



# The FAAW Flyer

Central Wisconsin Chapter

## WAFAST partners with FAAW

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Welcome to the “new” Food Allergy Association of Wisconsin, Central Wisconsin Chapter! Formerly WAFAST (Wausau Area Food Allergy Support Team), we have joined forces with the Madison-based FAAW to better serve those in Central Wisconsin in need of support and guidance while navigating the

world of food allergies. We hope to be of service to our seasoned members as well as to any new members who are just learning the ropes.

The goal of FAAW remains the same as that of WAFAST—that is, to provide a supportive group environment for families and

adults living with food allergies, to raise awareness about food allergies within the community, and to educate parents, caregivers, peers, and school staff about safely caring for children with food allergies. Welcome, and please let us know how we can help!

## Protect a Life: Be a P.A.L.

Who wants to be a P.A.L.? This is how all my presentations start out. For the past three years, WAFAST (and now FAAW) has obtained pamphlets, videos, stickers, and pencils for the children at Riverview Elementary, Grant Elementary and St. Mark’s Pre-School to help spread the word on food allergy awareness. This is made possible by a grant from FAAN (Food Allergy and Anaphylaxis Network).

My daughter, Olivia, was in first grade when I learned of the P.A.L. program. I approached the principal at Riverview, Mr. Miller, about presenting to her class. He was more than willing to allow me to present an Alexander the Elephant video, have a short question and answer session, and hand out pamphlets and a pencil to all our new “PALs.” In the end, the entire Riverview School had the presentation on food allergies.

Now with two food allergy children at Riverview, I do a new presentation to the 4 year-old kindergarten and kindergarten classes. I also present a refresher course to the rest of the school. I believe the more people who know about food allergies and that my children are allergic, the safer they will hopefully be each day at school. In addition to Riverview, I have also presented to St. Mark’s Pre-School and I was approached by Grant Elementary to present to many of their classes as well. I have been amazed at the knowledge that some of the children already have about food allergies. The children have been very responsive and interested in the video and the question and answer session—and they are especially interested in seeing an Epi-Pen. I believe the children are truly concerned about keeping their food allergy friends safe.

The principals and staff at all of the schools I have been wonderful to work with and more than accommodating to find time in their school day to help increase the awareness of food allergies. They are just as committed to keeping my children and all food allergic children safe at school.

The P.A.L. program is a great way to get involved with your child’s school to help increase the awareness of food allergies. I have started a great partnership with my children’s school and look forward to future presentations.

*By Nikki Ogstad*



Alexander the Elephant



### Upcoming Meetings

- Sept 23rd, Aspirus Wausau Hospital, 7 pm, Medallion Room A. “Back to School With Food Allergies,” by Dr. David Edmondson.
- Meet us for coffee at Starbucks, Rib Mtn (by FedX/Kinkos), Oct 21st, 7 pm.
- Log on to [www.wafast.com](http://www.wafast.com) for updates.

FAAW does not give out medical advice. If you think you may have a food allergy, please see a physician.

**\*\*\*If you are interested in making a presentation to your child’s school, or you would like to see about hosting a presentation, please contact Laura Lawler at 715-849-8012 or email at [laura@foodallergywis.org](mailto:laura@foodallergywis.org)\*\*\***

### *The Lending Library—books, DVDs, and... cake pans??*

Within recent memory, the selection of resources for those struggling with food allergies was outrageously minimal. What little we could find was sketchy in credibility, and the cookbooks were laughable collections of concoctions that would probably have most allergic kids and adults alike crying themselves to sleep every night. Now, though, even if you're not new to the food allergy scene, you might find yourself overwhelmed by the abundance of helpful guides, published scientific research, and varied cookbooks all directed toward the food allergic and their families. It seems silly to complain about the sheer numbers of resources out there when we so recently suffered from information drought, but now it's difficult to know where to start or which resources will be most helpful to your specific situation.

Enter the FAAW lending library. Rather than spending money on cookbooks and other resources that may not provide what

you need, you can check out books, DVDs, VHS tapes, and assorted other resources from the FAAW lending library. In addition to the Wausau-based lending library, the home office of FAAW in Madison boasts an extensive lending library, all available for your use.

In addition to books, tapes, and DVDs, the Madison lending library offers a large selection of cake pans available to borrow. Those of us with food-allergic children tend to make our own cakes for birthdays, and since we can't buy the fancy "themed" cakes at the stores, we have to adapt our own. No need to shell out money for an Elmo cake pan you may only use once—just borrow one!

For a complete list of resources available on loan, check out the local FAAW at [www.wafast.com](http://www.wafast.com), or [www.foodallergywis.org](http://www.foodallergywis.org) for the Madison office. For more information on the cake pan loan program, send an email to [beth@foodallergywis.org](mailto:beth@foodallergywis.org).

### *Wisconsin's 2009 Celiac and Food Allergy Expo—Coming Soon!*

Attend Wisconsin's Largest Celiac & Food Allergy Expo on Saturday, October 24th from 11:00 am to 3:00 pm at The Patriot Center (at Cedar Creek Mall) in Rothschild, WI. Admission is \$1 per person or donations will be accepted for Toys for Tots & Coats.

Our goal is to help those within the community gain knowledge, research, and resources while providing opportunities for families with allergies to bond with one another. It is an Expo for the general public, food industry, and health professionals.

For more information, contact Jennifer Knauf at 715-298-4060 or Julianne Karow at 715-892-4987.



### *Useful Websites: Goodies for the Food Allergic*

By trial and error, we tend to find reliable online shopping sources. Here, I'd like to share a short list of the companies I've had excellent experiences with when it comes to finding tasty treats and useful items for my sweets-loving, allergic boys. I welcome any reviews you can provide about these and other online sources—we'll continue to add to the list in upcoming newsletters.

#### **The Divine Divvies**

<http://www.divvies.com/>

We've been ordering from Divvies for over two years now, with nothing but positive results. Divvies offers an assortment of baked desserts (cupcakes, cookies) and party goodies (popcorn, jelly beans, candy bars), all geared for the nut/dairy/egg allergic set.

To save money, you can subscribe to the "Automatic Divvies" and have a box (or boxes!) of cookies mailed to you automatically, every



month. The chocolate chip cookies are our personal favorites.

Service through Divvies has been exceptional. When an order for a birthday party was lost by UPS, Divvies sent a replacement order overnight to arrive in time for the birthday festivities.

#### **Peanut Free Planet**

<http://www.peanutfreeplanet.com/>

Here we have something for just about everyone, no matter what your allergy needs. Peanut-safe granola bars? Yep. Dairy-and-egg-free pancake mix? Better than mom used to make! Sunbutter for those of us who desperately miss the taste of peanut butter? Yep—they even have it in sample sizes for you to try out before committing to the 1 pound jar.

Peanut Free Planet offers free shipping on orders of \$100 or more, so it pays to go in on an order with a friend or two, or stock up on supplies (5 jars of sunbutter, perhaps?).

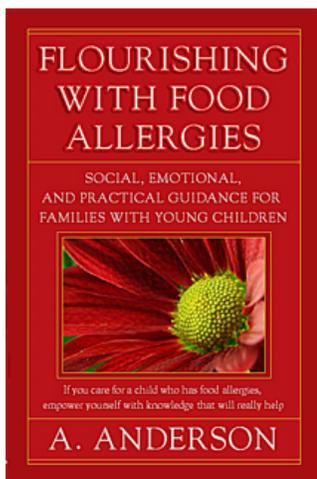
#### **Cup-A-Cake**

<http://www.cupacake.com/>

A must-have for any school-age child with food allergies. My son's 4K class last year celebrated a child's birthday nearly once a week (or so it seemed), and there were always cupcakes or other yummy treats being served. After a couple of sad experiences of eating crackers while the other kids got messy with cupcakes, I decided to bake up a batch of his favorite cupcakes (see recipe on page 3) and freeze them. The question: what to keep them in? The solution: Cup-A-Cake! As stated in their website, "This unique container will hold a frosted cupcake in place with protrusions positioned in such a way that the cupcake will not move within the container if jiggled or turned upside down." They freeze up in these containers very well and only take a few hours to thaw (room temperature) and enjoy with your classmates.

*By Laura Lawler*

## Book Review: Flourishing With Food Allergies by A. Anderson



How I wish this book had existed when my first son was diagnosed with a food allergy. Newly diagnosed, overwhelmed, and terribly confused, I had a lot of questions for seasoned

parents of the food allergy world. I could have taken great comfort from A. Anderson, mom and author of *Flourishing With Food Allergies*.

Anderson takes the reader's hand and provides a pathway to understanding how other families cope with food allergies. Starting with her first son's infancy,

Anderson guides us through her journey of discovering her kids' food allergies and how she and her husband learned how to keep them safe. Like most of us, learning how to manage her kids' food allergies didn't come immediately or naturally. In fact, accepting that their children even had food allergies came with resistance. As Anderson states, "Acceptance, for us, included understanding the allergens, researching the foods we ate, and making significant changes to our family's diet. This is difficult to do overnight. It took us many months - about 6 to be exact." Sound familiar? You are not alone.

Anderson also describes the journeys of fourteen other parents. She gives the example of a woman named Karen with a 4-month old son with eczema, who "when she discussed it with the two dermatologists, neither one mentioned food allergies as a possible cause. Instead they only prescribed cream. Later, when Karen asked them why they didn't mention food allergies, they said

that so many people have eczema and they can't tell everyone who has eczema that it could be related to food allergies." Many of us have had similar frustrations.

Professionals also present perspectives and insight on life with food allergies. Two pediatricians, an allergist, a naturopath, and a psychologist offer how they test and treat their patients. The psychologist explains the importance of families finding a support system for themselves and *being* a support system for their children.

The author further explores how she has tackled birthday parties, toddler activities, and playdates. She provides step by step instructions to handling these common social situations—an enormous help to those of us who are still new to the scene.

For the newly diagnosed or the veteran food allergy family, *Flourishing With Food Allergies* is a practical and accessible book. Our lending library has one copy available for check out.

*By Jen Faust*

## Recipe Corner: Dairy-Egg-Nut Free Chocolate Cupcakes

One of my family's staples for birthdays and holidays, this recipe has been extremely popular even with our non-allergic friends.

Taken from *What's To Eat?* by Linda Coss.

### Chocolate Frosting

½ cup (1 stick) dairy-free margarine, room temperature  
 2 ½ tablespoons honey  
 1 teaspoon vanilla extract  
 ½ cup dairy-free 100% cocoa powder  
 2 ½ tablespoons water  
 2 ½ cups powdered sugar

Place margarine, honey, and vanilla in mixing bowl. Sift cocoa into this bowl. Using electric beaters at low speed, cream these ingredients together. Add water and sift powdered sugar into mixture. Beat with electric beaters on medium speed until well mixed.

Makes about 2 ½ cups of frosting

### Chocolate Cupcakes

3 cups flour  
 2 cups sugar  
 ½ cup dairy-free 100% cocoa powder  
 2 teaspoons baking soda  
 1 teaspoon salt  
 2 cups water  
 2/3 cup vegetable oil  
 2 tablespoons distilled white vinegar  
 2 teaspoons vanilla extract

Preheat oven to 350 degrees F. In a large mixing bowl, combine flour, sugar, cocoa, baking soda, and salt. Add water, oil, vinegar, and vanilla. Beat with a spoon or wire whisk just until batter is smooth and ingredients are well-blended.

Line 24 regular cupcake tins with paper cupcake liners. Fill cupcakes almost full. Bake in preheated 350 degree oven for 20 minutes or until done. Let cool on wire racks and then frost.

Makes 24 cupcakes



Jude enjoying a cupcake

The Food Allergy Association of Wisconsin (FAAW) - Central Wisconsin Chapter

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*The mission of the Food Allergy Association of Wisconsin is to connect and support families and adults living with food allergies in central Wisconsin. FAAW seeks to realize this mission through awareness raising, training, and support. FAAW is affiliated with the Asthma and Allergy Foundation of America. Tax deductible donations can be made directly to the Food Allergy Association of Wisconsin.*

**Disclaimer:** Information contained in this publication should not be used as a substitute for responsible professional care to diagnose and treat specific symptoms and illness. Any references to available products and procedures should not be construed as an endorsement nor are such references a representation as to the effectiveness or appropriateness of any such product or procedures. The Asthma and Allergy Foundation of America and the Food Allergy Association of Wisconsin, including all parties to or associated with this publication, will not be held responsible for any action taken by readers.



# Thank You



<b>Meeting Room:</b> Aspirus Wausau Hospital	Foundation of North Central Wisconsin)	Robert Wood, MD and Joe Kraynak	Ian's Natural Foods
<b>Medical Advisor:</b> Dr. David Edmondson	Dey LP Madeline Witt	Emily Hendrix	Gaks Snacks
<b>Discounted Website:</b> iMakeSense	Jeanne Erickson	Christina Black	Nothin'nuttie
<b>Discounted printing:</b> Color Vision Printing Ltd	Gap Foundation FAAN, Back to School Grant FAAN, FAAW Grant	Wegohealth.com	Rebecca's Nut Free
<b>Educational Materials:</b> Asthma and Allergy Foundation of America (AAFA) Food Allergy and Anaphylaxis Network (FAAN) Dey LP Versus Pharmaceuticals Allergic Child AllergyKids.com	Anonymous donors <b>Lending Library Donations:</b> Linda Marienhoff Coss Scott Sicherer, MD Janke Bookstore FAAN Paula Clark Oliver Witt	Melisa K. Priem <b>Product samples provided by:</b> Candy Creations No Nuttin' Sungold Foods EnerG Foods Divvies Vermont Nut Free Namaste	Enjoy Life <b>Miscellaneous Donations:</b> Evolutions in Design Janet Macon Amy Marquardt Flowers by Christine Marcus Theatre Cedar Creek Culvers Starbucks, Rib Mountain Car Buffs
<b>Funding provided by:</b> Caroline S. Mark Legacy Fund (through the Community	Sarah Hamilton Dey LP Dina Clifford		

