 3/4 cup gluten-free all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 15.3 oz container So Delicious® Dairy Free Chocolate "Yogurt"
- 1/2 tsp baking powder
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/2 cup vegan margarine
- 3/4 cup cane sugar
- 1 cup vegan marshmallows (optional)
- 1/2 cup vegan dark chocolate morsels (divided use)

Frosting:

- 1 1/2 cups confectioners sugar
- 2 Tbsp unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 2 Tbsp So Delicious® Dairy Free Unsweetened Coconutmilk Beverage

"A CURE FOR
THAT SWEET
TOOTH"

Directions

- Preheat oven to 375°F. Grease an 8"x8" pan.
- In a medium bowl, combine gluten-free all-purpose flour, unsweetened cocoa powder, baking powder and salt. Set dry ingredients aside.
- In a large bowl, combine wet ingredients (chocolate "yogurt" alternative, vanilla extract and vegan margarine). Mix with a hand mixer on medium speed for approximately 2 minutes.
- Add cane sugar to the large bowl (wet ingredients) and mix for an additional 3 minutes on medium speed.
- Combine dry ingredients 1/4 cup at a time into large bowl and mix thoroughly with a hand mixer on medium speed.
- Stir in 2/3 cup of vegan marshmallows and the vegan dark chocolate morsels.
- Spread batter evenly in greased pan.
- Bake for 38-40 minutes or until toothpick comes out clean.
- Cool on wire rack.
- While brownies are cooling proceed to making frosting as follows:
- Combine confectioners sugar, unsweetened cocoa powder, vanilla extract and So Delicious Dairy Free Unsweetened Coconut Milk in a medium bowl and mix with a hand mixer on medium speed until thoroughly combined.
- Spread frosting over cooled brownies.
- Top with remainder of marshmallows (optional.)
- Cut into squares & enjoy!



ALLERGY FRIENDLY RECIPES

PUMPKIN PASTRY BITES

Ingredients

2 cups flour
1 Tbsp powdered sugar (optional)
2 sticks margarine (salted)
1/2 cup Tofutti® Better Than Sour Cream
3/4 cup Tofutti® Better Than Cream Cheese
1/3 cup pumpkin puree
1 Tbsp each water and arrowroot starch mixed together
1/2 cup brown sugar
1/2 tsp grapefruit zest
1/4 tsp allspice (optional)
1/4 tsp nutmeg (optional)
1/4 cup powdered sugar (for garnish)
2 tsp cinnamon (for garnish)



"A CURE FOR
THAT SWEET
TOOTH"

Directions

- **Pastry:**
- Blend flour and powdered sugar. Scatter safe margarine slices over the flour mixture and cut in with a pastry blender or cut with two knives in a cross cutting motion. The pastry should look like sand mixed with pea sized pieces.
- Add the 1/2 cup soy sour cream and stir in with a spoon. The pastry will appear dry. With your hands press form the dough into a ball and divide into 3 equal parts. Press each part into a square, less than 1 inch thick. Wrap each square and refrigerate for at least 4 hours, up to 24 hours. This dough freezes well.
- **Pumpkin filling:**
- Using a handheld mixer (or stand mixer, if you have one) mix the soy cream cheese, pumpkin puree, water and arrowroot mixture, brown sugar, orange zest and spices (nutmeg and allspice) all at once until smooth.
- **Preparing the dessert:**
- Working with one square of dough at a time, roll out the dough until you have a 9" by 9" square. Using a ruler and pizza cutter, cut out 9 equal squares which are 3" by 3" each.
- Lay one pastry square over one cup of a mini-muffin pan (regular sized muffin pan will work as well, it will change the shape of the finished product, but not the yummy taste). Put one spoonfull (teaspoon size) of filling in the middle of the square. Pull each of the four corners of the pastry square together over top and ease the filled pastry into the cup. Repeat until all 9 squares are used. Repeat the process with the remaining refrigerated dough.
- Refrigerate the filled pastries in the muffin pans for about 30 minutes until chilled.
- Bake for 20 minutes, or until golden, in the lower third of a preheated oven set at 375 °F. You can bake 2 pans at once.
- Remove the pans from the oven, and let cool a few minutes before removing the pastries from the pan to a wire cooling rack. Once the pastries are no longer piping hot, dust them with powdered sugar mixed with cinnamon.
- If not serving right away, these pastries can be frozen. Simply reheat in a 350 °F oven for 10 minutes.

Additional Resources

Food Allergy Research & Education (FARE)
www.foodallergy.org

Kids with Food Allergies
www.kidswithfoodallergies.org

Asthma and Allergy Foundation of America
www.aafa.org

Food Allergy Awareness Week
www.foodallergyawarenessweek.org

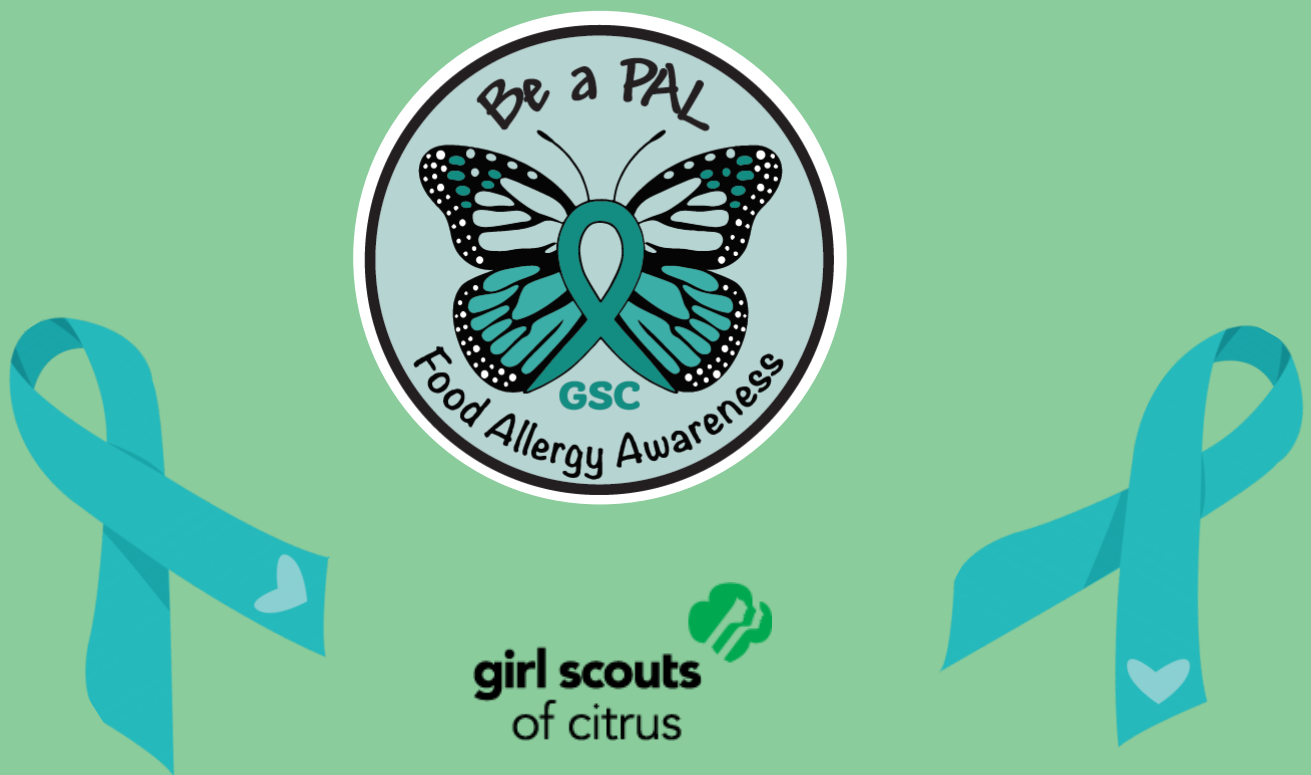
Teal Pumpkin Project
www.tealpumpkinproject.org

Wheat Free Recipes
www.Wheat-Free.org

Bulk Nation
www.bulknationusa.com

Dairy Free Recipes
www.godairyfree.org

American Academy of Allergy, Asthma & Immunology
www.aaaai.org



This is a council-own patch. Therefore it should be displayed on the back of the Girl Scout uniform.

All patch materials and criteria adapted from The Food Allergy Research and Education's Be a PAL: Protect a Life™ program and the Girl Scout Council of the Nation's Capital patch program. Resources and information obtained through Food Allergy Research & Education (FARE) and the Food Allergy Alliance of the Mid-South (FAAM).

