



Websites:

www.namastefoods.com – Namaste Foods & mixes contain no wheat, gluten, corn, soy, potato, dairy, casein or nuts. Excellent mixes - best chocolate cake mix **EVER**, pizza crust mix (I use it both for foccacia bread as well as breading for my chicken nuggets), sugar free muffin mix, sugar free waffle and pancakes, the list goes on! Many sugar free mixes as well. **see my recipe for foccacia bread and fried chicken below.*

www.kinnikinnick.com - Kinnikinnick Foods mission statement: "To provide celiacs, people with Autism and other people with special dietary requirements with an uncontaminated, risk free source of food products." Many of their products so closely mirror "regular" food that they are the perfect choices for school lunches, class parties, or anywhere that your child wants to "blend in" and not have different looking or tasting food. Their ready made Montana chocolate chip cookies and sandwich cookies look just like the Chips Ahoy® & Oreo® brands! Their tapioca, yeast free bread is the best loaf bread I have found; toasts well and looks real. **see my recipe for breakfast toast below.*

www.babycakesnyc.com – BabyCakes offers all-natural, organic and delicious alternatives free from common allergens: wheat, gluten, dairy, casein and eggs. No white sugar or toxic chemical sweeteners. Most products are sweetened with agave nectar – a safe alternative to most non-insulin dependent diabetics! You can order their amazing products, but best of all, the owner, inventor and amazing chef Erin McKenna has published her own cookbook "babycakes"! It is FANTASTIC, and when you are asked to be the cupcake parent at school these are perfect. A bit of work, lots of ingredients, but an amazing, safe, sugar-free product. As noted in the beginning of this talk, all children's dietary needs are different. Any substitution I have had to make in babycakes recipes have not affected the texture or taste of the recipe! Great news, Erin has done it again with a new cookbook: "babycakes covers the Classics: Gluten-Free Vegan Recipes from Donuts to Snickerdoodles." I've tried some of the recipes and they donuts are AMAZING.

www.choclat.com – Parve Specialty Chocolates & Other Kosher Confections. Gluten/Dairy Free & Kid Friendly. This store has saved me on many holiday occasions and always for school parties. They can theme their chocolates for your holiday or celebration and offer not only gf/cf but also candies that are sugar, egg and nut free and at Passover corn and soy free. One word here....YUM.

www.allergygrocer.com (formerly www.missroben.com) A great mission statement: “To provide those with food allergies great tasting, great textured, and nutritional food products that are reasonably priced, safe to consume, offered through a user-friendly website, and delivered timely and as requested.” A huge selection and the site still carries all the **Miss Roben’s Mixes**.

www.glutenfree.com (**Gluten Free Pantry**) All Gluten-Free Pantry products are wheat/gluten-free, as well as dairy-free (lactose & casein). Read labels as some of their products do contain **corn**. They have a fantastic gingerbread cookie mix! I use it at my neighborhood cookie exchange and *always* get asked for the recipe!!

www.gilliansfoods.com - Gillians is a facility dedicated to a gluten, wheat, tree nut and peanut nut free environment. Products include gluten free rolls, bread, pizza dough, pizza, pie shells, bread crumbs and more!!! Read labels as some of their products do contain **soy or corn**. **see my recipe below for Extra Crispy Fried chicken and Italian meatballs using their Italian bread crumbs.*

www.iansnaturalfoods.com - Ian’s allergen-free (wf/gf recipe) specialty food products are designed for kids with special dietary needs. These products are made without wheat, gluten, casein, milk, eggs, or nuts. The allergen free line includes breakfasts, entrees, snacks and fries. These foods are very kid friendly: chicken nuggets and alphabet potato French fries that are great. Read labels as many of their products do contain **soy or corn**.

www.enjoylifefoods.com – Ready-made foods free of all common allergens (NO wheat, gluten, dairy, casein, soy, egg, corn, nuts, potato, hydrogenated oil or artificial anything.) All products are made in a dedicated gluten – free and peanut – free bakery. Great for packing lunches! Muffins, cookies, and bars are packaged in individual packets for an easy lunch box fit! Chocolate chips are excellent for baking and have no soy.