

Food Allergy Support Group of Monmouth County

2008 Winter/Spring
Newsletter

SCHEDULE OF MEETINGS AND OTHER ACTIVITIES

* **February 6, 2008, 7:30 p.m.** — GUEST SPEAKER: JONATHAN TEITELBAUM, MD
PEDIATRIC GASTROENTEROLOGIST

BUSINESS: Update on FAAN Walk

‡ **March 5, 2008, Whole Foods, 471 Route 35, Middletown/Red Bank**

7:15 p.m. — **BUSINESS:** Short discussion of Food Allergy Awareness Week

7:30 p.m. — **TOPIC: ROUND ROBIN DISCUSSION.** Meet other members of the group and discuss issues important to us. (feel free to arrive after 7:15)

‡ Please note, Whole Foods cannot guarantee the location at such an early date. Please check <http://fasgmc.tripod.com> or contact one of the group leaders a few days prior to the meeting to confirm location.

* **April 2, 2008, 7:30 p.m. Topic: Preparation for Food Allergy Awareness Week**

BUSINESS: Update on FAAN Walk

* **May 7, 2008, 7:30 p.m.** — **TOPIC: PREPARING FOR SCHOOL WITH FOOD**

ALLERGIES. We will discuss preparation for the 2008-2009 school year. Preschool, elementary and middle school issues to be addressed.

BUSINESS: Updates on Food Allergy Awareness Week, FAAN Walk

UPCOMING EVENTS

May 11-17, 2008 — FOOD ALLERGY AWARENESS WEEK

<http://foodallergy.org/FAAW/>

Sept. 7, 2008, 10 a.m. — THE FOOD ALLERGY & ANAPHYLAXIS NETWORK'S WALK FOR FOOD ALLERGY: MOVING TOWARD A CURE

Pier Village, Long Branch

The Food Allergy and Anaphylaxis Network (FAAN) Walk for Food Allergy: Moving Toward A Cure

The Monmouth County **Food Allergy and Anaphylaxis Network (FAAN) Walk for Food Allergy: Moving Toward A Cure** will be held Sept. 7 in Long Branch on a beautiful site along an approximate 3-mile route able to accommodate strollers. There will be post-walk family fun celebrations and activities for all registered walkers and volunteers.

The FAAN Walk for Food

Allergy events, which have been held across the country since 2003, raise funds to support FAAN's efforts in food allergy public awareness, advocacy, education, and research. This will be the first walk held in Monmouth County.

The co-chairs for this event, Veronica Scanlon and Jo Ann Molnar held the kick off planning meeting on Jan. 17 to recruit committee volunteers.

There are four committees:

Sponsorship, Logistics, Publicity and Recruitment, each with its own chair position available. Chair positions are greatly supported by the Long Branch co-chairs and FAAN staff. FAAN facilitates phone conferencing for Walk committees (e.g., Logistics, Sponsorship). FAAN staff also participates in these calls to help the committees determine best practices. An

*Unless otherwise noted, Wednesday Meetings are held at

Allergy & Asthma Associates of Monmouth County
565 Highway 35 North, Suite 6
(next to Siperstein's Paint Store)
Red Bank • 732-741-8222.

For more information view <http://fasgmc.tripod.com>

or contact support group leaders:

Lisa Cronin: 732-739-6845

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Ellen Montemarano

njfoodallergy@hotmail.com

FAAN Walk 2007: Great Job Everyone!

The FASGMC team raised over \$7,480 for The Food Allergy & Anaphylaxis Network's Walk for Food Allergy: Moving Toward A Cure on Oct. 14, 2007 in Ridgewood, N.J.

Coming this fall to Monmouth County !!

overview of the committee tasks is outlined below.

Sponsorship Committee

- Secure sponsors at all sponsorship levels
- Return sponsorship commitment forms to FAAN Regional Manager/Coordinator
- Send thank you letters to sponsors

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Physician Nutritionist Speaks at Meeting

Thank you to **Martin D. Fried, MD FAAP**, a physician nutrition specialist, who spoke at our most recent meeting on Jan. 9.

Dr. Fried answered many varied questions from the group relating to nutrition, allergies and digestion. His advice included moderation is the key to all dietary habits; milk is not a necessary component to

a healthy diet, nutrients in milk can be gotten from a variety of other foods; and one of the best ways to determine if a child is getting adequate nutrition is if he/she is gaining the proper amount weight.

For more information about Dr. Fried, view his Web site at www.healthydays.info.

Enjoy Life

Thank you to Veronica Alicea, dietitian for Enjoy Life Foods, who sent us samples of their products, foods free of many of the major allergens. Samples of Sunbutter Crunch Snack Bars, nut-free

Trail Mix, Snickerdoodle Cookies, and Perky O's were given to members at the December Holiday dinner and the January meeting. For more information, view www.enjoylifefoods.com.

Halloween Party a Success

This letter appeared in the December 22, 2007 edition of the "Asbury Park Press."

On Oct. 27, the Food Allergy Support Group of Monmouth County (FASGMC) hosted its annual Halloween party for children with food allergies.

According to the Food Allergy and Anaphylaxis Network (FAAN), 3.1 million children under the age of 18 suffer from food allergies. FAAN estimates that more than 30,000 emergency room visits and 150 to 200 deaths are the result of a food allergy each year.

Parents and children must be especially vigilant on Halloween, as many of the most common food allergens are often found in candy. Classroom parties and trick-or-treating can be confusing as Halloween-sized treats often don't have ingredients labels, or the labels they do have are confusing.

Many children with severe allergies forgo trick-or-treating altogether.

FASGMC hosts a food-free party each October to take the focus of the holiday away from food and to put the focus on fun. This year's party was a great success. More than 25 children with food allergies, along with their families and friends, painted pumpkins, played games and watched a magic show.

It took many people to make this wonderful day happen and FASGMC would like to thank them. For the third year, **King of Kings Church**, Middletown, allowed us to hold the party in its building and donated arts and craft supplies; **Delicious Orchards**, Colts Neck, donated pumpkins for the children to paint; and **The Bashore family**, Belford, donated water for the thirsty partygoers.

Thank you also to our organizers **Lisa Cronin**, **Angie Frankovic**, **Ginny Smith** and **Kim Wester**, whose hard work made this day happen.

*Ellen Montemarano
Food Allergy Support Group of Monmouth County*

Guidelines for Recruiting & Training of Designees Clarified

The Food Allergy and Anaphylaxis Coalition of NJ has reported that Governor Corzine signed S2905 / A4617 into law on January 3, 2008.

This law clarifies a provision of P.L. 2007, c. 57, concerning the emergency administration of epinephrine to students for anaphylaxis.

P.L. 2007, c. 57, provides that a certified school nurse in consultation with the board of education or the chief school administrator of the nonpublic school must recruit and train volunteer designees to administer epinephrine for anaphylaxis when the

school nurse is not physically present. However, nonpublic schools are not required by law to employ certified school nurses. Therefore, S2905 /A4617 provides that in the case of a nonpublic school, it would be the school nurse, in consultation with the chief school administrator of the school, who would be required to recruit and train the volunteer designees.

The full text of the legislation can be read at http://www.njleg.state.nj.us/2006/Bills/S3000/2905_11.HTM

FAAN Spokesman Trace Adkins Appearing on Celebrity Apprentice

Tune in Thursday nights to the Celebrity Apprentice on NBC at 9:00 p.m. to see Trace Adkins competing in business driven tasks around New York City to raise money and awareness for FAAN, his designated charity. To learn more, view <http://www.foodallergy.org/traceadkins.html>

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Logistics Committee

- Solicit in-kind donations for food and drink
- Solicit entertainment for Walk Day
- Organize first aid, transportation, storage, setup, security, and cleanup
- Secure Walk Day volunteers
- Oversee Walk Day activities
- Send thank you letters to all donors, volunteers, and sponsors involved in event logistics

Publicity Committee

- Develop human-interest stories
- Distribute public service announcements
- Seek radio, TV, print, and online ads
- Put the FAAN Walk for Food Allergy on community calendars
- Distribute press releases on schedule
- Work with teams to publicize the event within their group, company, or organization
- Distribute posters and point-of-purchase brochures

Recruitment Committee

- Recruit youth, family, and corporate teams
- Recruit Team Captains and individual walkers
- Plan the Kickoff Event
- Invite teams to the Kickoff Event
- Encourage fundraising efforts
- Send thank you letters to all teams and Team Captains
- Invite Team Captains to the Awards Event (optional)

If you are interested in volunteering to become a chair or committee member contact either of the Long Branch Walk co-chairs: Veronica Scanlon at (732) 616-1200 or Jo Ann Molnar at (732) 241-5444 or e-mail faanwalk@comcast.net.

To join our e-mail list, e-mail FASGMC-subscribe@yahoo.com or njfodallergy@hotmail.com