



# KIDS WITH FOOD ALLERGIES

## CHANUKAH

Celebrate with  
Food Allergies and  
Have Fun, Too!



happy   
hanukkah

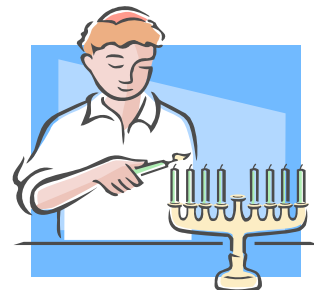
Inside find suggestions  
to celebrate  
Chanukah



**The following are activities to make Chanukah safe and fun for everyone!**

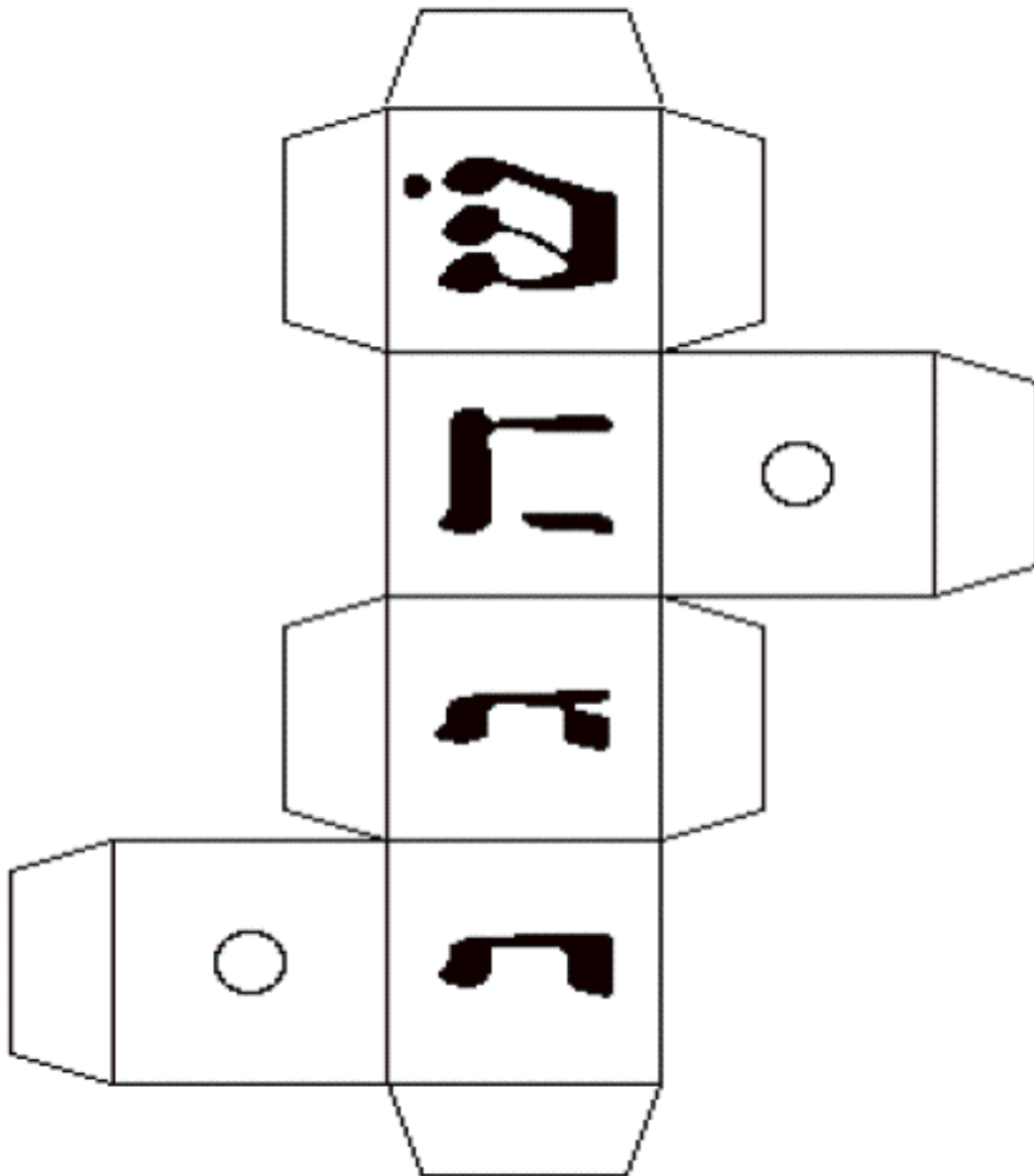
**Craft Ideas:**

- ◆ Have your kids make their own driedels out of:
  - ◇ Wood
  - ◇ Clay
  - ◇ Metal
  - ◇ Foam sheets
- ◆ Have your kids make their own Chanukiahs (Menorah) out of :
  - ◆ Clay
  - ◆ Metal
  - ◆ Wood and screw nuts
- ◆ Make an oil Chanukiah to see the difference.
- ◆ Have your kids make homemade candles either by using beeswax, candle wax from the craft store, or melting old crayons and dipping the wick in the wax.
- ◆ Make decorations for Chanukah around the house.
- ◆ Make Homemade Chanukah cards.
- ◆ Make a felt Chanukiah for little children who cannot light their own Chanukiah yet.
- ◆ Make presents for the eight days of Chanukah for everyone in the family.
- ◆ Make your own Chanukah wrapping paper.
- ◆ For every night of Chanukah, have a different craft or activity for the children.
- ◆ Make homemade gelt (money). Melt down chocolate that is safe for your child; put it in coin moldings and wrap them with aluminum. Have your children decorate the aluminum before hand.





- ◆ Use the following to create a driedel and use a pencil in the center:



**Activities:**

- ◆ Focus on the story of Chanukah.
  - ◇ Talk about the role of the Maccabees in defeating the Romans.
- ◆ Talk about the miracles of the Menorah being lit for eight nights.
- ◆ Read different Chanukah story books for your children.
- ◆ Have your kids create a Chanukah play based on:
  - ◇ For older children: the Apocrypha story, which is the codified story of Chanukah.
  - ◇ A condensed version of the Apocrypha story, found in most stories, that is suitable for younger children.
- ◆ If they are older, have them compare the difference between the story usually told and that found in the Apocrypha. Why do they think it is different?
- ◆ Play the driedel for pennies instead of peanuts or chocolate.
- ◆ See how many driedels you can get spinning at the same time.
- ◆ Have a driedel spinning contest to see who's can spin the longest.
- ◆ Teach your children that the four letters on the driedel stand for Nes Gadol Hayah Sham, which means "a great miracle happened there". In Israel, the driedels are replaced with the letter Peh instead of Shin. The Peh stands for the word Po which means "here".
- ◆ Teach your children that the driedel was the way the Jewish children learned about Judaism when Antiochus was the leader of Jerusalem. It was forbidden to practice Judaism and this was how it was continued. If Romans came by, it looked as though the children were just playing a game of tops.
- ◆ Play board games on Chanukah.
- ◆ Play other games on Chanukah:
  - ◇ Play Chanukah Charades doing things that only relate to Chanukah
  - ◇ Play Chanukah Pictionary®.
- ◆ Light Chanukah Candles every night as a family.
- ◆ Create a Chanukah board game.



- ◆ Watch Chanukah videos.
- ◆ Have a Chanukah sing-along. Some songs you can sing are:
  - ◇ I have a little Driedel
  - ◇ Sivivon, sov, sov, sov
  - ◇ Maoz Tzur
  - ◇ Chanukah, Chanukah
  - ◇ Chanukah, oh Chanukah
  - ◇ Mi Yemalel
  - ◇ I'm a Latke
  - ◇ Haneirot Halalu



#### **Food and Dining Planning Ideas:**

- ◆ Skip the food issue altogether by spending special time with family in nonfood-related activities.
- ◆ Host a Chanukah party with safe foods.
- ◆ Prepare safe foods to bring to somebody's house if you are going to other parties.
- ◆ For buffets, plan on an early visit, and then leave when it's time for people to wander with plates of food.
- ◆ Provide all the food for the entire meal, thus ensuring that everything is safe for your allergic child.
- ◆ Invite others to your home, notifying guests in advance what foods are off-limits in your home.
- ◆ For younger children, use a high chair or booster seat with a tray if child's allergens are being served.
- ◆ Dress your child in KFA "Don't Feed Me" clothing, or wear infants in slings to prevent well-meaning "sharing."
- ◆ Closely monitor your allergic child to prevent accidental exposures.
- ◆ Make homemade Latkes (potato pancakes) and homemade applesauce.
- ◆ Make homemade sufganyot (jelly donuts)



## SAFE EATS FOR CHANUKAH

### TRADITIONAL POTATO LATKES

Created by Yael Weinstein

- 4 Large potatoes
- 1 Large onion
- 3 tablespoons oil
- 1/2 teaspoon salt
- 3 teaspoons baking soda
- 1/2 teaspoon pepper
- 2 cloves (optional)
- Cooking oil for frying



Grate potatoes and onion in a Cuisinart or you can also hand grate them if doing this with children and you want to make an activity of it.

Add all ingredients, including the potatoes and onion, except for the cooking oil for frying, into a large mixing bowl. Mix together.

Pour cooking oil into a frying pan until 1/2 inch to 1 inch deep depending on pan and on Medium high heat the oil. Make patties of the potato mixture and place into the hot oil with a spoon. Cook on one side until browning and then flip. You can cook until desired crispiness. Place cooked latkes on a plate that has a paper towel on it. Once they cool and the oil soaks through the paper towel transfer to another plate to serve.

You can cook these beforehand and then heat in the oven before a party if you desire.

It's great to serve with applesauce or sour cream. You can use faux sour cream if allergic to milk.

**>>Can be made free of...**

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

## SWEET POTATO AND YAM LATKES

Created by Yael Weinstein

- 2 Large sweet potatoes
- 2 Large yams
- 1 apple
- 3 tablespoons oil
- 3 teaspoons baking soda
- 2 teaspoons cinnamon (optional)
- 1 teaspoon ground cloves (optional)
- 1 teaspoon ground nutmeg (optional)
- 1 teaspoon ginger (optional)
- Cooking oil for frying



Grate sweet potatoes, yams and apple in a Cuisinart®, or you can also grate them by hand if you and your children want to make an activity of it.

Add all ingredients, including the sweet potatoes, yams and apple, except for the cooking oil for frying, into a large mixing bowl. Mix together.

Pour cooking oil into a frying pan until 1/2 inch to 1 inch deep depending on pan and on Medium high heat the oil. Make patties of the potato mixture and place into the hot oil with a spoon. Cook on one side until browning and then flip. You can cook until desired crispiness. Place cooked latkes on a plate that has a paper towel on it. Once they cool and the oil soaks through the paper towel transfer to another plate to serve.

You can cook these beforehand and then heat in the oven before a party if you desire.

It's great to sprinkle brown sugar on top or to eat as is.

**>>Can be made free of...**

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

## SUFGANYOT (JELLY DONUTS)

Created by Yael Weinstein

1 cup + 2 Tablespoons water  
3 Tablespoons cooking oil  
1/2 teaspoon vanilla  
3 1/2 cups flour  
1/3 cup sugar  
1/2 teaspoon ground cinnamon  
1/2 teaspoon salt  
2 teaspoons baking soda  
4 1/2 teaspoons active dry yeast  
1/4 cup fruit preserve of your choosing—traditional strawberry or raspberry  
Cooking oil for frying  
Powdered sugar or granulated sugar (optional)

>>Can be made free of...

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



If you have a bread machine: place the first nine ingredients, in order, into the machine. Put the machine on the dough setting. When completed punch down once and let rise ten minutes.

If you don't have a bread machine: in a large bowl combine dry ingredients and set a side. In a separate bowl, combine wet ingredients. Mix the two mixtures together and knead. Let rise one hour, punch down and let rise ten minutes.

For both ways of preparing dough: roll dough out on a floured surface to 1/4 inch thickness and cut into circles using a biscuit cutter or a cup. Place 1/2 teaspoon of preserve into the center of half the circle. Moisten edge of circles and top with remaining half of circles. Seal edges together. Re-roll and cut until you have finished using all of the dough.

Fry sufganyot in hot oil for about 1 minute on each side or until golden brown. Remove from oil and place on a plate with paper towels to drain oil. Sprinkle powdered sugar on top.

Makes about 24.

### SPECIAL THANKS

Members of Kids with Food Allergies Inc.

Yael Weinstein, KFA Education Materials coordinator

### RESOURCES FOR THIS BROCHURE

Boy Scouts [http://usscouts.org/usscouts/bbugle/bb0511/BB0511\\_files/image036.gif](http://usscouts.org/usscouts/bbugle/bb0511/BB0511_files/image036.gif)



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*A World of Support*

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