



Feedmeallergyfree
for happy babies and toddlers

Newsletter – February 2007 Edition 1, "It's gone live!"

Welcome to the first **Feed me allergy free** newsletter. Since launching the website and recipe book last month, I've had some great feedback and support, and I would like to thank everyone for this.

I hope that you enjoy reading this first edition and, as always, any feedback or comments are most welcome.

Get ready for Easter!

Well, I for one can't wait for Easter!! This year, my little boy will be 20 months and I think he will really enjoy all the Easter fun I've got lined up.

For some great ideas for Easter treats and activities read on...



Easter Eggs

Can't find any suitable Easter Eggs in the shops? Don't worry it's really easy to make your own! You can buy chocolate egg moulds in any good cookery shop and then all you need is suitable chocolate and a bit of olive oil...go to www.feedmeallergyfree.co.uk find out how to do it.

Easter Biscuits

Using the gingerbread men recipe from the Feed me allergy free recipe book, it is easy to make Easter biscuits...simply buy some Easter cutters and have fun!

Easter Hunt

Children of all different ages love an Easter hunt in the garden. I'm really looking forward to doing one this year with my son - we'll be hunting plastic coloured Easter eggs with treats inside!

Other Easter Activities

Of course, not all Easter activities need to be food related!! For other great ideas, have a look at the Silky Steps website (www.silkysteps.com) which is a free learning resource for the under-fives. They are also running a fab competition at the moment to win 2 Crayola Dough cutter tools - look out for the competition half way down the homepage, closing date 7 March 2007. Good Luck!

Other News

Quick Recipe Tip

If you fancy a change to the Carrot Cake (on page 47 in the Feed me allergy free recipe book) simply replace the apple puree with a small ripe banana. You just mash the banana with the back of a fork and add it to the recipe instead of the apple puree. Mmm, just as delicious but slightly different!

And finally...

The next newsletter is due out in May 2007. However, the website will be continuously updated so don't forget to check back regularly.

Wishing you and your family a healthy future.
Lucyx

Newsletter written by Lucy Cahil, February 2007

Please note that this article is not intended to provide any professional / medical advice. For advice, always consult your GP or dietician.