

Food Allergy Resources At the Thunder Bay District Health Unit



**Thunder Bay District
Health Unit**

Books

1. **Panic in the Pantry** – Food Facts, Fads and Fallacies by Dr. Elizabeth M. Whelan, and Dr. Fredrick J. Stare.
2. **The Great Big Food Experiment** – How to identify and control your child's food intolerances by Jane McNicol.
3. **The Allergy Cookbook** – Foods for Festive Occasions by the Allergy Information Association.
4. **The Allergy Cookbook** – Diets Unlimited for Limited Diets by the Allergy Information Association.
5. **Preventive Nutrition** – The Comprehensive Guide for Health Professionals by Adrienne Bendich and Richard J. Deckelbaum.
6. **Save your money with The Kitchen Handbook** – An Environmental Guide by Teri Degler and Pollution Probe.
7. **Whole Foods Natural Foods Guide** – What happens to natural food products from farmer to consumer by the Whole Foods magazine.

Videos

Alexander: The Elephant Who Couldn't Eat Peanuts (10 min. video) – 3 copies

Ages JK to Grade 6

Teaching kids about food allergies and tolerance towards those who are "different"

It Only Takes One Bite (18 min. video)

Ages Adults and children

Teaching people about how to take care of themselves and others in the case of food induced anaphylaxis.

Contact Barb Murray our librarian at 625-5901 to find out borrowing these resources.

Handouts

General

- Food Allergies and Food Intolerances – CHOICES produced by the Canadian Dietetic Association
- Food Allergies – Milk, egg, corn, wheat, peanut, soy foods to avoid



Peanut

- Peanut Allergy in a Nutshell – January 1997 Healthy Eating Newsletter
- What is My Child Missing if they can't have peanut butter? (n-88)
- The Same Amount of Protein as Peanut Butter (N-41)
- Peanut Allergy/ Peanut-Free Lunches and Snacks (N-124)
- School Lunch and Snack Ideas for families concerned about food allergies (N-87)
- Halloween Alert- Peanut Safe Strategies for Home and School (N-40)

Milk

- Children and Milk Allergies
- Cow's Milk Allergy – April 2000 Healthy Eating Newsletter
- Myths and Misconceptions – regarding milk products by Dairy Bureau of Canada
- Milk Allergy and Lactose Intolerance by the Dairy Bureau of Canada
- Getting Enough Calcium When You Don't Drink Milk – October 2000 Healthy Eating Newsletter
- Lactose Intolerance and Milk Allergy produced by the Milk Marketing Board

Presentations

A dietitian/nutritionist from the Health Unit may be available to speak with a group about allergies.

Contact Nutrition Services at the Thunder Bay District Health Unit to order copies of these handouts or to find out more information at 625-5900.

ALLERGY RESOURCES outside the Health Unit

SPECIALTY FOOD SHOP

Hamilton, Ontario

Phone Toll Free: 1-800-737-7976

Website: www.specialtyfoodshop.com

The shop will courier orders made by phone with a Visa or Mastercard.

ALLERGY/ASTHMA INFORMATION ASSOCIATION (National Office)

phone toll-free 1-800-611-7011; fax (416) 783-7538

130 Bridgeland Avenue, Suite 424

Toronto, Ontario M6A 1Z4

Can provide an up-to-date number for the nearest regional office and counselling services.

As of May 2000, the regional service for Northwestern Ontario is 1-888-250-2290.

This organization provides fact sheets, resource suggestions, cookbooks and some counselling.

THE FOOD ALLERGY NETWORK...phone (703) 691-3179

10400 Eaton Place, Suite 107, Fairfax, Virginia 22030

Website - www.foodallergy.org/

Provide up-to-date information on food labelling and product alerts. Have a bi-monthly newsletter for members. Sell resources related to food allergies - call 1-800-929-4040.

THE ASSOCIATION OF ALLERGISTS -

www.allerg.qc.ca/englishversion.html

THE CALGARY ALLERGY NETWORK - www.cadvision.com/allergy

PEANUT ALLERGY RESOURCES

"No Nuts For Me" is a **booklet** for children aged 3 to 6 years, and is an excellent teaching tool for nut-allergic children, their friends and caregivers.

It is available free-of-charge (1 per customer) from Kraft Canada. Call 1-800-268-1775 or email them using their website at www.kraftcanada.com.

The book was also for sale in the children's section of Chapters bookstore

"Reduce the Risk" posters for peanut/nut allergies are posters designed for use in schools, daycares, medical offices and any other location where the use of nuts or peanuts is restricted due to allergies.

The posters are approximately 11x27" in size and are printed on glossy coloured paper. They sell for \$15 each, plus \$5 postage (GST and PST are included) and are available from the Allergy & Asthma Information Association.

Call 1-514-694-0679 for more information or send a cheque for the \$20 to to:

AAIA Quebec Region
172 Andover Road
Beaconsfield, Quebec H9W 2Z

VERMONT NUT FREE CHOCOLATES 1-888-468-8373

www.vermontnutfree.com

Wheat Allergy/ Celiac Disease

CANADIAN CELIAC ASSOCIATION...phone 1-800-363-7296

190 Britannia Road East, Unit #11, Mississauga, ON L4Z 1W6

Website: www.celiac.ca

Will provide written information on request, and can answer specific questions over the phone. Also provide information about where to buy gluten-free foods.

CANADIAN CELIAC ASSOCIATION - THUNDER BAY CHAPTER -

P.O. Box 1102 Stn. F, Thunder Bay, P7C 4X9

Call Judy at 577-1474 or Bob at 933-4236 in Thunder Bay.

Offer local support and information.

OTHER RELIABLE WEBSITES FOR NUTRITION INFORMATION

CALCIUM INFO. - www.calciuminfo.com

DIETITIANS of CANADA - www.dietitians.ca

MAYO CLINIC HEALTH OASIS INFORMATION - www.mayohealth.org

NATIONAL INSTITUTE of NUTRITION - www.nin.ca

DIAL-A-DIETITIAN - www.dial@dial-a-dietitian.ml.org

HEALTH CANADA - www.hc-sc.gc.ca/english

INTERNATIONAL FOOD INFORMATION COUNCIL-

www.ificinfo.health.org