

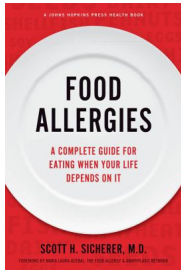
& Connecting for Kids

Westlake Porter Public Library

Additional Resources



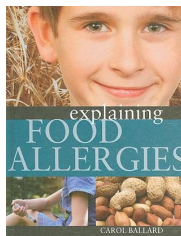
From the Westlake Porter Public Library Collection



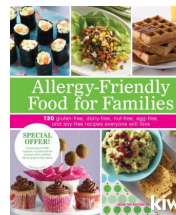
Food Allergies: A Complete Guide for Eating When Your Life Depends on It by Scott H. Sicherer
Print: 616.975 S565F 2013



Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame by Cybele Pascal
Print: 641.56318 P278A 2012



Explaining Food Allergies by Carol Ballard
Print: J 616.975 B189E 2010



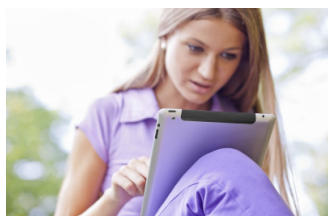
Allergy-Friendly Food for Families: 120 Gluten-Free, Dairy-Free, Nut-Free, Egg-Free, and Soy-Free Recipes Everyone Will Love by Robyn O'Brien
Print: 641.56318 A434 2012

For more titles from the library's food allergies collection, visit www.westlakelibrary.org and search "food allergies" in the catalog.

From the Connecting for Kids Resource Collection



Parent Match Program: CFK subscriber families can connect with other families who are on the same path to share questions, ideas and celebrate successes. To get started with a parent match, call 1-440-250-5563 or email info@connectingforkids.org or visit connectingforkids.org/programsparentmatch to learn more.



Facebook Support Groups: Ask questions and get answers and support from fellow CFK subscribers through our online support groups. To join, visit: connectingforkids.org/onlinesupport



Pinterest: With more than 1,200 pins, our growing Pinterest collection has numerous resources you can use. Check out our Food Allergies Pinterest board (www.pinterest.com/connectforkids/food-allergies) and don't forget to browse the rest of our collection for everything from education topics to parenting support.

Stock photography courtesy of FreeDigitalPhotos.net

Email: info@connectingforkids.org | **Phone:** 440-250-5563
Web: connectingforkids.org