

Spring 2008 Allergy-Friendly Food Products Special Report

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Allergen-Free Foods: What New Products are Available?

A Report from the Natural Products Expo West March 2008



Sponsor



Kids With Food Allergies, Inc.

A non-profit 501(c)(3) charity

www.kidswithfoodallergies.org

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In March 2008, a Kids With Food Allergies representative attended the Natural Products Expo East in Anaheim, CA, where businesses showcased their flagship products and introduced new items to merchandisers and others in the retail business.

There were many companies there with whom KFA is familiar, including companies that already sponsor or advertise with KFA such as Ian's Natural Foods, Enjoy Life Foods, Cherrybrook Kitchen and Sungold Foods. There were also other companies showcasing new allergy-friendly products that are potentially useful for families raising children with food allergies. This report reviews the new products available for 2008.

KFA wants to thank Enjoy Life Foods® for sponsoring our admission to the Natural Products Expo West, and Cherrybrook Kitchen® for sponsoring this report.

New Products for 2008:

***Cherrybrook Kitchen Ready-to-Eat Cookies**

Company: Cherrybrook Kitchen, www.CherrybrookKitchen.com

Free Of

3 varieties are free of peanut, tree nut, milk, eggs, and trans fat; 2 varieties are also wheat-free and gluten-free

Kosher: ✓

Description: 5 varieties of ready-to-eat mini cookies: Mini Chocolate Chip Cookies, Mini Snickerdoodle Cookies, and Mini Fudge Brownie Cookies (all with wheat); Mini Chocolate Chip Cookies and Mini Vanilla Graham Cookies (both wheat- and gluten-free).

Cross-Contamination Issues: The company's brochure states that their products are "prepared in a facility that is peanut and tree nut free and manufactured on dedicated equipment that does not produce dairy or egg products."

Availability: *These products will be released in the summer of 2008.*



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*Cherrybrook Kitchen Ready-to-Spread Frosting

Company: Cherrybrook Kitchen, www.CherrybrookKitchen.com

Free Of

peanut, tree nut, milk, egg, wheat, gluten, trans fat

Kosher: ✓

Description: 2 varieties of ready-to-spread frosting: chocolate and vanilla. The chocolate frosting has a rich, chocolaty flavor, and the vanilla frosting has a strong vanilla flavor (as compared to the vague “white frosting” flavor that some commercially available frostings have).

Cross-Contamination Issues: The company’s brochure states that their products are “prepared in a facility that is peanut and tree nut free and manufactured on dedicated equipment that does not produce dairy or egg products.”

Availability: *These products will be released in Summer 2008.*

*Allergaroo Ready-Made Pasta Dishes

Company: Allergaroo Allergy Friendly Foods, LLC, www.Allergaroo.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten

Kosher: No

Description: A line of pre-cooked meals in shelf-stable microwaveable pouches. Just open, heat, and eat. Available in 3 varieties: Spaghetti (Rice Spaghetti with Tomato Sauce), Chili Mac (Elbow Rice Pasta with Mild Chicken Chili Sauce and Pinto Beans) and Spyglass Noodles (Penne Rice Pasta with Tomato Sauce and Ground Chicken).

Availability: Available April 2008 online at their website; coming soon to natural foods stores.



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*BOBOKIDS Frozen Meals

Company: BOBOKIDS, www.bobokids.com

Free Of

peanut, tree nut, dairy, soy, wheat, egg, fish, shellfish, sesame, poultry and meat

Kosher: ✓

Description: Frozen meals with hidden veggies in all the products.

Cross-Contamination Issues: All kids' meals are free of the top 9 allergens as they are made BOBOBABY's own facility.

Availability: A brand new line available soon nationwide and in Canada

*BOBOKIDS Mookies, Pancake Mix and Trail Mix

Company: BOBOKIDS, www.bobokids.com

Free Of

peanut, tree nut, dairy, soy, egg, fish, shellfish, sesame, poultry and meat

Kosher: ✓

Description: Mookies ("not a muffin, not a cookie, better than both!"), pancake mix, smoothies, trail mix have hidden veggies in all the products.

Cross-Contamination Issues: The Mookies, Pancake Mix and Trail mix are made at a partner facility (not BoboKids' facility) and contain wheat, the Smoothies contain dairy

Availability: A brand new line available soon nationwide and in Canada

*Ener-G Sunflower Butter Cookies

Company: Ener-G, www.ener-g.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten

Kosher: No

Description: These are cookies made with sunflower butter.



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Cross-Contamination Issues: The company's website states: "Ener-G Foods, Inc. is a wheat-free, gluten-free, dairy-free, peanut-free, tree nut-free and kosher certified facility. The company has three separately owned production lines... Our food safety programs for all three production lines require us to clean, sanitize, and inspect after each and every product is run through the line. In addition, the equipment utilized by the company is designed for multiple products... The bakery production line uses Egg Powder and Dry Whole Eggs for a limited number of products. These products are produced on separate equipment (pans, bowls, etc) and are separated when not in use. The only common equipment for these known allergens and other products are the ovens. The food product is never in contact with the oven at any time."

Availability: Available soon online at their website and at natural foods stores nationwide.

*Ener-G Gourmet Onion Crackers

Free Of

Company: Ener-G, www.ener-g.com

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten

Kosher: No

Description: These are crunchy, onion-flavored crackers.

Cross-Contamination Issues: The company's website states: "Ener-G Foods, Inc. is a wheat-free, gluten-free, dairy-free, peanut free, tree-nut free and kosher certified facility. The company has three separately owned production lines... Our food safety programs for all three production lines require us to clean, sanitize, and inspect after each and every product is run through the line. In addition, the equipment utilized by the company is designed for multiple products... The snack food line also produces pretzels with sesame seeds and poppy seeds."

Availability: Available soon online at their website and at natural foods stores nationwide.



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*Ian's Twisty Mac & No Cheese and Twisty Mac & Meat Sauce

Company: Ian's Natural Foods, www.iansnaturalfoods.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten

Kosher: No

Description: Frozen ready-to-eat pasta with sauce. The "no cheese" sauce is made from nutritional yeast and therefore does not taste like soy cheese. The meat sauce contains ground antibiotic- and hormone-free chicken.

Cross-Contamination Issues: The company's website states: "All products under the Red Banner are wheat free, gluten free, dairy free, egg free, nut free and soy free! You can trust our Red Banner because all of Ian's Wheat and Gluten Free products have passed through extensive internal testing as well as outside laboratory testing."

Availability: Available online at their website, and at major natural foods stores nationwide.

*Ian's Pizza Kit and Pasta Kit

Company: Ian's Natural Foods, www.iansnaturalfoods.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten

Kosher: No

Description: Shelf-stable dinner-making kits that come in canisters. The pizza kit includes dough mix, marinara sauce, a yeast packet, and a spice packet; you add oil and water, and use your own dairy-free cheese. The pasta kit includes pasta, sauce, and a spice packet; you don't need to add anything – just cook it up.

Cross-Contamination Issues: The company's website states: "All products under the Red Banner are wheat free, gluten free, dairy free, egg free, nut free and soy free! You can trust our Red Banner because all of Ian's Wheat and Gluten Free products have passed through extensive internal testing as well as outside laboratory testing."

Availability: Available June 2008 online at their website, probably at Amazon.com, and at major natural foods stores nationwide.



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*Ian's Cookie Buttons

Company: Ian's Natural Foods, www.iansnaturalfoods.com

Free Of

wheat, gluten

Kosher: No

Description: Mini ready-to-eat cookies available in Chocolate Chip or Crunchy Cinnamon.

Cross-Contamination Issues: The products are labeled as containing soy, egg, and dairy, and made in a facility that processes peanut, tree nut, egg, wheat, and milk.

Availability: Available online at their website, at Amazon.com, and at natural foods stores nationwide.

*Pamela's Simplebites Extreme Chocolate Mini Cookies

Company: Pamela's Products, www.PamelasProducts.com

Free Of

wheat, gluten

Kosher: ✓ (labeled Kosher dairy)

Description: Extremely chocolaty, crunchy mini cookies.

Cross-Contamination Issues: The company's website states: "Pamela's Products have been formulated and produced to be wheat-free and gluten-free. Our products are produced in a facility which also makes products containing: peanuts, tree nuts, dairy, eggs and soy."

Availability: Available online at their website, as well as at natural foods stores and some large grocery chains nationwide and in Canada.



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*Sharkies Kids Sports Chews

Company: Sharkies, Inc., www.SharkiesInc.com



Free Of

peanut, tree nut, dairy, egg, wheat, soy, fish, shell fish, gluten, fructose, dyes, and GMO's

Kosher: No

Description: Little fruit-flavored gels in the shape of sharks. Note: although these are called "chews" (on the flier) or "yummy gummies" (on the sample packet), they would be fine for kids who have braces, as they do not have the chewiness of a traditional gummy candy.

Cross-Contamination Issues: The company's flier states that "Sharkies are packed with real fruit juice, vitamins, and are entirely free of fructose, gluten, nuts, dyes and GMO's."

Availability: Available online at Amazon.com, at various sporting goods, natural foods, and other grocery stores nationwide; soon at Target as well.

*Yummy Earth Organic Lollipops and Vitamin C Drops

Company: Yummy Earth, www.yummyearth.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shell fish, gluten, corn

Kosher: ✓

Description: Yummy Earth has added 13 new flavors to their line of lollipops and hard candy drops: lucky lime, ginger zest, tooberry blueberry, blood orange cocktail, hopscotch butterscotch, tickled pink grapefruit, roadside root bear, chili mango mambo, chili lime lambada, strawberry smash, cinnamon stick, very very cherry, and googly grape.

Cross-Contamination Issues: The company's website states "Gluten Free, Wheat-free, Egg-free, Casein-free, Dairy-free, Soy-free, 100% Natural Colors, No chemical dyes, Real Fruit Extracts, 100% Natural Flavors, Certified Organic, Kof-K Kosher Parve. Our plant uses no tree nuts or peanuts."

Availability: Available online at the company's website, at Amazon.com, natural foods stores, Toys R Us, Babies R Us, some gas stations and 711's, and other stores nationwide. Exported to 22 countries.





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*St. Clair's Organic Mints, Sweets and Tarts

Company: EcoNatural Solutions, Inc., www.StClairs.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shell fish, gluten, corn, GMO's, gelatin, animal by-products

Kosher: No

Description: Organic breath mints and candies.

Cross-Contamination Issues: The company's fliers state that the products are "Certified organic, wheat and gluten-free, dairy and casein-free, corn, soy and egg-free, peanut and tree nut-free, fish and shellfish-free, gelatin-free, GMO-free, and vegan, and have no artificial colors, flavors, preservatives, or animal by-products."

Availability: Available on their website, and at various stores nationwide.

*Crispy Pineapples and Crispy Pears

Company: Crispy Green, Inc., www.CrispyGreen.com

Free Of

peanuts, tree nuts, milk, egg, wheat, soy, fish, shell fish, gluten, additives, preservatives

Kosher: ✓

Description: Freeze-dried fruit with a light, crispy texture.

Cross-Contamination Issues: The company's website states: "Crispy Green's manufacturing facilities do not process products containing peanuts or other tree nuts."

Availability: Available online at the company's website and at natural foods stores nationwide.



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*Just Grapes

Company: Just Tomatoes, etc.! www.JustTomatoes.com

Free Of

peanut, tree nut, milk, egg, wheat, fish, shellfish, gluten, GMO's, trans fats

Kosher: No

Description: Just Grapes is the company's newest addition to their line of freeze-dried fruits and vegetables. The products are flash frozen and then a vacuum is pulled to extract the water. Nothing at all is added, and the products keep their nutrients.

Cross-Contamination Issues: Because they do have a "soy nut" product, all of their products have a potential cross-contamination risk with soy. The company's flier states "we only process fruits and vegetables. Absolutely no nuts are in our facilities."

Availability: Available online at the company's website, and nationwide at natural foods stores and some grocery chains.

*Good Health Kettle Style Avocado Oil Potato Chips

Company: Good Health Natural Products, www.GoodHealthNaturalFoods.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten, MSG

Kosher: No

Description: Kettle-style potato chips cooked in avocado oil.

Availability: Available online at the company's website. The new items have limited distribution at this time; the company's other products are available at major national natural foods stores, some grocery chains, plus miscellaneous other locations.



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*Heartlands Finest Lasagna

Company: Heartland's Finest, www.HeartlandsFinest.com

Free Of

peanut, tree nut, dairy, egg, wheat, fish, shellfish, gluten

Kosher: No

Description: Pasta made from navy bean flour and yellow corn flour. Pasta does not need to be pre-cooked for recipes that will be baked.

Cross-Contamination Issues: Their flier states "Made in a dedicated gluten free facility." They stated verbally "made on a shared line with soy."

Availability: Available online at their website and at natural foods stores nationwide.

*1-2-3 Gluten Free Yellow Cake Mix

Company: 1-2-3 Gluten Free, www.123glutenfree.com

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten, corn

Kosher: ✓

Description: This is an add-your-own sweetener yellow cake mix. Instructions include milk-free and egg-free options.

Other products: Product line includes mixes for cakes, pound cakes, cookies, brownies, biscuits, muffins, and pancakes; many of their mixes include instructions for making a variety of different baked goods.

Cross-Contamination Issues: The company's flier states "Manufactured in a dedicated allergen-free facility (NO gluten, wheat, peanuts, tree nuts, dairy, casein and eggs). Most of our products are free of soy and corn." They stated verbally that two of their products contain corn, and that their one product that contains soy lecithin is packaged in a separate room.

Availability: Available online and at a variety of stores which are listed by state on their website.



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*S'Better Farms

Company: S'Better Farms, www.sbetterfarms.com

Free Of

peanut, tree nut, milk, wheat, fish, shellfish, gluten

Kosher: ✓

Description: Frozen Beef Corn Dogs, Chicken Fingers, Party Wings, Chicken Ballontine, Chicken Schechwan and Chicken Siciliano frozen entrees.

Cross-Contamination Issues: The company's packages states: "This product is produced in an area segregated for Wheat Free, Gluten Free production on equipment dedicated to Wheat Free, Gluten Free production. This product is processed on equipment that is never used for products or ingredients containing Wheat, Crustacea (e.g. Shrimp, Crab, Lobster), Fish, Peanuts, Milk or other Lactose ingredients, or Tree Nuts (e.g. Almonds, Pecans, Walnuts). Soybean Ingredients are used on this production equipment, which is thoroughly cleaned and inspected after such use."

Availability: Available in stores offering frozen Kosher foods.

The following are not brand new, but we found them to be allergy-friendly and worth mentioning:

*Enjoy Life Sunbutter Crunch Snack Bars

Company: Enjoy Life Natural Brands, www.EnjoyLifeFoods.com

Free Of

peanut, tree nut, dairy, egg, wheat, soy, fish, shellfish, gluten, sesame, potato, corn, GMO's

Kosher: ✓

Description: A soft and chewy snack bar made with rice crisps and Sunbutter brand sunflower seed butter.

Cross-Contamination Issues: The company's website states: "All Enjoy Life foods are specially made to be free of the eight most common allergens. Our products are made in a dedicated nut- and gluten-free bakery."

Availability: Available online at the company's website and at natural foods stores and some grocery chains nationwide and in Canada.



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*Omega-3 Natural Sunbutter

Company: Sunbutter, www.Sunbutter.com

Free Of

peanut, tree nut, dairy, egg, wheat, soy, fish, shellfish, gluten, corn

Kosher: No

Description: This is a spread made from sunflower seeds; just like their "regular" Sunbutter product, but with flaxseed added for the extra health benefits of Omega-3 oils.

Cross-Contamination Issues: The company's flier states: "Our processing plant...is a peanut-free plant and products are tested on a regular basis." The company's website states that the products may contain soybeans.

Availability: Available online at their website, plus in natural foods stores nationwide. The new variety came out in October and is just now making its way down the distribution chain, but it should eventually be available where other Sunbutter products are sold.

*Pure Fun Organic Candy

Company: Pure Fun Confections Inc., www.PureFun.ca

Free Of

peanut, tree nut, milk, egg, wheat, soy, fish, shellfish, gluten, corn, pesticides, GMOs, artificial flavors, synthetic colors

Kosher: ✓

Description: A full line of hard candies and lollipops in a wide variety of flavors, such as Tangy Tangerine, Pure Pomegranate, Raging Raspberry, Giddy Green Apple, Loony Lemon, and many more. The primary ingredients are organic evaporated cane juice, organic brown rice syrup, natural flavors, and natural colors.

Availability: Available online at Amazon.com and at selected natural products grocers and major retailers nationwide.



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*BOBOBABY Frozen Meals

Company: BOBOBABY, www.bobobaby.com

Free Of

peanut, tree nut, dairy, soy, egg, wheat, fish, shellfish, sesame, poultry and meat. Also no added salt, preservatives, sugar or color.

Kosher: ✓

Description: Age-appropriate frozen meals for babies with convenient packaging.

Cross-Contamination Issues: None of the aforementioned allergens are used in their facility at all.

Availability: Available at natural foods stores nationwide and in Canada.



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[Kids With Food Allergies, Inc.](http://www.kidswithfoodallergies.org), is a national nonprofit food allergy support group dedicated to fostering optimal health, nutrition, and well-being of children with food allergies by providing education and a caring support community for their families and caregivers.