



Roll out the Welcome Mat

Introducing new FACTS members

Kelly and Jamie Beradicurti
Upasna Malhotra Heidi May Soncerae Brumfield
Steve Pellow Susan Newburge

Social Scene

In the months of February, April, October and December, FACTS hosts a Parents Social Event at a local restaurant.

The past two Social Nights have been cancelled due to the fact that only 2 or 3 members have shown interest. If you have suggestions for locations or changes in the day and time of Social Nights please contact one of the Social Chairs. We used to have 10-20 members attend these events and it would be great to have those numbers again. Please let us know your thoughts.

Social Chairs: Anette Messer anette@rochester.rr.com and
Ann Marie Camp adimonda@rochester.rr.com

Calendar of Events

Monday, February 16th: 6:30 Social Night Location TBD
Saturday, March 21st: 10:00 - 12:00 FACTS Meeting here at FUMC
Topic: Dietician Panel
April 18, 2009: FACTS Spring Fling here at FUMC
Tuesday, April 21st: 6:30 Social Night Location TBD

Cover to Cover

The FACTS Resource Library consists of food allergy resource books, cookbooks, children's books, magazines, videos and various handbooks/newsletters from FAAN. Check out an item by filling out the book's card and place it in the card box. Please remember to return the library item at the next FACTS meeting so someone else may borrow it. This is a great way to check out a cookbook if you're not sure if you want to buy it. It's also a great way to introduce food allergy awareness books for our kids. If you need a children's book to share at your child's story time at school, we may have an appropriate title.

If you have any library suggestions please feel free to contact Anne Chandler (the FACTS Library volunteer) at 217-9662 or machandler@frontiernet.net

My Favorite Book, by Anne Chandler (If you have a favorite food allergy book, please share your thoughts with Anne.)

Right now my favorite cookbook for baking is "Vegan Cupcakes Take Over The World" 75 dairy-free recipes for cupcakes that rule.
by Isa Chandra Moskowitz & Terry Hope Romero

I've made multiple recipes for dairy and egg free cupcakes from this book and they are very good! I've brought the cupcakes to parties and no one would have guessed they were dairy and egg free. They were gobbled up by all! The book is easy to follow and I'd certainly recommend this book to those who like to bake or would like to try it out.

Coming Attractions in 2009

- We will have a Dietician Panel at our March 21st FACTS meeting. Please email questions to Meghan and Dennis Glaser at mglaser2@rochester.com.
- The Spring Fling will be held the morning of April 18th and will give our children the opportunity to celebrate the arrival of Spring in a food-free environment. If you have a game or craft that you would like to contribute please let Joy know.
- Food Allergy Awareness Week is in May and FACTS hopes to reach out to the community and educate about food allergies.
- FAAN's Rochester/Buffalo Walk for Food Allergy 2009 will be held in late August 2009. We need your help to make it a big success.

Please let FACTS us know your ideas for 2009. The Board is always looking for suggestions for guest speakers and ideas for food allergy awareness in the community. FACTS needs your help to continue being a success.

Our Hats Off to...

Thanking our FACTS members

Thank you to all of the members who have helped with and participated in the many FACTS events: Social Nights, Halloween Party, Spring Fling, Food Allergy Awareness Week, and school presentations. All of your efforts have helped FACTS become what it is. Plans are underway for 2009 events and we look forward to see many of you there.



Advocacy and Awareness

• Food Allergy Presentations

We are anticipating the opportunity to provide presentations in local schools. If you would like to help with those let us know.

• FAAN's Walk for Food Allergy 2009

We are still looking for volunteers to help with the planning of the FAAN Walk for Food Allergy in Buffalo in August 2009. The tentative date is August 29, 2009. A Buffalo parent is chairing the Walk and she would like this to be a Rochester/Buffalo team effort so there is plenty of work to do. This is a wonderful opportunity to showcase our hardworking FACTS members. Please contact Joy Leinenbach ejleinenbach@gmail.com if you would be willing to join a committee. More details about the Walk will be coming as soon as we have them.

Volunteer Opportunities

- Make copies of FACTS brochures and handouts
- Help with FACTS presentations
- Support a newly diagnosed food allergic family
- Walk in the FAAN Walk for Food Allergy

Contact Joy Leinenbach if you can help with any of these opportunities.

Contact Us

FACTS Co-Founders:

Joy Leinenbach: 585-264-9033 or ejleinenbach@gmail.com
Sandy Eckdahl: 585-421-9273 or sleemunson@frontiernet.net

Please contact us if there is anything that we can do for you.

Recycle the FACTS

Information from past FACTS minutes

Eating Out at a Restaurant

- Call and speak to the manager during slow hours and ask specific questions regarding your child's needs
- Be sure to address cross-contamination issues
- If you determine that the restaurant is safe, be sure to mention your conversation with the wait staff when you arrive
- If you are going to a restaurant that is unsafe for your child, ask ahead of time if you can bring food for them to warm up. Believe it or not, not all restaurants will do this.

Restaurants FACTS members have recommended::

- Bill Grays
- Red Robins [actual food allergy (FA) menu]
- Outback Steakhouse (FA menu online)
- UNO Chicago Grill (FA menu online& onsite kiosk)
- TGI Fridays in Henrietta (FA menu bunder)
- P.F. Changs (wait staff is knowledgeable)
- Leonardos Pizza (gluten-free pizza)
- Basil's (knowledgeable and understanding wait staff)

FACTS funds

Finance: The current FACTS bank account balance is \$554.60. Thanks to all of you for your contributions!

The funds in this account accumulate primarily from donations from FACTS members. The money is used for purchasing educational materials, photocopying, ink and other supplies needed for FACTS presentations and for food-free events such as the annual Halloween party.