When an FDA-regulated food is found to be potentially harmful, the agency works with the companies that manufactured and distributed that food to ensure the product is recalled and, if the product remains on retail shelves or in the possession of purchasers, that consumers are notified of the risk. In the years since the Food Allergen Labeling and Consumer Protection Act (FALCPA) went into effect, the presence of undeclared major food allergens has been the leading cause of FDA food recalls. (Editor’s Note: FALCPA identifies eight foods as major food allergens and requires they be declared on packaging. They are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soy.)

The firm conducting the recall issues a press release to alert media and consumers. FDA posts these press releases on its own website to help ensure notification of the press, groups such as FARE and the public at large. Firms also may directly notify organizations such as FARE to ensure that the information reaches those who need it the most. Because the presence of an undeclared major food allergen presents serious potential risks to individuals with food allergies, foods in commerce that contain undeclared allergens are recalled.

To understand why there have been so many allergen-related recalls, the FDA carried out a detailed analysis of information on these recalls from 2007 to 2012 using information in the FDA recall database. This database contains information on the foods and allergens involved in each recall, as well as information on how the problem occurred.

During this time period, the number of foods recalled due to undeclared allergens steadily increased, from about 80 in 2007 to about 180 in 2012. The major

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Message from the CEO

Over my three decades as an allergist, investigator and pharmaceutical industry executive – and now as FARE’s CEO – I have seen firsthand how FARE has helped individuals and families navigate food allergies and advanced research in this field. FARE and its predecessors were there at the beginning of this epidemic, and FARE continues to play a vital role today.

As we enter the holiday season, I would like to personally express my thanks for your generous support, which has helped make so many important programs possible in 2014:

• Our education programs and materials, including “Your Food Allergy Field Guide,” our monthly webinars and the 2014 National Food Allergy Conference, gave individuals and families the knowledge and confidence needed to successfully manage food allergies. Our sold-out Ninth Annual FARE Teen Summit gave nearly 400 teens, siblings and parents the opportunity to form lifelong friendships and learn strategies for managing food allergies. When these teens go on to college, the FARE College Food Allergy Program will provide them with a safer and more rewarding experience.

• The FARE Advocates Network harnesses the power of the food allergy community online to advance federal, state and local legislative initiatives. Forty-six states now have laws or guidelines that allow schools to stock life-saving epinephrine in case of anaphylactic emergencies. The first Emergency Management of Anaphylaxis Summit held this fall in Chicago will lead to improvements in the quality of emergency care for food allergy and anaphylaxis.

• Through our awareness campaigns, we are heightening understanding of food allergy as a significant and growing public health issue. The Teal Pumpkin Project became our most successful awareness initiative to date, reaching more than 5.5 million people on Facebook and generating stories in major news media nationwide. The 2014 FARE Walk for Food Allergy raised funds and awareness in 60 communities, and in May we launched the first Food Allergy Action Month.

• Finally, the FARE Investigator in Food Allergy Awards, a new research grant program, is designed to expand the field of food allergy, attracting talented new and mid-career investigators who will deepen our understanding of the disease and help develop life-saving therapies.

These initiatives and many more were made possible by your generosity and commitment to our cause. Thank you. With you as our partner in 2015, we can accomplish so much more.

On behalf of all of us at FARE, warmest wishes to you and yours for a joyous holiday season and a happy New Year.

James R. Baker, Jr., M.D.
CEO and Chief Medical Officer
Trends in Food Allergen Recalls, cont.
< CONTINUED FROM PAGE 1

Food allergens most often involved were milk, wheat and soy. The foods most often involved were bakery products, snack foods and candy. Bakery products accounted for almost one-third of all allergen recalls during the period. Cookies, cakes, and bakery mixes were the most commonly recalled bakery products due to undeclared allergens.

For comparison, during this same period, undeclared milk, wheat and egg were the most common allergens involved in recalls of USDA-regulated products, as well as products recalled in Canada and the European Union. Bakery products, snack foods and candy were also the foods most often involved in allergen recalls in Canada and Europe.

Information in the FDA recall database allowed us to look closely at the problems behind the recall numbers. We found that the most common problem triggering allergen-related recalls was the use of the wrong package or label for a food product—a manufacturer made a food with a major food allergen as an ingredient but used a package or label for another food that contained different, or no, allergens. Other common problems we identified included:

• failure to use the common name of the allergen as required by FALCPA (for example, listing butter as an ingredient but not declaring milk),
• failure to declare the presence of an allergen that was present in an ingredient used to make a final food, and
• cross-contact caused by problems with control of allergenic ingredients within a manufacturing plant.

The FDA is using these findings to develop guidance for the food industry on how to create and implement allergen control plans that meet the requirements of the new FDA Preventive Controls for Human Foods rule. That rule was proposed in 2013 under authority of the Food Safety Modernization Act, and is expected to be finalized next year. We have communicated the findings to the food industry and the food-safety community at large by publishing the complete analysis in peer-reviewed scientific journals and presenting at food-safety scientific conferences.

It is clear that consumers with food allergies and their families should pay attention to recall information from the FDA (which is posted on the agency website) and to alerts from FARE. You can sign up to receive email alerts for FDA allergen recalls at [www.fda.gov/Safety/Recalls/default.htm](http://www.fda.gov/Safety/Recalls/default.htm) and from FARE at [www.foodallergy.org/alerts](http://www.foodallergy.org/alerts). If you find a problem, or have a reaction caused by an undeclared allergen, please report it to the FDA by contacting the Consumer Complaint Coordinator for your area. A list of contact numbers can be found at [www.fda.gov/Safety/ReportaProblem/ConsumerComplaintCoordinators/default.htm](http://www.fda.gov/Safety/ReportaProblem/ConsumerComplaintCoordinators/default.htm).

Steven Gendel is the Food Allergen Coordinator at the Food and Drug Administration’s Center for Food Safety and Applied Nutrition.

Record Crowd Attends FARE’s Teen Summit

FARE’s Ninth Annual Teen Summit made history this month, bringing together teens with food allergies and their families for a sold-out event that welcomed nearly 400 participants. This weekend of learning and friendship included an inspiring keynote speech by Olympic gold medalist Dana Vollmer, interactive educational sessions, leading experts, fun and competitive trivia nights, poignant stories, a Saturday night dance party and compelling presentations about living well with food allergies. Many memories were made, and we are already excited about planning for the 10th Annual FARE Teen Summit in November 2015!

We want to thank each and every attendee for joining us this year in Washington, D.C. We also would like to extend our deepest thanks to our event sponsors: Elite Presenting Sponsor Mylan Specialty, Premier Sponsor Sanofi and Silver Sponsors Enjoy Life and Kitchology. We appreciate the continued support!
Research Update

FARE Launches New Research Award Program

Expanding the participation and involvement of the scientific and medical community in food allergy research is one of the primary goals of FARE’s strategic plan for research. In October 2014, FARE created the FARE Investigator in Food Allergy Awards, a new program that aims to attract gifted early- and mid-career investigators to the field.

“In recent years, the prevalence of food allergies has increased dramatically. Up to 15 million Americans now have the disease—including 1 in 13 children,” said James R. Baker, Jr., M.D., FARE’s chief executive officer. “There is no cure, and no FDA-approved therapy to prevent potentially life-threatening reactions. Given the magnitude of the problem, there simply are not enough researchers working in the field today. This career enhancement program will encourage an influx of talented investigators who will be engaged in building a deep scientific understanding of the disease and a robust pipeline of new therapies.”

The FARE Investigator in Food Allergy Awards provide salary and research support over a two- to five-year period, allowing outstanding new and mid-career investigators to direct, or redirect, their careers toward the study of food allergy. The following awards are offered:

- The New Investigators Award ($75,000 annually for two years) supports the development of an academic research career for studies conducted by individuals (M.D., M.D./Ph.D. or D.O.) who have completed at least two years of allergy/immunology training and who will be entering their third or fourth year of fellowship training. The funding supports investigators involved in education and basic and/or clinical research on the mechanisms and treatment of food allergic diseases. Applicants must be either certified or on track toward certification by the American Board of Allergy and Immunology, and must conduct their research at an allergy/immunology training program in the U.S.

- The Mid-Career Investigators Award ($150,000 annually for five years, including up to $20,000 for lab expenses) focuses on established investigators holding the academic rank of Assistant Professor or Associate Professor, or the equivalent in non-academic research settings. Recipients must have records of scientific accomplishment and independent, peer-reviewed federal or private research grant funding. These awards are available to investigators who have proven themselves capable of performing cutting-edge research in other areas, but now want to transition to work in food allergy. The purpose of the award is to provide candidates with support for intensive research over a period of up to five years to acquire new capabilities that are within the FARE research mission. Only U.S.-based researchers will be considered.

To promote this important new program, FARE reached out to the research community nationwide and ran ads in the online editions of the New England Journal of Medicine, Science, and the Journal of Allergy and Clinical Immunology. Proposals will be reviewed by a panel of distinguished scientists and biotechnology experts organized by FARE.

FARE will announce the recipients of the FARE Investigator in Food Allergy awards in spring 2015. The grants will be effective on July 1. For further details, please visit www.foodallergy.org/research/apply-for-a-grant.

ResearchMatch: Your Clinical Trial Connection

Participating in a clinical trial is an important way to contribute to life-saving research. But how can you learn which studies may be a good fit for you or your child?

To make this process easier for food allergy families and researchers alike, FARE has teamed with ResearchMatch (www.researchmatch.org), a national online patient registry. This free, user-friendly service connects patient volunteers with researchers who are recruiting participants for clinical trials and other kinds of studies.

ResearchMatch is funded by the National Center for Advancing Translational Sciences, a component of the National Institutes of Health. Over the past five years, nearly 47,000 volunteers and more than 1,800 researchers from major medical institutions nationwide have registered. In 2013, FARE’s Medical Advisory Board members and staff collaborated with ResearchMatch to develop a special sub-registry just for food allergy, and FARE-funded researchers are using this sub-registry to recruit trial participants.

Over the past year, nearly 600 participants have enrolled in the food allergy sub-registry. Please help us expand this critical resource! Registration is simple, secure and does not place you under any obligation to participate in a study. To learn more, visit www.researchmatch.org.
FARE Attends ACAAI Annual Meeting

Hundreds of allergists, allied health professionals, industry representatives and patient advocates headed to Atlanta Nov. 6-11 for the annual meeting of the American College of Allergy & Clinical Immunology (ACAAI). Titled “Faces and Facets of Allergy & Immunology,” the meeting featured presentations by a number of FARE medical advisors and FARE-funded investigators.

Among the highlights: The Nov. 11 plenary session, “A New Era in the Diagnosis and Treatment of Food Allergies,” focused on the latest diagnostic techniques and treatments that are in development, including oral and sublingual immunotherapy, heat-denatured proteins (baked milk and egg), epicutaneous therapy (the “peanut patch”) and vaccines. Presenters included Drs. A. Wesley Burks (University of North Carolina School of Medicine, Chapel Hill) and Hugh A.Sampson (Icahn School of Medicine at Mount Sinai, New York, N.Y.), chairs of FARE’s Research and Medical Advisory Boards, respectively; and Dr. Robert Wood (Johns Hopkins University, Baltimore), a FARE Medical Advisory Board member.

At a poster session on Nov. 9, researchers shared the preliminary results of food allergy studies that have not yet been published in peer-reviewed medical journals. Ruchi Gupta, M.D. (Northwestern University Feinberg School of Medicine, Chicago), a FARE Medical Advisory Board member, presented data from an international survey of patients’ knowledge of and attitudes toward allergen thresholds (the lowest amount of an allergen in a food product that provokes a food allergy reaction in an individual). As noted in the poster, the survey format was adapted from a FARE survey of U.S. patients. FARE receives credit as a co-author and as one of several patient organizations from around the world that provided funding for this project.

Prompt Epinephrine Treatment Reduces Risk of Hospitalization for Anaphylaxis

The results of a recent study underscore the importance of administering epinephrine as soon as the symptoms of anaphylaxis appear. Researchers analyzed the medical records of 384 patients under the age of 18 who had anaphylactic reactions to food and visited the emergency department (ED) at Hasbro Children’s Hospital/Rhode Island Hospital over a period of six years. The authors of the study, which was published online by the Journal of Allergy and Clinical Immunology on Sept. 6, 2014, include Drs. Sunday Clark and Carlos Camargo, who have previously conducted FARE-funded studies of food allergy in the emergency setting.

Of 384 patients, 61 percent (234 children) received epinephrine. Within this group, 70 percent received the medication before they arrived at the ED (early epinephrine). The remaining 30 percent were not treated with epinephrine until after arrival at the ED (late epinephrine). Children in the early epinephrine group were more likely to own an auto-injector. They were also more likely to have asthma or another food allergy or other allergic condition, such as eczema. The “early” group also was more likely to arrive at the ED by ambulance and to be exposed to the allergen at school, rather than at home. The most common triggers in both groups were peanuts and tree nuts.

Most importantly, the researchers found that patients in the early epinephrine group were less likely to require a hospital stay. “By identifying methods to reduce… hospitalizations, such as with protocols to increase early administration of epinephrine, practitioners may be able to avoid hospitalizations while still ensuring patient safety,” they write. Noting that owning an auto-injector dramatically increased the likelihood of early treatment, the authors conclude that “access to epinephrine may be the most important factor in decreasing [food allergy-induced] hospitalizations. Further study is needed to identify methods to improve patients’ readiness to treat anaphylaxis in the community.”

Upcoming FARE Webinar Focuses on Research

On Wednesday, January 21 at 1 p.m. ET, FARE CEO and Chief Medical Officer James R. Baker, Jr., M.D., will present our annual food allergy research update. Registration is open now! Sign up today to learn more about recent advances that promote life, health and hope for individuals with food allergies.
Food Allergy Ball Raises $2.6 Million
A signature event for FARE, the 17th Annual Food Allergy Ball raised approximately $2.6 million for food allergy research, education, advocacy and awareness. Held on December 8 at the magnificent Temple of Dendur in New York’s Metropolitan Museum of Art, the event drew some 400 guests. Stephen Ross, chairman of Related Companies, made the presentation to the guest of honor, Martin L. Edelman, of counsel, Real Estate Department, Paul Hastings LLP, who was recognized for his dedication to FARE’s mission. Geoffrey Zakarian, the noted chef and restauranteur, received the Lifetime Achievement Award for his commitment to excellence and compassion for the food allergy community. David H. Koch was the corporate dinner chair; Sharyn T. Mann and Lianne Mandelbaum were the gala dinner chairs. The program featured remarks by James R. Baker, Jr., MD, FARE’s CEO and chief medical officer, and Todd J. Slotkin, chairman of the board. Guests enjoyed a peanut-, tree nut- and shellfish-free dinner inspired by Geoffrey Zakarian, as well as a special performance by Jessie Mueller, Tony Award-winning star of “Beautiful: The Carole King Musical.” Pictured from left to right are Martin L. Edelman, David H. Koch, Sharyn T. Mann, Lianne Mandelbaum, Todd J. Slotkin, and Geoffrey Zakarian.

Chicago Gala Raises $740,000 to Benefit FARE
Approximately 260 guests attended the Seventh Annual FARE Chicago Gala, which was held at the Chicago History Museum on Nov. 1. With a “Flashback to the 60s” theme, the event coordinated with the museum’s new 1968 exhibit. FARE honored Scott Mandell, founder and CEO of Enjoy Life Foods, a company dedicated to developing, producing and marketing great tasting allergy-friendly and gluten-free food products. The event was chaired by Michelle Kaplan, and raised more than $740,000. Pictured from left to right are Kaplan, FARE CEO James R. Baker, Jr., M.D., Wende Fox Lawson, who was the 2013 honoree, and Mandell.
**Holiday Survival Guide**

The holiday season always presents a lot to juggle, but adding food allergies on top of the typical shopping, hosting, and social occasions can make it a stressful time of year. FARE has put together a Holiday Survival Guide with key elements to help you have a safe and fun holiday!

1. **A stockpile of recipes**

Having a number of go-to recipes on hand for all types of seasonal dishes (appetizer, main course, make-ahead meals, desserts, etc.) can help take the stress out of cooking. If a family member or friend asks what they can make that would be safe for the allergies you’re managing, you’ll have a number on hand for them to choose from.

2. **A refresher course in cross-contact**

With hectic cooking and baking happening in your kitchen, it’s not uncommon to make a mistake when it comes to cross-contact. Take a few minutes to review FARE’s new *Creating a Food Allergy Safety Zone at Home* booklet to learn how to safely prepare food and eliminate cross-contact risks.

3. **A planned calendar**

Contact friends and family to see who is planning on hosting events so there are fewer surprises to your schedule. This is also a great time to remind any hosts or visitors about your or your child’s allergies, so they can work with you to make sure you are able to safely attend.

4. **Epinephrine and Food Allergy & Anaphylaxis Emergency Care Plan**

Remember your epinephrine auto-injectors go where you go! Take some time to review your emergency care plan with visiting family members who could be called upon to assist in case of an emergency.

5. **Laughter**

Keeping your spirits up and a sense of humor can help you stay in the holiday spirit. Check out this parody video from Kyle Dine for a laugh with your family, titled *12 Days of an Allergy-free Christmas*.

From all of us at FARE, we wish you a safe and happy holiday season!

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**Give a Gift That Gives Back**

Supporting the causes that mean the most to you and your family can be a great way to celebrate the holiday season. Below are a few great offers that provide a discount to your family AND a gift back to FARE. For full details and a complete list of our giving partners, visit our blog.

**SunButter**

$1 off **SunButter** and 10 percent of your purchase donated back to FARE.

**VineMarket**

20 percent off your first order* and a $10 donation back to FARE. Use code: GIVEBACK10 and this link. *Max discount $20. Code expires 12/31/2014.

**Name Bubbles Labels**

20 percent off ALL allergy product purchases to FARE.

More details and deals on our blog! blog.foodallergy.org

**Your Support Makes an Impact**

Your generosity helps ensure the 6 million children with food allergies in the U.S. will grow up living safe, productive lives. Give the gift of hope today. Visit www.foodallergy.org/give2014.
FARE Walk for Food Allergy Raises More Than $3M!

In gorgeous weather and (in some cases) frigid weather, from the east coast to the west coast, our nationwide FARE Walk for Food Allergy events this year brought together more than 30,000 members of the food allergy community and raised more than $3 million for food allergy research, education, advocacy and awareness programs!

We met thousands of walkers—toddlers, teens, moms, dads, grandparents, friends and extended family members united in a shared cause. Each event was inspiring! This year, Jo Frost, National Ambassador for the FARE Walk for Food Allergy, joined us in five cities and met many supporters. Whether you walked for the first time, or were a returning walker, we would like to say thank you.

We also want to extend our deepest thanks to the many, many volunteers who served as walk chairs or committee members, rallying support, securing sponsors, recruiting helpers and doing whatever it took to help make their hometown walks a success. We could not do it without you!

There is still time to support your favorite walker! Walk websites will remain open until Dec. 31. Visit www.foodallergywalk.org today to support the walkers in your community or across the country. Congratulations to our top three fundraising sites: Westchester, NY with more than $250,000 raised, and Houston and Chicago, which each raised more than $150,000! Thank you also to everyone who ensured each FARE Walk was a success. Your contributions during walk season enable us to support the 15 million Americans with food allergies.

We appreciate your commitment and look forward to walking with you again in 2015!
You may still support a team or walker—donations are being accepted through Dec. 31, 2014. To make a donation, visit www.foodallergywalk.org.

Thank you to all of our FARE Walk for Food Allergy national sponsors!

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Food Allergy musician Kyle Dine performed in various locations in Washington, including the FARE Walk for Food Allergy in Seattle, with funding from the FARE Community Outreach Grants Program.

Community Outreach Grants At Work!

This year, FARE awarded over $135,000 in grant support to 60 volunteer leaders across the country through its Community Outreach Grant Program. FARE Walk for Food Allergy Walk Chairs and FARE Support Group Leaders have been busy completing their projects over the last several months, filling community needs by hosting regional conferences and educational symposiums, providing local schools with educational opportunities and food allergy resources, and offering interactive, inclusive programs for children and families in their communities. This article provides a snapshot of how these community outreach grants are put into practice.

FARE-funded regional conferences led by Anne Russell in Michigan and Lisa Giuriceo in New Jersey reached audiences of over 200 attendees each, delivering robust presentations on anaphylaxis prevention, preparedness and implications of the diagnosis; research developments; and important issues such as dining out and accommodating students with food allergies in the school setting. In sharing her experience with planning the Food Allergy & Anaphylaxis Michigan Conference (FAAMC), Russell told us, “The FARE Community Outreach Grant made a major difference in what FAAMC was able to accomplish, and I believe FARE donor funds were put to good use in expanding the reach of food allergy public health education.” Regional conferences were also held in Massachusetts, Utah, Washington, Pennsylvania and Wisconsin.

In our southeast region, a series of educational symposiums have been taking place in conjunction with FARE Walk for Food Allergy events in Alabama, Florida, Tennessee and South Carolina. Local walk chairs and support group leaders have been working with FARE staff to coordinate with local allergists and schools to provide free educational events on important issues to those affected by food allergies. Walk Chair and Support Group Leader Donna Frank said that her local symposium serving upstate South Carolina brought 15 new members into her support group and created great enthusiasm for the local walk.

Projects to support continued school education have also been a big priority for this year’s grantees. Dana and Duane Gordin, past chairs of the Las Vegas FARE Walk for Food Allergy, utilized the Community Outreach Grant Program to cover printing costs associated with distribution of the CDC’s “Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs” in Clark County Public School District (CCSD). According to the Gordins, “this project increased the capacity of 15,000+ school staff members to promote, develop, and implement policies and practices that support students with food allergies. In creating CCSD’s food allergy management guidelines, every school needed a copy of the guidelines.”

Lenore Collins of Port Washington, N.Y., used her grant award to provide a travel scholarship to the FARE National Food Allergy Conference for a district school nurse so she could be educated about food allergies and important issues surrounding safety and inclusion. Serving a population of over 5,000 students, Collins noted the scholarship recipient “indicated that the FARE Conference was excellent and that she would encourage other nurses to attend in the future.”

Grant projects are also providing interactive, inclusive programs for children and families managing food allergies. Projects have included food-free Easter egg hunts and Halloween parties, an all-day family retreat with activities for kids and adults, and a series of concerts featuring food allergy musician Kyle Dine, hosted by grantees in Arizona, California, Texas, Utah and Washington state. Kelly Morgan of Washington FEAST shares her experience of using grant funding to bring Kyle Dine to her area, telling us “Kyle performed in quite a wide range of schools including private, public, Chinese immersion, urban and rural settings, as well as at the 2014 Seattle FARE Walk for Food Allergy. The feedback was overwhelmingly positive from both families and schools. We are grateful to FARE for the opportunity to apply for the FARE Community Outreach Grants and are confident that this was money very well spent!”

Although FARE provided the funding to support these projects, they could not have been brought to fruition without the innovation and hard work of our key volunteers. We are incredibly grateful to all the walk chairs and support group leaders who have been instrumental in educating and engaging their communities. For more information about getting involved, visit www.foodallergy.org/regional-offices.
The Teal Pumpkin Project

Hallowe’en 2014 will be remembered as a Halloween like no other—all because of a simple idea that started with Becky Basalone, support group leader of the Food Allergy Community of East Tennessee (FACET). Last year, FACET started a local movement to use a teal pumpkin to signify that a house has non-food items available for trick-or-treaters with food allergies. This year, with FACET’s blessing, FARE named the initiative the “Teal Pumpkin Project” and brought it to the attention of families across the country for the first time, and what followed was nothing short of amazing.

The campaign reached nearly 5.5 million people on Facebook, nearly 4,000 pictures were posted on Instagram using #TealPumpkinProject, and national and local media helped spread the word. The effort saw participation from all 50 states, D.C., Puerto Rico, and six countries. Teal pumpkins popped up on CNN.com, TODAY.com, and on local news stations in cities from coast to coast. Families with and without food allergies embraced the idea as a way to keep Halloween a fun, positive experience for all kids. Hospitals, allergists’ offices, children’s museums and businesses displayed teal pumpkins. Additionally, the project raised awareness of food allergies to a new level, and promoted respect and inclusion for those managing the condition.

We are thrilled that the Teal Pumpkin Project is here to stay as a new Halloween tradition! Visit FARE’s feature on storify.com to see the Teal Pumpkin Project come to life through your photos, and check out our map of cities and communities with participation. Visit our blog to read our interview with Basalone, and to learn more about the inspiration for her wonderful idea! •

We support kids with food allergies. Our teal pumpkin means that we have non-food treats available!

www.foodallergy.org

Photo Credit: Fashion by Mayhem

Becky Basalone (red sweater), creator of the Teal Pumpkin Project and her two sons (at right).
FARE and Emergency Medicine Experts Come Together to Improve Understanding and Treatment of Anaphylaxis

On Sept. 4-6, FARE convened representatives from two dozen leading national organizations, institutions and medical facilities in Chicago for its first Emergency Management of Anaphylaxis Summit.

“The summit was an unprecedented opportunity for those of us in emergency medicine to have a robust and valuable exchange with food allergy experts, allergists and parents about anaphylaxis and how it is treated,” said Michael Millin, M.D., M.P.H., of Johns Hopkins University School of Medicine in Baltimore.

Specific recommendations include:

- Creating a common description of anaphylaxis that may be used by healthcare professionals and patients,
- Facilitating partnerships with organizations representing the continuum of emergency care,
- Increasing usage of epinephrine and improving awareness of its first-line use in the management of anaphylaxis,
- Working with policymakers at every level to allow all EMTs to carry and administer stock epinephrine,
- Improving emergency department discharge protocols, and
- Dispelling fears about contraindications and side effects.

The Emergency Management of Anaphylaxis Summit was made possible by a sponsorship from Mylan Specialty L.P.

Advocacy Update

As the nation’s largest organization representing the food allergy community, FARE is committed to promoting safety, inclusion and quality of life for people living with food allergies. Our advocacy and government affairs division works in partnership with volunteers and public officials nationwide on legislative and regulatory initiatives that advance these goals. While we have much work to do, we are seeing steady gains in a number of sectors.

As of this writing, 46 states now allow schools to stock undesignated epinephrine auto-injectors, thanks to key legislation passing in 14 new states this year. Several states that already had stock epinephrine laws, such as California and Illinois, have passed measures to expand those laws. We are also seeing more interest among colleges and universities in stocking epinephrine. Indiana and New Jersey now have laws allowing institutions of higher education to stock epinephrine auto-injectors, and other states are considering similar measures. Still more states are looking at measures to allow school bus drivers, restaurant personnel and others to use these devices.

It is important to remember that stock epinephrine is not intended to replace a student's own prescribed epinephrine. Stock epinephrine auto-injectors are for use in an allergic emergency, potentially by a student who may not know she is allergic, may not have her own medication close at hand or when additional doses are needed.

FARE has supported many of these legislative efforts by offering model bill language, writing letters of support, organizing our members in particular states to advocate, providing data to legislators and assisting with implementation once laws are passed.

When we work with schools and other entities, we hear frequently that they want to keep epinephrine on hand to use “until the ambulance arrives.” People are surprised to learn that the availability of this lifesaving medication on an ambulance may vary by jurisdiction or even by what type of vehicle responds to the call. FARE has embarked upon a new initiative, partnering with emergency medicine professionals, to improve the identification of anaphylaxis by emergency medicine personnel from the time 911 is called until the patient is discharged from the emergency department. This will be a key priority for 2015 and beyond.

We want to thank the thousands of FARE supporters across the country who have helped advocate for bills. We are always willing to talk with advocates interested in discussing how to improve food allergy awareness and safety. Please feel free to email advocacy@foodallergy.org to learn more.

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FARE and ACEP Partner to Release Anaphylaxis Toolkit

In partnership with the American College of Emergency Physicians (ACEP), FARE released an Anaphylaxis Toolkit in both English and Spanish, which emergency care providers can give to patients upon discharge from the hospital to help answer questions about managing life-threatening allergies. The toolkit is part of FARE and ACEP’s ongoing educational initiative to help improve emergency department discharge procedures for patients who have been treated for life-threatening (severe) allergic reactions. This is a much-needed resource, and we encourage you to share it with those in your community who may benefit from it. Development of the Anaphylaxis Toolkit was supported by Mylan Specialty L.P.

Six Continents Represented at International Food Allergy Meeting

From Sept. 21-23, FARE hosted representatives from 18 countries at the meeting of the International Food Allergy & Anaphylaxis Alliance at the Hyatt Dulles in Herndon, Va. This year’s meeting marks the first time that patient organizations from every populated continent—North America, South America, Africa, Europe, Asia and Australia—were present at the annual meeting.

The International Food Allergy & Anaphylaxis Alliance was first convened in 1999 as a forum for the exchange of information and ideas about topics that affect families managing food allergies internationally. At this year’s meeting, alliance members discussed strategies to help emerging countries improve access to epinephrine auto-injectors and to get emergency care plans in place that meet a minimum standard. The alliance also voted to adopt a new logo (see above) and to increase the seats on its governing board to include representation from nine countries. A communications committee was also established and is set to begin work on a new website in 2015.

Ingredient Notices

Nabisco

Nabisco is introducing a new line of products under its Honey Maid brand called Honey Maid Go Bites Filled Snacks. These new products are available in two flavors—Chocolate and Vanilla—and will contain both wheat and soy (soy protein and soy lecithin) ingredients. The allergen information for Honey Maid Grahams and Grahamfuls products will remain the same.

The products will appear on grocery shelves in December 2014. Nabisco products are manufactured by Mondelez Global.

Consumers are strongly encouraged to read the package labels prior to every purchase. For more information, contact us at 800-622-4726.

Pepperidge Farm Stuffing Will Now Contain Milk and Soy

Pepperidge Farm, Inc., is modifying the recipe of its entire line of stuffing products. The recipe will now contain milk and soy. This will be reflected in the ingredient statement.

The products affected are:

- Herb Stuffing 8-oz, 14-oz & 48-oz
- Cornbread Stuffing 8-oz, & 14-oz
- Country Cube Stuffing 12-oz
- Cubed Stuffing 12-oz
- Sage & Onion Stuffing 12-oz
- Unseasoned Stuffing 8-oz & 12-oz

If you have food allergies or purchase food for someone with food allergies, please always read the labeling on the product package for the most accurate information. If you have questions please phone our Consumer Affairs staff at 888-737-7374 for further information.

Wendy’s Introduces New Sandwich Containing Egg and Milk

Wendy’s recently introduced a new limited-time-offer sandwich, the Smoked Gouda Chicken on Brioche. This product is served on a brioche bun that contains egg and milk and should be avoided by egg and milk allergic consumers. The bun is also topped with an egg glaze and is placed in the same toaster as our premium sandwich buns, which are used for our larger sandwiches. The brioche bun may be used for future products as well. Each of our sandwiches are made to order, so please request your premium hamburger, chicken, or pretzel sandwich buns WITHOUT TOASTING if you have concerns about eggs and milk. Contact Wendy’s Customer Service at 800-443-7266 or consumer.relations@wendys.com with any additional questions.
Kids in the Kitchen

The holidays are a perfect time to involve your child in the kitchen and to introduce them to food allergy management skills. As you bake, blend and beat ingredients, talk with your child about how to stay safe while preparing meals. Visit www.foodallergy.org/managing-food-allergies/at-home for tips.

• Before you begin, make your kitchen kid-friendly and stock items for your child to use. Set aside safe tools (spatulas, spoons, mixing bowls, etc.), and let him or her pick which to use.

• With your child’s help, select an accessible location in the pantry and refrigerator to store safe food. (You may want to establish rules about when it is okay for your child to get certain items.)

• Work with your child to select an easy labeling solution for safe foods. Some families use different colored containers for allergen-free food. Others use stickers or labels. Test your child to make sure he or she understands which label means “safe” and which means “off-limits.”

• Choose recipes together. Browse through cookbooks with your child and select recipes to try. If a recipe calls for an ingredient to which your child or a family member is allergic, talk about safe substitutions. As your child starts to understand more about allergy-friendly cooking, ask him or her for ideas on what to substitute.

• Show your child how to read ingredient labels. Teach him or her to slow down while reviewing the list by touching a finger to each ingredient indicated, then have your child do the same.

• As you begin to cook, assign age-appropriate tasks, such as measuring or mixing ingredients, greasing a pan or tossing together salad ingredients. Even a very young child can get involved by selecting cupcake liners or shaking sprinkles onto a cookie.

Allergy-Friendly Recipes

Potato Pancakes
Top-8 Free

• 1 cup cooked potatoes, mashed
• 1 cup cooked potatoes, finely grated
• ½ tsp. salt
• ½ tsp. baking powder
• 2 T. milk-free, soy-free margarine

In large bowl, combine all ingredients except margarine. Set aside. In large skillet, melt margarine over medium heat. Spoon potato mixture into skillet, forming pancakes; cook until golden brown on bottom; flip and continue cooking. Serve plain or with applesauce.

Milk-Free Hot Chocolate
Top-8 Free

• 1 T. plus 1 tsp. unsweetened cocoa powder
• 2 cups vanilla-flavored rice beverage
• 1 T. plus 1 tsp. molasses (not blackstrap)
• Dash of salt

Place all ingredients in saucepan, over medium heat. Stir often to be sure cocoa powder dissolves. Serve hot.

Nutmeg Cut-Out Cookies
Milk-free, egg-free, peanut-free, tree nut-free*

Cookies:

• 1 cup milk-free margarine, softened
• ½ cup sugar
• ¼ cup brown sugar
• 2 tsp. vanilla extract
• 1 ½ T. water, 1 ½ T. oil, 1 tsp. baking powder, mixed together
• 2 ¾ cups flour
• ½ tsp. ground nutmeg
• dash of salt

In large mixing bowl, with an electric mixer on medium speed, beat margarine and sugars until creamy. Beat in vanilla extract; and water, oil, and baking powder mixture. Beat in flour, nutmeg, and salt. Knead dough into a ball. Cover and chill overnight. Preheat oven to 350 degrees. Divide dough in quarters. Roll each quarter out, 1/2-inch thick, between 2 pieces of wax paper. Cut out dough with desired cookie cutters. Place 1 inch apart on ungreased cookie sheets. Bake 11 minutes, or until done. Cool on wire racks. Frost with Cookie Frosting and decorate, if desired.

Frosting:

• 4 T. milk-free margarine, softened
• 1 ½ cups plus 1 T. confectioner’s sugar
• 2 T. water
• 1 tsp. vanilla extract

In medium bowl, with an electric mixer on medium speed, combine all ingredients until smooth. More water or confectioner’s sugar may be added, 1 T. at a time, until desired spreading consistency is achieved.

*This recipe is coded as containing soy, although milk- and soy-free margarine is available at some grocers.

Editor’s note: nutmeg is a spice derived from seeds, not nuts, and is considered safe for those with tree nut allergy.
2015 FARE NATIONAL FOOD ALLERGY CONFERENCE

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