

FALL 2017



MOCHA

Mothers of Children Having Allergies
www.MOCHAallergies.org



Founders:

Denise Bunning

Denise@MOCHAallergies.org

Anne Thompson

afieldthomp@aol.com

MOCHA Coordinator:

Carmen-Rae Carlson

Carmen-Rae@MOCHAallergies.org

Medical Advisors:

Jacqueline Pongracic, MD

Lurie Children's Hospital

Sai R. Nimmagadda, MD

Associated Allergists

Christine Szychliński, APN, CPNP

Lurie Children's Hospital

Meeting Dates:

MOCHA meets at various times throughout the school year. Please always check the website for meeting dates and location.

Meeting Location:

[FARE Chicago Office](#)

[Lower Level Conference Room](#)

[8707 Skokie Blvd.](#)

[Skokie, IL 60077](#)

Non-Allergic Food for Thought:

The world is not free of Milk, Egg, Peanut, Tree nut, Wheat, Soy, Fish, Shellfish. It is our job as parents to give our children the **Education, Encouragement, Experience and Enthusiasm**

to get out there and live their lives to the fullest—safely.

Disclaimer:

MOCHA is not a professional or medical organization. It is a group of parents sharing information and supporting each other. The discussions, meeting minutes, handouts, speakers, and other products of our support group do not constitute medical and/or legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.

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THE RESOURCES AND OPPORTUNITIES JUST KEEP GROWING ...!

SATURDAY, OCTOBER 14, 2017: [FARE Chicago Heroes Walk for Food Allergy](#).

Lincoln Park. Food Allergy Heroes Walk exists to recognize the courage and determination of food allergy families, and to empower these everyday heroes to end food allergy fears for good. Through widespread fundraising and walks across the country, thousands of families come together to unite behind their commitment to FARE's mission and raise funds that will change their children's lives through research, education, advocacy and broad awareness. **Join TeamMOCHA, raise \$20 or more, and receive an original, custom-designed hat commemorating MOCHA's 20-year anniversary!**



CHECK OUT THE NEW FARE WEBSITE: www.foodallergy.org

We hope you will explore the newly transformed website, and make it a frequent destination throughout your food allergy journey. Find resources specific to your individual and family needs, as well as tools for school staff, healthcare providers, food industry professionals and others involved in helping those with food allergies navigate their world.



Every child should be able to experience the joy and tradition of trick-or-treating on Halloween. But kids with food allergies are often left out of the fun, since so much candy is off limits. FARE's Teal Pumpkin Project® helps make sure all children will come home on Halloween night with something they can enjoy. When you become a Teal Pumpkin Project Insider, FARE will send resources and updates straight to your inbox to help you spread the word. Get all the details here: <https://www.foodallergy.org/education-awareness/teal-pumpkin-project>

NOVEMBER 10-12, 2017: Join us at the [12th Annual FARE Teen Summit](#), Newport Beach, CA.

FARE's Annual Teen Summit has been building new and long-lasting friendships for over a decade. Tweens, teens and young adults ages 11-22, as well as their parents, come together for education and support. This weekend conference offers sessions specific to challenges and milestones faced by middle school, high school, and college students managing food allergies. The parents' track addresses common challenges and questions parents of teens with food allergies face.



Denise Bunning and Anne Thompson will both be presenting!

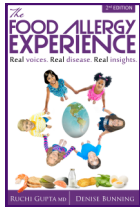
Get your Epinephrine: www.auviq.com, www.epipen.com or ask your allergist for a prescription for generic epinephrine.

MAY 11, 2018: SAVE THE DATE! FARE 7th Annual Chicago Luncheon!



Have you tried the new SPOKIN APP? Spokin is a mobile app built to help people managing food allergies access the most useful and timely information available with just a few taps on their phone. Imagine an app that does that work for you to find food allergy friendly restaurants, summer camps, hotels, etc. Created by Susie Hultquist (Susie@spokin.com) and her team, Spokin is seeking people managing food allergies to sign up and share their personal recommendations of favorite doctors, restaurants, hotels, cruise lines, recipes and more. www.spokin.com

The FASE (Food Allergy Support and Education) program at Lurie Children's Hospital hosts monthly **Essentials of Food Allergy Workshops** as well as **Topic-based Workshops** on issues such as back to school, traveling, parental anxiety, holiday preparation, current food allergy research and more. They also host **Kids' Food Allergy Hangouts** for patients and friends of Lurie Children's that give children with food allergy opportunities to be with other children who share their experiences. The FASE Program is led by Sarah Boudreau-Romano, MD, allergist and food allergy mom. To sign up for the Workshops or the Hangouts, please register here: www.luriechildrens.org/FASE-Program.



THE FOOD ALLERGY EXPERIENCE, 2nd Edition:

Written by **Dr. Ruchi Gupta** and **Denise Bunning**, the 2nd Edition of this book is available at www.FoodAllergyExperience.com. Based on Dr. Gupta's research and her surveys of parents, providers, caregivers and patients, *The Food Allergy Experience: Real voices. Real disease. Real insights.* provides a reliable source of information and advice in simple, easy-to-read terms. For those contending with food allergies, the book offers guidance and invaluable perspective. For friends, relatives, health care providers, teachers, and caregivers, the book will instill a better understanding of how food allergies impact life at home, at school, and in the community, helping them to more effectively assist children with food allergies.

NEWS FROM FARE (Food Allergy Research & Education):

- Brand new [FARE Education Network](http://www.foodallergy.org/education-network) resources available! For more information about "Food Allergies: Keeping Students Safe and Included" materials as well as how to become a part of the FARE Education Network, visit www.foodallergy.org/education-network.
- **SafeFARE** is an online resource center and public awareness campaign about dining out with food allergies. The website (www.safehare.org) includes tips for before and during a visit to a restaurant, a customizable "Food Allergy Alert" chef card, and a "Find a Restaurant" feature that allows diners to find local restaurants with staff who have completed allergen training programs.
- [Food Allergy & Anaphylaxis Emergency Care Plan](http://www.foodallergy.org/education-network): FARE's written plan, approved by FARE's Medical Advisory Board, outlines recommended treatment in case of an allergic reaction with easy-to-follow graphics.
- FARE teamed up with The Discovery Channel to produce a documentary about food allergies called ["An Emerging Epidemic: Food Allergies in America."](http://www.foodallergy.org/education-network) The hour-long documentary, narrated by **Steve Carell**, explores what it is like to live with life-threatening food allergies, how families and individuals managing food allergies are working to raise awareness in their communities, and the vital research underway to find effective treatments and a cure.
- [Food Allergy Bullying: It's Not a Joke](http://www.foodallergy.org/education-network): FARE's "It's Not a Joke" PSA can help you learn more about how you can prevent food allergy bullying.
- FARE works with colleges and universities to develop uniform policies to effectively manage food allergy through the [FARE College Food Allergy Program](http://www.foodallergy.org/education-network). This program addresses all aspects of college life with food allergies including dining services, resident life and social well-being, health services, disability accommodations and emergency services.

MOCHA RECOMMENDS:

- 2016 annual [AllergyEats](http://www.allergyeats.com/top10chains2016/) Top 10 List of Most Allergy-Friendly Restaurant Chains in America (<https://www.allergyeats.com/top10chains2016/>).
- Check out this terrific new cookbook from our friend, Jody Falco, "College Cooking: Allergy-Free." Available on [Amazon](http://www.amazon.com) and [Lulu](http://www.lulu.com)—paperback and ebook formats!
- Watch this [video by Susan Tatelli](http://www.youtube.com/watch?v=...), recording her self-administration of epinephrine during an actual anaphylactic reaction. 12-year-old Susan made the video for a Girl Scout project, and has since been asked to train a number of school district employees and MOCHA members! Also, follow the blog [Eating Peanut](http://www.eatingpeanut.com) by Susan's mother, Caryn Tatelli.
- Follow this [blog by 13-year-old Jack Yonover](http://www.wttv.com/story/34844441/jack-yonover) from Wilmette who produced a documentary, "That Bites!" about living with food allergies. Jack has received numerous awards and has been published in Allergic Living Magazine. Watch the [trailer to his video here](http://www.wttv.com/story/34844441/jack-yonover). And a feature on [Jack on WTTV Chicago Tonight](http://www.wttv.com/story/34844441/jack-yonover).
- **DEERFIELD SCHOOL DISTRICT 109 FOOD ALLERGY MANAGEMENT PLAN**: Check out [this link](http://www.deerfield.k12.il.us/foodallergy/) for the most current Illinois school district food allergy management plan.

NEW TO MOCHA? MOCHA (Mothers of Children Having Allergies) is a group of parents sharing information and supporting each other. Through our meetings, speakers, and informal get-togethers, MOCHA offers support, education, and – best of all – friendship, to help make managing your child's food allergies just a little bit easier. Check out [our website](http://www.mochallergies.org) for the most current news and resources. Presentations from previous meetings are available on the [www.MOCHAllergies.org](http://www.mochallergies.org) website under the "Meetings" tab. Send your email address to MembershipInfo@mochallergies.org to be added to our MOCHA blast email list. If you are not getting our emails, your email address is changing, or you wish to be deleted from the email list, please send an email to MembershipInfo@MOCHAllergies.org.

GETTING MORE INFO: We suggest making sure to spend some time visiting these websites, especially if you're new to MOCHA! Remember, always consult with your own doctor about information you receive on the internet. If it sounds too good to be true, unfortunately it probably is not true.

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| www.FoodAllergy.org | www.CureCeliacDisease.org | www.AllergicLiving.com |
| www.LurieChildrens.org | www.MedicAlert.org | www.GlutenFreeAndMore.com |
| www.UChicagoKidshospital.org | www.NorthShore.org | www.AllergySafeTravel.com |
| www.Feinberg.Northwestern.edu | www.Allergists-Asthma.com | www.NourishIS.com |
| http://FoodAllergies.Stanford.edu/ | www.chicagofamilyasthma.com | www.TheAllergistMom.com |
| www.med.UMich.edu/FoodAllergy | EoE Resources: | www.AllergicChild.com |
| www.SafeFARE.org | www.APFED.org | www.AllergyMoms.com |
| www.AAFA.org | www.CuredFoundation.org | http://eatingpeanut.blogspot.com/ |
| www.AllergyHome.org | www.EoEHome.org | www.foodallergyworks.blogspot.com |



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