

The Latest Hullabaloo

ALLERGY AWARE FOOD FOR HEALTHY KIDS!

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Hi all,

As a kid I loved the fact that Tasmanian schools stayed shut until mid February, but as a parent it is just hard work keeping them occupied for so long. The freedom to finally get on top of my work is fantastic and the kids are happier seeing their friends everyday, but here's a downside that I must confess to "I HATE MAKING SCHOOL LUNCHES".

Go
Hullabaloo
Shopping

Most of the time I accept my children's allergies, but at 7:30 every morning I really start to wish that they were 'normal' and I could just bung a sandwich, boiled egg, piece of cake and apple in and be done. I am jealous of those mums who can get fancy with some sushi, salad wrap, or better still when the cupboard is bare put in a lunch order. Feeding the kids at home is easy, I just dread having to find something that won't disintegrate by lunchtime or get thrown in the bin. I have my old favourites – and even though my kids are jolly sick of "mum's weird surprises" your kids might enjoy them for a while. With Easter just around the corner I have been literally inundated with questions about allergy-aware Easter treats. I should let you all know now that I don't make chocolate (it is very tricky and not my thing) but have some information about it and what is available, and a few ideas for making Easter treats.



I am heartened by the craft activities demonstrated on Play School, they don't worry about getting a perfect shape - just two blobs of paint on a toilet roll can become a pig – and the kids love it. When try the recipes below let the kids go wild and if you can't work out what animal it is – just ask them to introduce you to their new friend!

Cheers

Jane



Marshmallow Bunnies or chickens or emus or

- ✓ 1 bag of marshmallows.
- ✓ Various kebab sticks and toothpicks to hold it together.
- ✓ Alfoil, ribbons, currants, to decorate.
- ✓ Cochineal and a cotton bud for eyes.

There really isn't an exact recipe, just look at the photos, put all the ingredients on the table and let their imagination go wild.

You can make two or more marshmallows stick together by slicing off the powdered edge and exposing the sticky stuff.

Magic Easter Lamingtons

- ✓ [Magic Cake Mix](#) (plus oil and water)
- ✓ Icing (Icing Sugar, Cocoa, Margarine)
- ✓ Large Cookie Cutters – rabbits or chickens

Make the Magic Cake as per instructions. If you would like the top of your cake a little flatter and avoid the traditional cake 'hump' place the foil lid back on the mix before cooking, - it prevents the hump that cakes get. Once cooled slice the cake into two layers. Now using the cookie cutters cut out your favourite Easter shapes.

Spoon 1 tbl dairy-free margarine into a small lunch box. Pour over 3 tbl boiling water and mix. Add in 2 tbl cocoa [or 1 tsp carob powder] and about 1c icing sugar. Mix until a runny goo. With fork or skewer dunk the cake in icing. Roll in preservative-free desiccated coconut. Leave to set for 1-2 hours – refrigerate if warm. Eat.

All about Chocolate.

For many allergic people chocolate is the hardest thing to give up. Intolerance to milk, soy or cocoa is common and anaphylaxis to any of these ingredients is on the rise. So what allergy-aware chocolate is out there and what is possible.

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Firstly, what do you need to put in chocolate and what don't you need? The bare essentials are sugar, cocoa butter and cocoa mass. These are blended and cooked in particular proportions to produce the basic dark or bitter chocolate. Soy lecithin is added in small quantities to ensure consistent texture across batches. Vanilla, nuts, and essences are added to improve and vary the flavour. Milk solids are added to make the chocolate lighter and creamier - producing milk chocolate.

Allergic to Nuts – **Willow** has a wide range of Easter Products which are made in nut free environment. **Eska** have a small range of solid eggs. **Kinnerton** make nut free and dairy free chocolates Available online from Allergy Block.

Allergic to Soy - **Artisse** Organic Wheat-free chocolate is soy-free. I found this in my local Woolworths. It is made in Switzerland and imported by Hampden Trading Pty Ltd, VIC. [Raw cane sugar, cocoa butter, whole milk powder, cocoa mass, vanilla.]

Allergic to Milk - you can have dark chocolate i.e. **70% Lindt** or a soy chocolate such as **Tropical Source**.

Intolerance to Soy - Most commercial chocolates contains 0.2% (2 parts per 1000) soy so if you can tolerate trace amounts of soy then you should be able to consume this amount without effect.

Allergic to Cocoa - you can have white chocolate which has only milk and cocoa butter, but no cocoa mass. Also you can try carob.

Allergic to Milk and Soy – sorry Kate! But I haven't found a chocolate that meets these criteria, but if you need nut-free as well you can always eat [Hullabaloo Vegan Fudge](#).

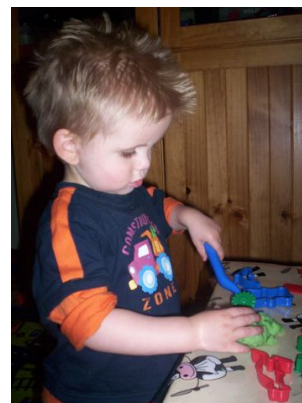
New Goo for you!!!



Our lovely squishy [Hullabaloo Goo](#) is proving to be a great hit with the kids – not only because it is wheat-free but it lasts longer than normal play dough when left out over night.

There are two new colour/flavours in the range; a gruesome grey (Liquorice) perfect for building mutants and cars, and a deep purple (Old English Rose) which will make lovely fairy dresses and revolting looking biscuits.

Ryan (not my Ryan another one) was my very first customer for Goo and his mum was kind enough to send in some photos of him playing with play dough for the first time in his life and having a ball.



THE LONG LUNCH

For the tricky matter of lunches I try to break it down into sections, it seems to make the job more manageable. One big problem with kids (actually not just kids) is that they eat the treats first and if they are full up the healthy food, or the ones that take too long to chew, get left. Not only is this a shame in terms of their diet, and a waste of food, but when you are supplying expensive 'alternative' foods the loss is greater. So how to get the treat in last? Some of the strategies I use are;

Recess	Lunch	After school	Per day
1 starch 1 fruit or veg.	1 starch, 1 protein, 1 fruit or veg, 1 treats.	1 of starch or fruit or veg, 1 treat.	1 serve of salt.

SHOW AND TELL: I let Ryan, Livvy and Jemima see in their lunch box before it goes into their bag – just in case they want to veto something then and there. (No point that lovely peach rolling around all day if they have no intention of eating it.) I also mention what I thought would be eaten at recess – it sometimes helps them choose the right one.

OTTO: “Just so much and no more” I am often stunned by the sheer volume of food in some 6 year olds lunch boxes. All kids have ‘hungry’ and ‘not hungry’ days but the plan is to put in just enough food so that they eat it all and not get caught up in the palaver of having to stuff the lunch boxes to the gills in case you get labelled a bad mother.

BACK-UP FOOD: I collect my kids from school most days so I am able to bring along extra snacks in my bag, so that if the lunch boxes are empty they can still find some fuel for an after school play. I also keep a spare long life snack (such as sultanas) in a side pocket of their school bag which they know they can break into in emergencies.

ROTATION: Even treats can get ho-hum if they are trotted out too often. I try to use something for a week or two (such as yoghurt tubs for Ryan) and then just stop for a month. I did overkill at the beginning on Popples and Maggots and now my kids groan at the sight of them.

SO WHAT'S IN THE BOX?

Prepared or packaged food can really help with the job of lunches, as long as you avoid those items specially designed for kid's lunches. I'm thinking cheese sticks, roll ups, devon, jelly cups, butter flavoured popcorn, agggggghhhh.

I have spent many hours scouring shops for things to keep in the cupboard that won't kill my kids and this is what I have found. TINS. Tinned food does not generally contain preservatives because the tinning process is the preservative. Tins of beans, plain veggies, fish, dips, are all very handy to fill kids up – and keep forever. If the tins aren't self opening you can always decant them into a water tight tub. I also buy packets of disposable spoons – it's easier than losing your nice cutlery. Although an unusual choice tinned baby food is generally very allergy aware because it uses limited ingredients and it has no added salt and sugar. Olivia loves [lives on!] the Apple and Oatmeal and isn't even slightly bothered by the label, but if it is then you can always rip it off.

	Starch	Fruit and veg	Protein
and Fruit	Fruit crumble or fruit pie. Heinz Apple and Oatmeal. Christmas Cake (Fruit cake)	Any fruit plain, chopped, smashed, or on a stick. Gourmet Trail Mix.	Fruit yoghurt.
and Veg	Corn Chips and salsa or baked beans. Dolmades (Greek wrapped rice). GF Pasta Salad.	Cooked corn cob [in freezer bag microwave on high 2 mins. Swaddle in a tea towel and it will stay warm for hours.] Tin of champignons or green peas. Mixed green salad. [I save the little soy filled fishes from my sushi and refill with salad dressing or lemon juice. Kids love building their own lunches] Avocado	Home made soup [I found a great little thermos cup in Big W with wide mouth and screw on lid – but DO NOT MICROWAVE.] Veggie sticks and hummus dip.
and Protein	Maki Sushi or Inari with meat or fish filling. Rice crackers and cheese.	Celery stick filled with 'free-nut butter'	Roast meats. Tin of tuna. Tin 4 bean mix
and Salt	Corn/rice thins & fake vegemite. Potato Crisps.		Ham or bacon. Cheese blocks.
and Treat	Biscuits with icing. Magic Lamingtons.	Fruit Jelly [make it firmer than normal so it doesn't run] Two fruits.	Heinz egg custard Some salami's Cold GF Sausages.

New Outlets – Hobart and Melbourne.

When David's "The Health Barn" in Kingston (Hobart) shut down late last year customers in the Kingborough region were left without a Hullabaloo Food shop and had to resort to driving to Lenah Valley or ordering online. But don't despair, **Go Again Kids** at the Margate Train have become the latest addition to the Hullabaloo family. Go Again Kids sells a range of natural and children's products and Erin, the owner, feel that expanding into healthy food for kids is a natural progression. She is currently stocking the Canteen Range, Goo and Sweets. She is happy to place expand her range and place special orders so if you are a Kingborough customer drop in and introduce yourself to Erin.



I'm not sure if **Allergy Block** qualifies as a "new" outlet because they used to stock Hullabaloo Food before – that was until I couldn't keep up with demand after the Media Induced Meltdown last July. Anyway Tania and Simon are very pleased to have Hullabaloo Food back so that they can again offer the most comprehensive range of Allergy Aware food anywhere in Australia. 220 Elgin Street, Carlton.

www.hullabaloofood.com

Hullabaloo Foods are all pea-nut and tree nut free and manufactured in a nut-free kitchen. We exclude preservatives, artificial colours & flavours from all products and various other allergens from the rest. If you would prefer not to receive this newsletter please contact admin@hullabaloofood.com.