



KIDS WITH FOOD ALLERGIES

VALENTINE'S DAY

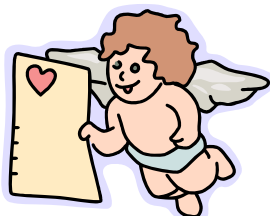


Celebrate with
Food Allergies and
Have Fun, Too!



Inside find suggestions to celebrate Valentine's Day:

School party tips, allergy-safe crafts, and allergy-free recipes



Following are activities to make Valentine's Day safe and fun for everyone!

Celebrating at School

- ◆ Speak to the teacher beforehand and remind him or her of your child's food allergies.
- ◆ Ask that the teacher request no food be put in the cards. If food will be allowed in cards, provide the teacher with a list to send home so other parents know what is safe to put in your child's Valentine's cards.
- ◆ Encourage the use of non-candy gifts for Valentine's Day cards such as:
 - ◇ Handmade paper flowers or hearts (see Activities)
 - ◇ Little toys from the dollar store or a party store
 - ◇ Stickers
- ◆ If food will be placed in the cards, request that the teacher ask that no students be allowed to open their cards until they are home.
- ◆ Volunteer to help out with the party if there is one and offer to be in charge of snacks for the party.
- ◆ Bring in a special safe snack for your child.
- ◆ Double-check your child's cards and gifts before bringing them home.



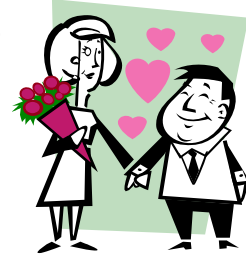
Activities

- ◆ Make homemade presents for the teacher or class such as:
 - ◇ A Valentine's Day card
 - ◇ Cupcakes or bread
 - ◇ Chocolates or candy
 - ◇ A homemade bouquet of paper or silk flowers
 - ◇ A bouquet of fresh flowers





- ◆ Make and decorate a fun mailbox for Valentine's Day. Some suggestions:
 - ◇ Paper mâché, tins or a shoe box
 - ◇ Decorate with craft foam, glitter, magazine cut outs, markers, stickers or different materials from the arts and crafts store to make it really fun.
- ◆ Make original Valentine's Day cards at home.
- ◆ Make homemade chocolate that is safe for your child for the holiday.
- ◆ Make homemade sugar candies.
- ◆ Make decorative wrappers out of aluminum foil for your candies and chocolates.
- ◆ Make a decorative box for your chocolates or candies out of:
 - ◇ Wood or cardboard boxes from an arts and craft store
 - ◇ Paper mâché
 - ◇ Tin
- ◆ Make homemade hearts with fun Valentine's Day sayings on them such as "Be Mine," "Cutie Pie" or others. Hearts can be made from:
 - ◇ Safe dough or clay baked and then left to air dry and harden
 - ◇ Paper, card stock or foam
 - ◇ For a special touch, personalize them with the recipient's name
 - ◇ Decorate with hand-drawn pictures using crayons, markers or paint. Add glitter for a sparkling touch.
- ◆ Make fun Valentine's bracelet jewelry using loops of decorated construction paper, or strings of beads or safe pasta noodles.
- ◆ Make flowers out of tissue paper, cloth, or clay.



VALENTINE'S DAY CRAFT

RICE PLAY DOUGH

Created by Jennifer D.

1 1/4 cups rice flour
1/2 cup salt
2 tsp. cream of tartar
1 cup water
1 tbsp. oil
1/4 tsp vanilla extract
Food coloring or sparkles
(optional)



>>Can be made free of...

**Milk, Peanut, Egg, Soy, Tree nut,
Corn, Gluten, Wheat, Fish,
Shellfish, Sesame**

Mix flour, salt and cream of tartar in a large pot. Add water and oil. Cook over medium heat until the mixture pulls away from the sides of the pan (about 5 minutes), stirring constantly.

Add vanilla extract (for smell, not taste). Mix thoroughly. Put play dough on a clean surface. When cool enough to handle, knead lightly.

Store in an airtight container.

Variations: Add food coloring to the water to make colored play dough. Add sparkles during the hand mixing time for sparkly play dough.





VALENTINE'S DAY RECIPES

"JUST SUGAR" LOLLIPOPS

Created by Meg Falciani

Makes 16 lollipops

2 cups sugar

2/3 cup golden syrup

3/4 cup water

16 6" lollipop sticks

Oil for greasing a cookie sheet

(note: if you do not have a safe oil to use, you can use a dry Silpat placed on a cookie sheet)

In a saucepan, blend sugar, golden syrup, and water. Bring to a boil over high heat, and continue boiling until mixture reaches 290 degrees (Hard Crack stage). CAREFULLY remove pan from heat.

Using a large metal spoon (like a tablespoon), pour puddles of the sugar syrup onto the oiled cookie sheet. Immediately place sticks into puddles, and rotate them in the sugar to coat. Allow to cool completely (20-30 min), and then lift straight up to remove from pan. (If you are using a Silpat, lift the Silpat and gently peel it away from the lollipop.)

Store tightly covered in a cool, dry place. You can individually wrap in parchment, waxed paper or plastic wrap. If you need to layer lollipops to fit in container, place a piece of parchment or waxed paper between the layers.

Note: You can substitute light corn syrup for the golden syrup if corn is not an allergen for you. If the surface under the cookie sheet is heat-sensitive, be sure to place newspaper or some other material under the cookie sheet to protect it. Lollipop sticks can be purchased in the candy aisle at craft stores.

Variations: If you wish to use candy molds to make shaped lollipops, make sure they are rated for SUGAR candy, not just chocolate, as those will melt. You can also use this mixture in silicone ice cube trays. Pour a thin layer (approx 1/8 – 1/4 inch) into trays and allow to cool. Invert molds and push candies out.



>>Can be made free of...

**Milk, Peanut, Egg, Soy, Tree nut,
Corn, Gluten, Wheat, Fish, Shellfish,
Sesame and all food
proteins.**

“PEANUT BUTTER” CUPS

Created by Kathy Przywara

1/4 cup safe margarine

3/4 cup soy or sunflower butter

3/4 cup graham cracker crumbs

1/2 cup powdered sugar

1 1/2 cups safe chocolate chips



Melt together margarine and soy or sunflower butter. Mix together graham cracker crumbs and powdered sugar. Add melted butters and stir to completely blend. Spread this in the bottom of an 8x8” pan. This will be a fairly thin layer. If you want it thicker, use a smaller pan.

Melt chocolate and spread evenly on top of butter mixture. Allow to cool for at least an hour in the refrigerator. Cut in squares to serve. It’s easier to cut if you take it out of the fridge for 10-15 minutes before cutting.

>>Can be made free of...

**Milk, Peanut, Egg, Soy, Tree nut,
Corn, Fish, Shellfish, Sesame**





CRUNCH CHOCOLATES

Created by Melanie Carver

- 1/2 cup safe chocolate chips
- 1 1/2 tsp. safe margarine (optional)
- 1 cup puffed millet cereal



Slightly toast the puffed millet cereal in a heated pan.
Do not add oil to the pan.

Melt chocolate chips over double-boiler. Add margarine. Stir constantly as chips are melting and turning into a glossy chocolate.

Remove from heat and pour in millet cereal. Mix until well coated.

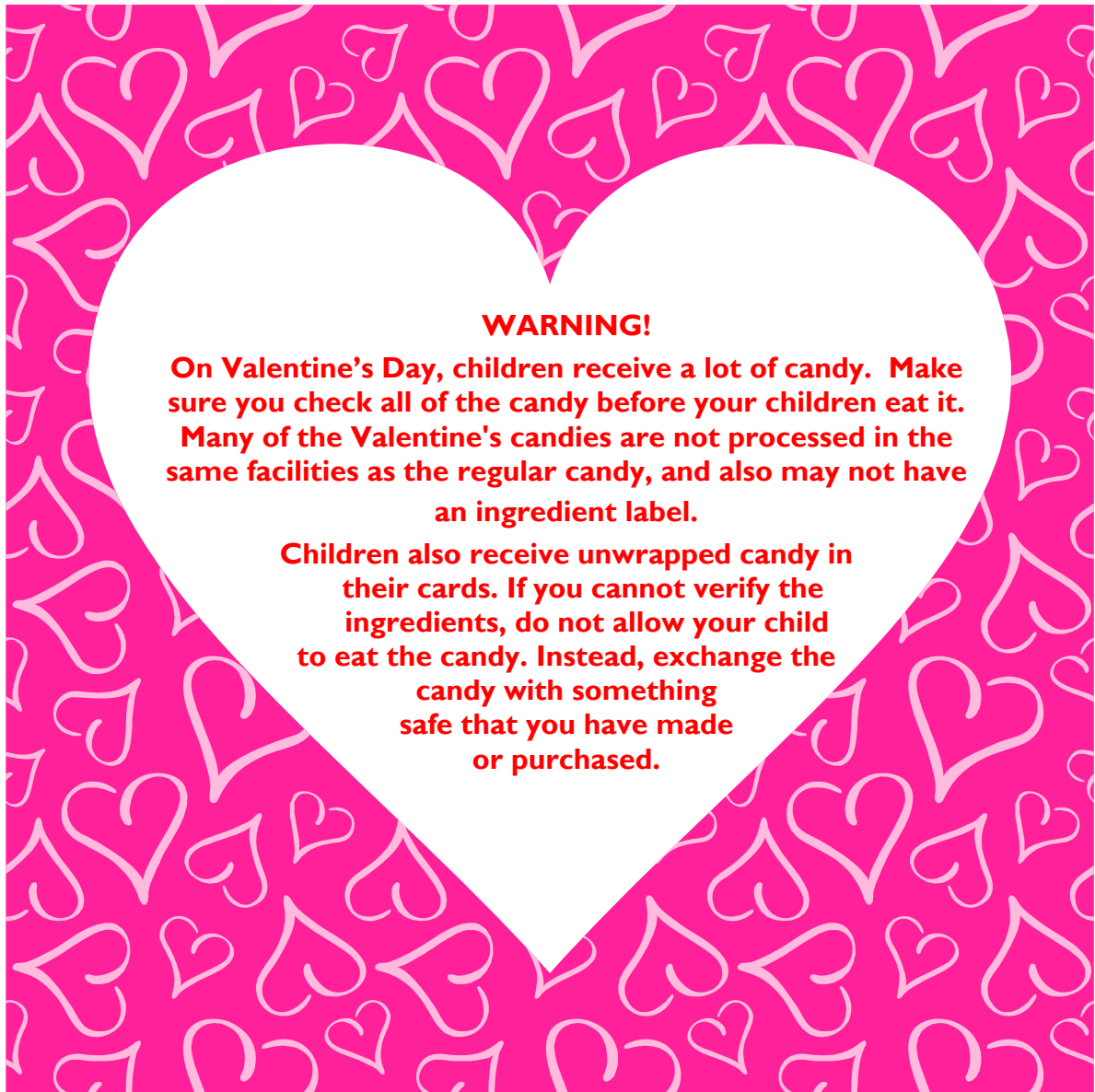
Scoop round spoonfuls onto waxed paper and place in refrigerator to cool until chocolate hardens.

Use substitute versions of ingredients as needed.



>>Can be made free of...

**Milk, Peanut, Egg, Soy, Tree nut,
Corn, Gluten, Wheat, Fish, Shellfish,
Sesame**



WARNING!

On Valentine's Day, children receive a lot of candy. Make sure you check all of the candy before your children eat it. Many of the Valentine's candies are not processed in the same facilities as the regular candy, and also may not have an ingredient label.

Children also receive unwrapped candy in their cards. If you cannot verify the ingredients, do not allow your child to eat the candy. Instead, exchange the candy with something safe that you have made or purchased.

SPECIAL THANKS

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Kids with Food Allergies, Inc.

A World of Support

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