



Roll out the Welcome Mat

Introducing new FACTS members

Maureen McIntosh Summer Reiner Sherry Starowitz

Social Scene

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

The past three Social Nights have been cancelled due to the fact that only 2 or 3 members have shown interest. Due to this lack of interest we will take a break from scheduling a Social Night. If members would like to organize a play date at a playground or meet for an impromptu Social Night, email Joy so that it can be included in a future "FACTS: Reminders and Updates" email. Please let us know if you have any other ideas to promote the FACTS Social Scene.

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

Check Out These Events

Spring Fling: Saturday, April 18th 10:00 – 11:30; \$2 per child

This food-free children's event uses the church's main floor as well as the front lawn for crafts and games. The highlight of the morning is the "Treasure Egg Hunt". We are looking for members to sponsor a craft or a game for the morning. FACTS can reimburse you for supplies. Let Joy know if you are able to help out. An RSVP email will be sent out soon.

FAAN Food Allergy Conference – Food Allergies: Take Action, Prevent Reactions: Tarrytown, NY - May 9, 2009

A group of FACTS members will be going to this year's conference. You too can be a part of the carpool. Go to FACTS website, www.foodallergy.org for detail or pick up a brochure at the meeting.

FACTS Guest Speakers – We are hoping to have college students come to our July 18th meeting to talk to FACTS parents and our youth. This was a very informative meeting last year so be sure to put the date on your calendar.

Calendar of Events

Saturday, April 18th: FACTS Spring Fling here at FUMC

Tuesday, April 21st: 6:30 Social Night Location TBD

Saturday, May 9th: FAAN's Food Allergy Conference in Tarrytown, NY

Saturday, May 16th: FACTS Meeting here at FUMC

Saturday, July 18th: FACTS Meeting here at FUMC (We are hoping to have food allergic college students come to speak with parents and our youth.)

Our Hats Off to...

Thanking our FACTS members

Sylvie Sok, Janet Sanberg, Fran Schantz, Kevin Ebeling, Christine Colao, Jenn Hinton, Cynthia Lawton, Carola Hanat, and Craig and Alison Dennison have all kept us informed with helpful food allergy articles and new products. Thank you all!

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 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 rnachandler@frontiernet.net

New to View:

We received several complimentary issues of Allergic Living magazine.

Let's Recycle: If you have back issues of FA magazines that you no longer need, please feel free to donate them to FACTS for our Library. Do you have food allergy books that you no longer refer to or no longer need? Again, please feel free to donate those too. Thanks in advance!

My Favorite Book (If you have a favorite food allergy book, please share your thoughts with Anne so they can be included in a future issue)



Advocacy and Awareness

• Food Allergy Presentations

A few schools have taken advantage of the opportunity to have FACTS share food allergy information with their staff and students. Those schools are Indian Landing ES in Penfield, Terry Taylor ES in Spencerport, Walt Disney ES in Gates-Chili, St. Pius X in Rochester. We will also be presenting at the Genesee Valley School Boards Institute's Food Service Personnel Training Conference.

• FAAN's Walk for Food Allergy 2009

Write August 29th on your calendar and make plans to join FACTS in Buffalo's Walk for Food Allergy. Plans are underway and more details about the Walk will be coming as soon as we have them. Kyle Dine, the singer who performed for us last June, is expected to sing at the Walk! Hope to see you there!

Volunteer Opportunities

- Supply a game or craft for the FACTS Spring Fling
- 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

These websites have been mentioned as great resources:

info@allergicliving.com – “Allergic Living Magazine”: A quarterly magazine that costs \$24.95, published in Toronto, Canada and is packed full of information related to food allergies.

www.allergictolt.com - AllergicTolt.com is dedicated to providing a community of food allergy sufferers the opportunity to share vital food allergy information with each other. Everything you find on AllergicTolt.com is provided by its users, for its users.

www.allergymom.com is a website dedicated to providing valuable information to families coping with food allergies

www.beefreeforme.com - BeFreeForMe offers consumers with food intolerances and allergies, free samples and coupons from food manufacturers, retailers & restaurants, both in quarterly mailings and through newsletters.

www.cookingallergyfree.com - A resource for finding recipes free of many different food allergens

www.ellfoundation.org Eat, Learn, Live (ELL) is a foundation which provides consumers with information about Manufacturers who have mislabeled their products. Visit their website www.ellfoundation.org to read their daily updates. Click on “Allergy Incident Report” to read about incidents of food allergy reactions to mislabeled products. Click on “Advisory Labeling Report” to read the corrections to some food labels. You can also register on this site to receive their newsletters and other information.

FACTS fund\$

Finance: The current FACTS bank account balance is \$509.02. 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 and Spring Fling.

The information shared in this “Just the FACTS” newsletter does not constitute medical/legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.