



Fresh Off The Press

September 2019



Food Allergy Worries?



Sending your child off to school for the first time may be difficult for any parent. Parents having children with food allergies have even more anxiety. Recent studies have shown that 1 in 20 young children under the age of 5 years are allergic to at least one food. Peanuts, milk, and wheat are some of the most common food allergies affecting young children today. Being able to prepare a healthy and allergy-free lunch with kid-friendly foods is possible. However, as a parent it is still very important for you to let your child’s principal, teachers, and cafeteria staff know of your child’s allergy so they can take the necessary steps needed to protect your child’s well-being when they are under their care.

Try these lunch ideas for these common allergies:

- ◆ **No Peanuts:** Sunbutter is made with sunflower seeds, and it is a safe substitute for kids with peanut or tree nut allergies. It’s packed with vitamin E and fiber, and 7 grams of protein per serving, which is just as much as regular peanut butter provides. Sunbutter can be served alone, paired with a favorite jam or jelly, used with sliced fruit or crackers, or used in a variety of peanut and tree nut free recipes.



- ◆ **No Milk:** Soymilk is the most common milk substitute. You can use soy milk in your cereals, smoothies, or in place of regular milk in your favorite recipes. But if soy milk isn't right for you, some other options are rice, almond, coconut, or oat milk.

- ◆ **No Wheat:** Choose from these flours: rice, potato starch, soy, tapioca, or corn instead of wheat, barley, or rye. Some wheat-free snack ideas include rice cakes; popcorn or corn puffs like Puffcorn; cereal (Rice Chex, Corn Chex, Gluten Free Apple Cinnamon Cereal or Rice Krispies); fruit snacks; rice crackers; or snacks from Enjoy Life Foods, like the Soft and Chewy Caramel Apple Snack



Gluten-Free Bars. Be sure to check all labels for hidden wheat ingredients because some products may have modified food starch in them, which is another name for wheat.

Fresh Food Factor was created by Volunteers of America Greater New Orleans in May 2013. Our vision is to provide each and every child with access to healthy and nutrient based meals each day. We provide a variety of local, healthy, and affordable meal services and we are proud to serve your child this upcoming school year!



5-4-3-2-1, GO!

Nutrition and physical activity play an important role in a child's health. Staying healthy can be easy to remember when you think about five numbers (5-4-3-2-1).

Each number represents the following:

- ⇒ 5 servings of fruits and vegetables
- ⇒ 4 servings of water a day
- ⇒ 3 servings of low-fat dairy
- ⇒ 2 hours or less of screen time a day
- ⇒ 1 hour or more of physical activity a day



What's In Season: *Peaches*

Peach Benefits:

- 1) Anti-Inflammatory
- 2) Reduces bad LDL cholesterol
- 3) Wards off diabetes
- 4) Supports eye health
- 5) Vitamin C to support skin cells

