



KIDS WITH FOOD ALLERGIES

THANKSGIVING

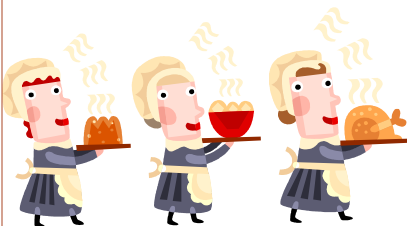


Celebrate with
Food Allergies and
Have Fun, Too!



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.

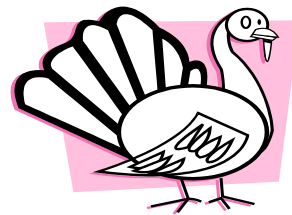


- ◆ Ask everyone at your dinner to bring a suitcase packed with everything you would take if you were sailing across the world to find a new home and you could only pack one suitcase for the journey.
- ◆ Read Thanksgiving stories.
- ◆ Play fun board games.
- ◆ Watch movies about Thanksgiving.



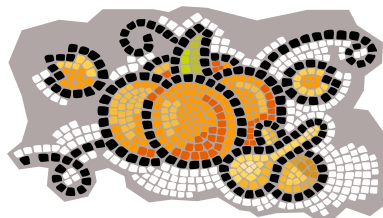
Food and Dining Planning Ideas:

- ◆ 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 RECIPES FOR THANKSGIVING

GLUTEN-FREE 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.

FRUITY TURKEY & RICE SALAD

Created by Kristin Johnston

- 2 cups rice, cooked & cooled
- 1 medium baked chicken or turkey breast, diced
- 1/3 stalk celery (including leaves), diced
- 1/3 cup dried cranberries
- 1/4 cup diced red bell peppers (optional)
- Zest & juice from one orange
- 1/4 cup rice vinegar
- 1/4 cup canola oil
- 3 tsp sugar (optional)
- 1 tsp dried mustard powder (optional)
- Salt & pepper to taste



Can be made free of...

Milk, Peanut, Egg, Soy, Tree Nut, Gluten, Wheat, Fish, Shellfish, Sesame

In a medium bowl, combine the oil, vinegar, mustard, sugar, salt and pepper. Add the orange zest and juice, celery and peppers, and stir. Add the chicken and rice and mix well.

Stir in the cranberries, then refrigerate until ready to serve.

More recipes:

www.kidswithfoodallergies.org/recipes.html

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A World of Support

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