

The Golden Appler Newsletter™

Food Allergy and Dietary Intolerance Awareness,
Including Not Excluding™



There are eight foods that make up 90% of all food allergies. The top three are peanuts, milk and shellfish.- Academy of Allergy Asthma and Immunology

Happy Halloween To All!



Here are some tips to ensure kids with food allergies and dietary intolerances have a safe Halloween while still having fun!

- ◆ **Emphasize Fun over Food**– It is important to plan ahead and be creative. Switch out candy for a toy. Bring the party to your house and offer only safe snacks. Have a safe treat hunt and don't forget the ghost stories! Remember to check ingredients in makeup, masks and decorations.
- ◆ **Trick or Treating**-Bring safe snacks to your neighbor's house before your child rings their bell. Tell you child not to eat any treats until you check labels.
- ◆ **Safe or Unsafe**-Ingredients in the miniature or "fun size" versions of a candy may not be allergen-free. They could have different ingredients and be made in a facility that processes peanuts or other allergens.
- ◆ **School Party**-Make your little goblin's favorite treat for the whole class. Help organize the party and attend to monitor the festivities. Suggest non-food related activities such as a costume fashion show.



Statistics and Trends for Food Allergies

- ◆ Every 3 minutes, a food allergy reaction sends someone to the emergency department – that is more than 200,000 emergency department visits per year.
- ◆ A reaction to food can range from a mild response (such as an itchy mouth) to anaphylaxis, a severe and potentially deadly reaction.
- ◆ Individuals with food allergies who also have asthma may be at increased risk for severe/fatal food allergy reactions.

Source: FARE formerly FAAN

Disney World is Magical for Kids with Food Allergies and Special Dietary Needs

If you were thinking about taking a trip to Disney World but were worried there would be no place to eat...grab your Mickey Mouse Ears and enjoy!

The food and beverage team includes a separate department that was developed to accommodate special diets that include food allergies and intolerances as well as diabetics, vegan and kosher requests.

Disney food blog walks you through the process. Table service restaurants require 14 day notice.

The three steps include:

- ◆ Making an advanced dinner reservation with the special diet noted for each reservation.
- ◆ Emailing the special diet department advising them of your needs before you get there.
- ◆ Talking to the Chef and/or Restaurant Manager upon your arrival at the restaurant.

For additional information:
www.disneyfoodblog.com/special-diets-resources/
Call (407) 939-3463



Goldie's Kids Corner

Apples

In the world of food there are many different groups of fruits and vegetables. They are called species and share a common name. There are often many different varieties under that same name.

Let's make sure we understand how this works! Apple is the name of the group or species. There are over 7500 different varieties grown around the world but they are all still apples.

What goes for apples goes for kids! Even if someone is different, we are all the same!!

See if you can find the different apples in puzzle...good luck!!

M C I N T O S H A I K A B W

D L O G A N O J T N J E O A

U Y U A K J A R I K A U Q L

K R E H T S A P Z U L S F T

C O R T L A N D T B A H C A

M B R U Q C M Y U R G A V N

I W K L A D Y Z Q O O Y C A

BEAUTY
CORTLAND
FUJI
GALA
JONAGOLD
LADY
MCINTOSH
PINK
RAJKA
SHAY
WALTANA

Dear Goldie

Dear Goldie,

How many kids in the country have a food allergy?

Signed,
Carla

Dear Carla,

Great question!! 1 in 13 children have a food allergy in the United States. That is roughly 2 kids in every classroom!!

Love,
Goldie

Goldie would love to hear from you . Write to her at:
info@consultjcb.com