

JUNE 2007 MEETING

- Thank you to Anna Korbel for coming to speak to our group. She has food allergies and is at Cherry Creek High School and getting her special badge for Girl Scouts (so sorry I can't remember the name of the badge!) Anna would like to make an allergy cookbook for us. She would like to collect 150 recipes from all of us by August 6 so she can begin organizing it and putting it together. Please send all recipes to purplepiggy13@msn.com or mail them to Anna Korbel, 6232 S. Jamaica Ct., Englewood, CO 80111. This is just a wonderful thing and I hope we can all pitch in and send some of our favorite recipes.
- There is a new food allergy book, *Food Allergies For Dummies* our group was sent one to add to the lender library. I haven't read it yet, but it seems very helpful for someone just starting out or just to answer alot of questions. There is a Web site to promote the book at DrRobertWood.com, which contains some information about the book, including a sample chapter on obtaining an accurate diagnosis and some additional articles based on content from the book. I will bring it to the next meeting.
- Enjoy Life makes a Brownie and Ginger Snap cookie, I haven't seen them any where yet-but, they sound good! Please let me know if you have found them.
- Gimbals brand candy can be found at the Walmart at Parker and Chambers.
- I have attached a Sukiyaki recipe and the remaining meeting dates.
- Also, someone mentioned a sweet potato biscuit recipe - please send that to me, I would like to try it!
- New Foods: Popsicle brand Lifesaver Popsicles in the freezer case (singles) at the checkout aisle in Toys R Us. They are really good and I think just corn syrup in them. I was feeling bad that Nick could never get something out of there and to my surprise I found them!
- New Foods: Kettle Krinkle Cut Chips - Classic Barbeque-rice,tomato, yeast -very good.
- New Foods: Rocky Mountain Dill Pickle chips and barbeque chips - very good! Corn, Sunflower oil, torula yeast. I looked up Torula yeast:
Torula, in its inactive form (usually labeled as **torula yeast**), is widely used as a flavouring in processed foods and pet foods. It is produced from [wood sugars](#), as a by-product of [paper production](#). It is pasteurized and spray-dried to produce a fine, light grayish-brown powder with a slightly yeasty odor and gentle, slightly meaty taste. Sounds good, eh????