



Resources

Food allergy support networks

<http://www.foodallergybooks.com/links7.htm>

Example local chapters of Food Allergy Support groups

Connecticut:

<http://www.asthmaandallergies.org/Articles/Food%20Allergies/Eating%20Out%20with%20Food%20Allergies%20Carrick%20PDF.pdf>

Washington state: <http://www.wafeast.org/>

National database of Allergy Friendly Restaurants

<http://www.allergyeats.com/>

Food Allergy and Anaphylaxis Network

www.foodallergy.org

Cleveland Clinic website

http://my.clevelandclinic.org/disorders/allergies/hic_special_diets_for_food_allergies.aspx

Food Allergy Awareness Week: May 8-14, 2011 by FAAN

World's Healthiest Foods website (one of my favorites)

<http://www.whfoods.com/>

Since 1990, Diamond Organics has been a premier source for farm fresh organic produce, with guaranteed nationwide overnight home delivery.

www.diamondorganics.com

Nutritionists – search online for those who are close or conduct Skype or telephone appointments

Cooking classes – search locally or for online videos for gluten-free, allergen-free cooking classes

Make little business cards through VistaPrint with your allergies listed to hand out at restaurants

Specialty brands

1. Ener-G brand: <http://www.ener-g.com/>
2. Enjoy Life foods: www.enjoylifefoods.com
3. Allergy Free Foods: www.allergyfreefoods.com