



# KIDS WITH FOOD ALLERGIES

## THANKSGIVING

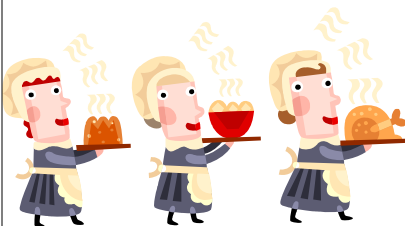


Celebrate with  
Food Allergies and  
Have Fun, Too!



**Inside find suggestions to celebrate Thanksgiving:**

- *at home*
- *at school*



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

**Craft Ideas:**

- ◆ Make turkeys
  - ◇ Using feathers, a flower pot and eyes.
  - ◇ Tracing your hand.
- ◆ Make pilgrim hats out of paper.
- ◆ Make pilgrim costumes and dress up for the Thanksgiving meal.
- ◆ Make clay gourds to decorate the table with on Thanksgiving.
- ◆ Make homemade baskets out of:
  - ◇ Paper
  - ◇ Straw



**Activities:**

- ◆ Have everyone say what they are thankful for that year.
- ◆ Make Thanksgiving cards for everyone.
- ◆ Have kids go through the house and collect things they no longer need to donate to charity.
- ◆ Volunteer at a homeless shelter and wrap utensils or stack dishes.
- ◆ Have the kids put on a Thanksgiving play.
- ◆ Go out and play:
  - ◇ Football
  - ◇ Soccer
  - ◇ Basketball
  - ◇ Frisbee®
  - ◇ Ultimate Frisbee®
  - ◇ Another family favorite game outside.
  - ◇ Go for a family walk.

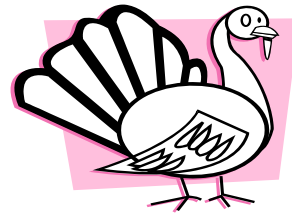


- ◆ Ask everyone at your dinner to bring a suitcase packed with everything you would take if you were sailing across the world to find a new home and you could only pack one suitcase for the journey.
- ◆ Read Thanksgiving stories.
- ◆ Play fun board games.
- ◆ Watch movies about Thanksgiving.



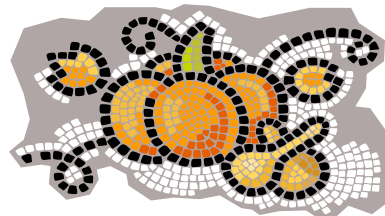
### Food and Dining Planning Ideas:

- ◆ Host your own Thanksgiving meal featuring food that is safe for your food-allergic family member.
- ◆ Help make the meal at somebody else's house.
- ◆ Make a separate meal for your child that is safe for him or her.
- ◆ Dress your child up in a KFA "Please Don't Feed me" T-shirt.
- ◆ For a younger child, use a high chair or booster seat with a tray if the child's allergens are being served.
- ◆ Closely monitor your allergic child to prevent accidental exposures.
- ◆ Join the party after the meal is done.
- ◆ Make homemade:
  - ◇ Pumpkin cookies
  - ◇ Pumpkin bread
  - ◇ Sugar cookies in shapes for Thanksgiving



### School Planning Ideas:

- ◆ If there is a Thanksgiving party at school:
  - ◇ be on the planning committee to ensure that there are safe activities and foods for your children.
  - ◇ attend the party to monitor the situation.



## SAFE EATS FOR THANKSGIVING

### PUMPKIN PIE

Created by Littlebotsmom

2 cups canned pumpkin  
3/4 cup brown sugar, firmly packed  
1 1/2 cups water  
6 1/2 Tbsp cornstarch  
1 tsp allspice  
1/2 tsp salt  
1/4 tsp ground cloves  
1/2 tsp ginger  
1 pie crust, safe for your allergy set

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

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

Preheat oven to 375. In a medium saucepan combine all ingredients. Cook over medium heat until mixture begins to thicken, stirring constantly. Pour into piecrust. Bake 30 minutes until firm.

### STUFFING

Created by Amy Hugon

5 slices gluten-free bread  
3 small apples, chopped finely  
1/4 cup dried cranberries  
1/4 cup safe margarine, melted, or oil  
1 cup safe chicken broth  
1 tsp poultry spice  
2 Tbsp Egg Replacer® powder (optional)  
1 tsp salt

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

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

Toast bread two times, and chop into small pieces. In large bowl, mix all ingredients together and stuff in turkey. This makes enough to stuff a small turkey.

Use dairy, soy, egg, corn, wheat and/or gluten free ingredients as needed. Egg Replacer® must be omitted to make corn free.

### SPECIAL THANKS

Members of Kids with Food Allergies Inc.

Yael Weinstein, KFA Education Materials Coordinator



**Kids with Food Allergies Inc.**

*A World of Support*

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