



Solano Family & Children's Services, Child and Adult Care Food Program

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Nutrition Nuggets

May: Food Allergy Awareness Month

Food allergy is a serious and potentially life threatening medical condition affecting 32 million Americans. One in every 13 children has a food allergy, that's about 2 in every U.S. classroom. And every 3 minutes, a food allergy reaction sends someone to the emergency room. Food allergy is among the diseases considered to be part of the Atopic March. Also known as the Allergic March, this term refers to the progression of allergic diseases in a person's life: eczema, food allergy, allergic rhinitis and asthma. Not everyone will follow this progression or experience every condition.

What Causes Food Allergies?

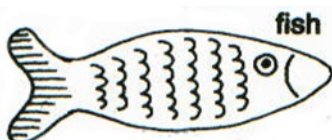
The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy happens when your immune system overreacts to a harmless food protein, an allergen. The eight most common food allergies in the U.S. are:

- Milk
- Egg
- Peanut
- Tree Nuts
- Soy
- Wheat
- Fish
- Shellfish

Family history appears to play a role in whether someone develops a food allergy. If you have other kinds of allergic reactions, like eczema or hay fever, you have a greater risk of food allergy. This is also true of asthma. Food allergies are not the same as food intolerances, and food allergy symptoms overlap with symptoms of other medical conditions. It is therefore important to have your food allergy confirmed by an appropriate evaluation with an allergist. Food allergies are serious. Food allergy may occur in response to any food, and some people are allergic to more than one food. Food allergies may start in childhood or as an adult. All food allergies have one thing in common: They are potentially life threatening. Always take food allergies and the people who live with them seriously. Food allergy reactions can vary unpredictably from mild to severe. Mild food allergy reactions may involve only a few hives or minor abdominal pain, though some food allergy reactions progress to severe anaphylaxis with low blood pressure and loss of consciousness.

Currently, there is no cure for food allergies.

www.foodallergy.org



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Chili Mac

1 lb. ground beef
1 tbsp olive oil
1 clove garlic, minced
1 tsp fresh thyme
1 tbsp potato starch

1/2 lb. rice penne
1 small onion, diced
1 tbsp chili powder
1/2 tsp fresh oregano
1 cup water or tomato sauce

Cook noodles according to package directions. Drain and run under cold water to stop cooking. Meanwhile, heat oil in large heavy bottom skillet or Dutch oven over med/high heat. Sauté onion and garlic until translucent. Add meat, breaking into pieces. Brown meat stirring occasionally. Add spices and starch. Stir to blend evenly. Add water/stock/tomato sauce and bring to boil. Reduce heat and simmer for 10-15 minutes until thickened. Add noodles, stir gently and heat to serving temperature.

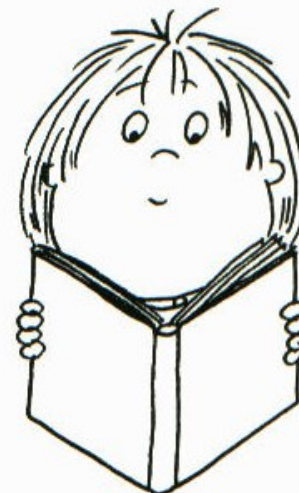
This recipe is free of: milk, peanut, egg, soy, tree nut, gluten, wheat, fish, shellfish, and sesame.

www.kidswithfoodallergies.com

Food Allergy Substitutions

Finding food allergy substitutions for common allergens doesn't have to be hard. With the endless options in grocery stores, finding healthy and tasty food allergy substitutions for common food allergies has gotten a whole lot easier. Doing research will be very beneficial for your childcare if you are caring for someone with a food allergy. Here are some common food allergy alternatives:

- **Milk** - Almond milk, Soy milk, Oat milk, Coconut milk beverage, Rice milk, Hemp milk, Cashew milk, Pea protein milk, Hazelnut milk. For our program, non dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A & D, and other nutrients to levels found in cow's milk. As of now, soy milk is the only one that qualifies.
- **Cheese** - crumbled tofu, vegan cheese, cashew cheese, nutritional yeast, and miso.
- **Butter** - canola oil, olive oil, applesauce, pumpkin puree, banana and avocado
- **Peanut/ Tree Nut** - almonds, cashews, walnuts, macadamia nuts, Brazil nuts, chestnuts, hazelnuts, pecans, pistachios, pine nuts, and coconuts
- **Soy** - chickpea flour, tofu, soymilk, whole grains, tempeh, textured vegetable protein, chia seeds, Nut Butters, and spirulina/algae.
- **Egg** - chia eggs, flax eggs, aquafaba, mashed banana, unsweetened applesauce, and nut butter.
- **Fish/Shellfish** - tofu, legumes, beans, nuts, seeds, grains and dairy.



www.superkidsnutrition.com