

Food Allergies

The most common food allergies in adults are shellfish, milk, peanuts, tree nuts, fin fish, egg, wheat, soy, and sesame. The most common food allergies to children are milk, eggs, peanuts, tree nuts, shellfish, fin fish, wheat, soy, and sesame. Food allergies occur when the immune system overreacts to certain proteins, the body to protect from these proteins creates Immunoglobulin E (IgE). This release of IgE is what triggers the allergic reaction. Symptoms of food allergy can be seen as hives on the skin, your breathing, your heart, and your digestive system. Of the children with food allergies, one study reported that roughly 21% of them experienced food insecurity. Why is this important you might be wondering? It is already harder to navigate life while being food insecure as neighbors are more likely to rely on food pantries for their sources of food. But what does that mean for those kids that have dietary restrictions? Finding food that fits into their dietary needs could be significantly harder as it is without having extra obstacles in the way.

There are two types of food insecurity, low food security and very low food security. Low food security is when homes have just enough food but low variety, and very low food security is when families do not have enough food at all and may make smaller meals or even skip meals.

Did you know that “A 2021 study found that 70% of families eligible for food assistance programs opted out of those programs. One of the primary reasons for doing so was concern over food allergic reactions.” It is important to note that client choice is the best option for these families when they are going to food pantries because they get to decide what foods to grab and what will be beneficial for their families. Having food allergies can be tough, especially the common top 5 listed previously, but with the right tools everyone can enjoy a well-balanced meal that is delicious as well.

For more information you can go to [Food Allergies and Food Insecurity](#)

Allergy Friendly Recipes

Check out these two websites for allergy friendly recipes [Feasting Fare Allergy Friendly Recipes](#) and [Kids with Food Allergies Recipes](#)

Try these fun recipes

[Dorm Nachos](#)

[Taquitos](#)

[Three Bean Chili](#)

[Pigeon Pea Tomato Soup](#)