



New Allergy-Friendly Foods for Kids Special Report Spring 2009

Allergen-Free Foods: What New Products are Available?

A Report from the 2009 Natural Products Expo West



About Kids With Food Allergies

Creating Better Lives *Today*....One Child at a Time

Kids With Food Allergies is dedicated to creating better lives—today—for children with food allergies. As one of the largest organizations for families managing food allergies, KFA offers parents the latest information, helpful food and cooking advice, and a community of support to help families raise healthy, happy, well-nourished children. And because no parent should feel alone, KFA provides hope, comfort and friendship — 24 hours a day, seven days a week.

If you are raising a child with food allergies, visit our Web site today to [become a Family Member](#) of Kids With Food Allergies.

This special report is funded through the kind support of our donors and sponsors. To support our work, [make a donation](#) or [support a fundraiser](#).



New Allergen-Free Foods from the Natural Products Expo West Spring 2009

Kids With Food Allergies representatives once again attended the Natural Products Expo West—a food-industry trade show—this time traveling to its host location in Anaheim, CA.

The exposition represented hundreds of companies, many of which cater to the allergy community. Natural food and products businesses showcased their flagship products and introduced new items to merchandisers and others in the retail business.

We hunted down the latest products to share with other parents of kids with food allergies. Hopefully several will work for you and your family!

This report reviews the new products available for 2009 as well as other products we found that may be of interest to those with food allergies.

Word of caution: We've made a good-faith effort to obtain accurate information about these products, but as with everything you buy when you have food allergies, be sure to verify for yourself that any of these products are indeed safe for the food allergies you manage for yourself or your child.

New Products for 2009:

Allergaroo Ready-Made Dishes

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

Free of: Allergaroo is all natural, gluten-free and allergy-friendly. Allergaroo contains no gluten and is free of the eight most common allergens, which account for 90 percent of all food allergic reactions in the United States. Allergaroo contains NO wheat, milk, peanuts, tree nuts, egg, soy, fish, or shellfish.

Description: Allergaroo is the country's only allergy-friendly, gluten-free brand of delicious, convenient, ready-made dishes. Allergaroo currently offers three all natural, ready-made dishes including Spaghetti, Chili Mac, and Spyglass Noodles.

Cross-Contamination Issues: Allergaroo has no contamination issue. All Allergaroo dishes are made on dedicated equipment in an allergen-free dedicated space.

Kosher: No

Availability: Allergaroo products can be found in more than 1,000 select grocery stores throughout the U.S. including mainstream grocery stores, independent grocery stores,



super-natural and natural foods stores, and specialty online retailers such as Gluten-free.com, GlutenFreeMall.com, Food4Celiacs.com and PeanutFreePlanet. For store locations by geographic area, visit our website at www.allergaroo.com.

Cherrybrook Kitchen Arthur Chocolate Chip Cookie Mix

Company: Cherrybrook Kitchen, www.cherrybrookkitchen.com

Free of: peanut, tree nut, dairy, and egg.

Description: Chocolate chip cookies containing imported Belgium chocolate chips, the finest all-natural vanilla, and a few other key ingredients.

Cross-Contamination Issues: According to information on the company's Web site, all mixes are prepared in a peanut-free and tree-nut free facility. The mixes are produced on dedicated equipment that does not produce dairy or egg products. Cherrybrook Kitchen has strict manufacturing protocols, and tests for the presence of peanuts, dairy, and eggs.

Kosher: ✓

Availability: Already in stores wherever Cherrybrook Kitchen products are sold.

Cherrybrook Kitchen Gluten-Free Yellow Cake Mix

Company: Cherrybrook Kitchen, www.cherrybrookkitchen.com

Free of: wheat, gluten, fish, peanut, tree nut, dairy, and egg.

Description: Delicious flavor and pleasing texture will keep people asking for more.

Cross-Contamination Issues: According to information on the company's Web site, all mixes are prepared in a peanut-free and tree-nut free facility. The mixes are produced on dedicated equipment that does not produce dairy or egg products. Cherrybrook Kitchen has strict manufacturing protocols, and tests for the presence of peanuts, dairy, and eggs. The Gluten Free Dreams mixes are also tested for the presence of gluten.

Kosher: ✓

Availability: They start shipping to stores in May and will be available in stores where other Cherrybrook Kitchen products are sold.



Cherrybrook Kitchen Gluten-Free Chocolate Chip Pancake Mix

Company: Cherrybrook Kitchen, www.cherrybrookkitchen.com

Free of: wheat, gluten, fish, peanut, tree nut, dairy, and egg.

Description: Fluffy pancakes with creamy chocolate chips.

Cross-Contamination Issues: According to information on the company's Web site, all mixes are prepared in a peanut-free and tree-nut free facility. The mixes are produced on dedicated equipment that does not produce dairy or egg products. Cherrybrook Kitchen has strict manufacturing protocols, and tests for the presence of peanuts, dairy, and eggs. The Gluten Free Dreams mixes are also tested for the presence of gluten.

Kosher: ✓

Availability: They start shipping to stores in May and will be available in stores where other Cherrybrook Kitchen products are sold.

Earth Balance Dairy Free, Soy Free Tub Margarine

Company: GFA Brands, www.EarthBalanceNatural.com

Free of: milk, soy, peanut, tree nut, egg, fish, shellfish, and wheat.

Description: A versatile trans-fat free, soy-free, milk-free, buttery flavored spread that is vegan, all natural, and gluten-free. Product does contain pea protein (a legume).

Cross-Contamination Issues: According to an email from the company: "The product is made in the same facility where dairy products and soy bean oil are also processed. We have protocol in place that requires the lines to be purged and have tested the first Soy Free products off the line for contamination and found them to be free of allergens. Having said that, cross contamination is always possible if the items are present in the plant, so people with severe issues should use caution."

Kosher: ✓

Availability: Available nationwide now. Use the company's [store locator](#) to find a store near you.



Ian's Natural Foods Gluten- and Nut-Free Wafflewiches

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

Free of: peanut, tree nut, wheat, and gluten.

Description: New breakfast sandwiches made on gluten-free waffles with an all-natural egg patty. Two varieties: Egg & Maple Cheddar and Maple Sausage & Egg.

Cross-Contamination Issues: Company's literature states: "Nut-free." Egg & Maple Cheddar contains dairy, soy, and egg; Maple Sausage & Egg variety contains soy and egg; packaging states Maple Sausage & Egg variety is free of milk and casein. According to an email from the company, the Wafflewiches are made on peanut- and tree nut-free equipment. The product is made on equipment shared with dairy products.

Kosher: No

Availability: The products are now available in Whole Foods markets.

Ian's Natural Foods SoyButter 4 Me

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

Free of: peanut, tree nut, milk, casein, wheat, gluten, and eggs.

Description: Portable and fun individual-sized portions of SoyButter made from toasted soy. Package contains six 1.5 oz cups per box.

Cross-Contamination Issues: The company's literature states: "Product may be cross contaminated with soy and yeast." An email from the company states, "The following ingredients are not present in the manufacturing plant and are therefore not on the equipment: peanuts, tree nuts, milk, casein, or egg."

Kosher: ✓

Availability: Available at the end of summer/beginning of fall.

Kitchen Basics Unsalted Stocks

Company: Kitchen Basics, www.kitchenbasics.net

Free of: peanut, tree nut, milk, casein, wheat, gluten, and eggs.

Description: Two new varieties of unsalted stocks: unsalted chicken stock and unsalted beef stock.



Cross-Contamination Issues: The company's Web site has a detailed [Allergen Watch](#) statement that states: "We strive to reduce the risk of allergen reactions by specifying that our ingredients must not contain *milk, *eggs, *peanuts, *glutens, soy, tree nuts, **fish, **shellfish, or corn. We do not autolyze, hydrolyze, add or produce MSG. *Allergen Tested. **Except those found in our Seafood and Clam Stocks - which are clearly marked."

Kosher: ✓

Availability: Available in stores where Kitchen Basics Stocks are sold. Use the company's [store locator](#) find a location near you.

Organic B.R.A.T. Rice Milk

Company: B.R.A.T. Diet, LLC, www.bratdiet.org

Free of: wheat, dairy, peanuts, tree nuts, egg, soy, fish, shellfish, gluten, casein, and preservatives.

Description: Organic B.R.A.T.[™] is a creamy, non-dairy beverage inspired by the [B.R.A.T. Diet](#). B.R.A.T. is an acronym for: Bananas – Rice – Applesauce – Toast. Organic B.R.A.T.[™] contains electrolytes and is vitamin and calcium fortified. It is certified Organic by QAI and has no sugar added. Organic B.R.A.T.[™] is available in 4 flavors: Original, Vanilla, Chocolate-Honey and Cinnamon Toast.

Cross-Contamination Issues: The company says, "Organic BRAT drinks are naturally free of the eight most common allergens. Although B.R.A.T. products do not contain any allergens, we prevent allergen cross contamination by following several procedures: 1. Employees are trained (refreshed annually) on allergen issues and procedures. 2. Allergens are identified upon arrival and tagged as allergens. 3. Allergens are stored separately in the warehouse. 4. Allergens are identified on all production records. 5. Production is scheduled so that non-allergens are produced first – followed by allergens. 6. Clean up is validated to prove that allergens are removed when proper clean up procedures are followed. 7. Products are tested to assure no cross contamination."

Kosher: ✓

Availability: Organic B.R.A.T.[™] will be available on shelves nationwide starting in July 2009. Retail grocery and natural food stores that will be carrying the Organic B.R.A.T.[™] will include New Frontiers, Whole Foods, Safeway, Vons, Acme, Albertsons, Basic Coop, and numerous retailers from Supervalu, Kehe and UNFI, just to name a



few. Organic B.R.A.T. will also be available online through Amazon.com. Please check the company's store locator starting in August 2009 at: <http://www.bratdiet.org>

Purely Decadent Coconut Milk Ice Cream

Company: Turtle Mountain, www.TurtleMountain.com

Free of: dairy, soy, egg, fish, shellfish, wheat, and peanut (except for Peanut Butter Swirl). Not considered tree nut free because it is made from coconut. Mocha Almond Fudge also contains almonds.

Description: A creamy ice cream made with dairy-free, soy-free coconut milk. Available in a variety of flavors: Chocolate, Chocolate Peanut Butter Swirl, Coconut, Cookie Dough, Mint Chip, Mocha Almond Fudge, Passionate Mango, Vanilla Bean.

Cross-Contamination Issues: The ice creams are made on clean, allergen tested lines. There is no cross contamination of peanut or almond with the other flavors that do not contain these allergens.

Kosher: ✓

Availability: Now available nationwide. Use the [store locator](#) to find where this product is available in your area.

So Delicious Coconut Milk Minis

Company: Turtle Mountain, <http://www.TurtleMountain.com>

Free of: The mini coconut milk sandwiches are free from all allergens except wheat, soy, and tree nuts (coconut). The mini vanilla bars are free from all allergens except tree nuts (coconut) and soy (lecithin). The mini coconut almond bars are free from all allergens except tree nuts (coconut and almonds) and soy (lecithin).

Description: Ice cream mini-novelty frozen treats made with dairy-free coconut milk. Available in a four varieties: Banana Split, Coconut, Coconut Almond, and Vanilla.

Cross-Contamination Issues: There is no cross-contamination with other allergens. All of the sandwiches contain wheat, soy, and coconut (tree nuts).

Kosher: ✓

Availability: Now available nationwide. Use the [store locator](#) to find where this product is available in your area.



So Delicious Coconut Milk Beverage in Refrigerated Cartons

Company: Turtle Mountain, <http://www.TurtleMountain.com>

Free of: dairy, soy, peanut, egg, fish, shellfish, and wheat. Not considered tree nut free because they are made from coconut.

Description: Half-gallon cartons of refrigerated dairy-free coconut milk. Certified gluten-free and vegan. Available in three varieties: Original, Vanilla, and Unsweetened.

Cross-Contamination Issues: According to an email from the company: "These are made on clean allergen tested lines. Kosher DE does not mean shared lines."

Kosher: ✓

Availability: Now available nationwide. Use the [store locator](#) to find where this product is available in your area.

So Delicious Cultured Coconut Milk (Yogurt)

Company: Turtle Mountain, <http://www.TurtleMountain.com>

Free of: dairy, soy, peanut, egg, fish, shellfish, and wheat. Not considered tree nut free because they are made from coconut.

Description: Refrigerated dairy-free and soy-free cultured coconut milk yogurt. Certified gluten-free and vegan. Available in nine flavors: Piña Colada, Chocolate, Strawberry, Blueberry, Plain, Passionate Mango, Raspberry, Strawberry Banana, and Vanilla. Products are certified vegan.

Cross-Contamination Issues: According to an email from the company: "These are made on clean allergen tested lines. Kosher DE does not mean shared lines."

Kosher: ✓ Kosher DE (dairy equipment)

Availability: Now available nationwide. Use the [store locator](#) to find where this product is available in your area.

Square One® Organic Frozen Baby Foods

Company: J & G Farms, L.L.C./Square One®, www.squareoneorganics.com

Free of: nuts, dairy, egg, wheat, soy, fish, shellfish, GMO's, and gluten. No added salt,



sugar, or artificial ingredients. Each Square One 2 ounce serving contains only water and a single organic fruit, vegetable or gluten-free grain.

Description: 100% organic, frozen fruit, vegetable and grain purees for your baby, in 10 varieties: pumpkin, papaya, peas, millet, butternut squash, mango, broccoli, quinoa, red bell pepper, and spinach. Each Square One® food is specially selected because it is nutritionally dense and possesses identifiable qualities that support healthy growth and development. The product's orange, red, green, or purple packaging makes it easy to identify the specific vitamins and nutrients in each Square One® food.

Cross-Contamination Issues: Square One® products are made in a certified organic, nut free facility, and run on lines that are cleaned and swabbed according to an allergen control program. Square One® purees are also subjected to the strictest and most accurate allergen testing on the market.

Kosher: ✓ will be as of June 2009

Availability: Square One® purees are currently available in Illinois: online at www.peapod.com and www.naturaldirect.com and in select stores in Chicago and the surrounding areas. Please visit the company's [store locator](#) to find a location near you.

Surf Sweets Natural and Organic Gummy Candies and Jelly Beans

Company: Tru Sweets, LLC. www.surfsweets.com

Free of: gluten, dairy, casein, soy, eggs, peanuts, tree nuts, sesame, sulfites, fish, and corn syrup.

Description: Line of gummy candies and jelly beans made with organic sweeteners and fortified with Vitamin C.

Cross-Contamination Issues: Product produced in a facility free gluten, dairy, casein, soy, eggs, peanuts, tree nuts, sesame, sulfites, and fish. Company's Web site states: Product produced in mold made out of corn starch and therefore product may contain traces of corn starch.

Kosher: No

Availability: Surf Sweets products can be found nationwide at Toys R Us, Whole Foods, and other natural foods stores. Surf Sweets new snack sized packs (perfect for lunches) are now available.



Van's Gluten-Free Cinnamon French Toast Sticks

Company: Vans Foods, www.vansfoods.com

Free of: wheat, gluten, dairy, and egg.

Description: Wheat-free Cinnamon French Toast Sticks get their light texture, taste, and aroma from whole grain brown rice flour mixed with tasty brown sugar bits and cinnamon.

Cross-Contamination Issues: The company's literature for the Cinnamon French Toast Sticks states: "Contains soy." These are different than Van's Homestyle French Toast Sticks that "contain egg, milk, soy, and wheat." Company email states, "Van's wheat free/gluten free foods are made on their own day (separate from our other foods), and after a total plant sanitation and multiple allergen testing pre and post production. Keeping these products safe and healthy for our consumers is extremely important to Van's. Van's is also a nut-free facility. (Please note these products do NOT have wheat, gluten, dairy, or eggs. They do contain soy.)"

Kosher: ✓

Availability: Will soon be available where you find your favorite Van's waffles.

Van's Gluten-Free Homestyle Pancakes

Company: Van's Foods, www.vansfoods.com

Free of: wheat, dairy, and egg.

Description: Wheat-free pancakes made from whole grain brown rice flour with a classic flavor and light and fluffy texture.

Cross-Contamination Issues: The company's literature for the Homestyle Pancakes states: "Contains soy." These are different than Van's Buttermilk Pancakes which "contain egg, milk, wheat, and soy oil." Company email states, "Van's wheat free/gluten free foods are made on their own day (separate from our other foods), and after a total plant sanitation and multiple allergen testing pre and post production. Keeping these products safe and healthy for our consumers is extremely important to Van's. Van's is also a nut-free facility. Please note these products do NOT have wheat, gluten, dairy, or eggs. They do contain soy."

Kosher: ✓

Availability: Will soon be available where you find your favorite Van's waffles.



Kids With Food Allergies, Inc., is a national nonprofit food allergy organization 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.

KFA does not raise money for research to find a future cure for food allergies. Instead, uses funds raised to create better lives for children **today** by providing emotional and social support to families, education and food/cooking assistance.

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