



# KIDS WITH FOOD ALLERGIES

## EASTER



Celebrate with  
Food Allergies and  
Have Fun, Too!



**Inside find suggestions to celebrate Easter:**

*Allergy-safe crafts, Easter basket ideas, Easter egg hunt ideas,  
Easter egg decorating activities and allergen-free recipes*



**These activities make Easter safe and fun for everyone!**

### ***Egg Decorating Activities***

- ◆ **Wood Eggs**
  - ◇ Use colorful paints
  - ◇ Carve designs in them
  - ◇ Cover them with beads like traditional Romanian eggs
  - ◇ Coat eggs with chalkboard paint and use chalk to draw designs
- ◆ **Plastic Eggs**
  - ◇ Use colorful paints
  - ◇ Decorate with stickers
- ◆ **Styrofoam® Eggs**
  - ◇ Use colorful paints
  - ◇ Decorate with tissue paper or wrapping paper that has been dipped in a glue/water solution and cover with Mod Podge®
  - ◇ Decorate with glitter
- ◆ **Plaster Eggs**
  - ◇ Make “plaster eggs” by using gauze available from a medical supply store. Blow up a water balloon and cut the plaster casting into strips. Dip the plaster casting into water and put on the balloon. Let dry for a few hours. (Note: this activity would not be safe for a child with a latex allergy.)
  - ◇ Decorate with string dipped in to a glue/water solution to stick and after it dries, use paint or gold foil to emboss.
- ◆ Place wood, plastic, Styrofoam® or plaster eggs in new egg cartons from [www.eggcartons.com](http://www.eggcartons.com)





**Easter Baskets**

- ◆ Make homemade Easter baskets out of strips of woven paper glued together
- ◆ Fill baskets with:
  - ◇ Wooden, plaster, plastic or Styrofoam® eggs
  - ◇ Easter-themed stuffed animals
  - ◇ Small action figures, dolls or animal figurines
  - ◇ Jewelry, sunglasses, hats and hair items
  - ◇ Key chains, toy cars or other collectibles
  - ◇ Stickers, stamps, markers, paints, coloring books and craft items
  - ◇ “Bunny Money” redeemable for something of their choice
  - ◇ Gift cards, coins or dollars



- ◇ Bubbles or sidewalk chalk
- ◇ Flower seeds to plant outdoors
- ◇ Balls, pails and shovels or other outdoor toys
- ◇ Pool or bath toys
- ◇ Books, videos or DVDs
- ◇ A children’s Bible
- ◇ Special toothbrushes
- ◇ Other Easter-themed goodies



**Some candy companies now make allergy-friendly Easter candies and Easter baskets including Vermont Nut Free, Amanda’s Own, Divvies, Premium Chocolatiers and Chocolate Emporium. As always, verify allergen statements with each company to make sure any candy is safe for your child’s unique allergy issues.**

### **Egg Hunt Activities**

- ◆ Hunt for wooden, plaster, plastic or Styrofoam® eggs
- ◆ Use colored plastic eggs and stuff them with:
  - ◇ Safe candy
  - ◇ Stickers
  - ◇ Little toys
  - ◇ Play rings
  - ◇ Little bottles of bubbles
  - ◇ Bouncy balls
  - ◇ Slinkies®
  - ◇ “Bunny Money” redeemable for something at the end of the hunt.
- ◆ Easter treasure hunt
  - ◇ Place clues in or on the “egg” that lead to the next “egg” until children get to the final prize; you can offer your child a toy or other safe item instead of candy



### **Food Related Activities**

- ◆ Bake egg-shaped sugar cookies and decorate with frosting and colored sugar
- ◆ Make Jello® Easter eggs using kits available around Easter
- ◆ Cook homemade sugar candies using Easter molds
- ◆ Make homemade chocolate candies made in Easter molds





- ◆ Create food crafts using Peeps® (if Peeps® are safe for your child)
  - ◇ Craft a Peep® mobile with fishing wire to hang above the table for decorations
  - ◇ Make place setting markers by putting Peeps® on a popsicle stick and planting each in a terra cotta bowl; place a guest's name on each pot
  - ◇ Design Peep® garlands to hang around the house
  - ◇ Make an edible necklace using Peeps®
- ◆ Fill plastic eggs with freshly made Rice Krispies® treat mixture (using ingredients safe for your child); after the mixture hardens, you will have an egg-shaped Rice Krispies® treat



### Other Activities

- ◆ Create an Easter bush by placing branches from a tree in a vase; decorate with Easter ornaments
- ◆ Craft homemade stuffed bunnies or chicks:
  - ◇ By using a kit from a craft store
  - ◇ By crocheting or knitting bunnies or chicks
  - ◇ By planning an outing to a Build a Bear® store
- ◆ Design Easter puppets
  - ◇ Out of old socks
  - ◇ Using popsicle sticks and paper or foam sheets
- ◆ Make tissue paper or cloth flowers
- ◆ Create Easter greeting cards





## SAFE EATS™ FOR EASTER

### Homemade Marshmallows

By Kathy Pryzwara

3 packages unflavored gelatin\*  
1 cup water, divided  
1 ½ cups granulated sugar  
1 cup Lyle's Golden Syrup  
¼ teaspoon salt  
1 teaspoon vanilla or peppermint extract  
¼ cup corn free confectioners' sugar  
¼ cup potato, tapioca or arrowroot starch  
Oil  
Food coloring – liquid, paste, or powdered (optional)



Prepare pan. Combine confectioner's sugar and starch in a small bowl. Lightly oil a 9 x 13" pan. Dust liberally with the sugar/starch mixture. Make sure that the bottom and sides are completely coated. Return any excess sugar/starch to the bowl. You will need this later.

Place the gelatin into the bowl of a stand mixer with 1/2 cup of water.

In a small saucepan combine the remaining 1/2 cup water, granulated sugar, golden syrup and salt. Bring just to a boil. Cover and cook 3 to 4 minutes. This will help to wash down any sugar granules from the sides of the pan. Uncover and clip on a candy thermometer. Continue to cook until the mixture reaches 240 degrees Fahrenheit. Immediately remove from the heat being careful not to jostle the syrup too much – jostling could form crystals and you don't want that to happen.

Using the whisk attachment, turn the mixer on low speed. Very slowly pour the sugar syrup down the side of the bowl into the gelatin mixture. Try not to pour onto the whisk attachment. After all of the sugar syrup has added, increase the speed to high. Do not scrape the last of the syrup out of the pan; just pour out as much as will come out without scraping.

Continue to whip the mixture until it is very thick and the bowl feels lukewarm. This will take about 12 to 15 minutes. Add the flavoring during the last minute of whipping.

>>Can be made free of...

Milk, Peanut, Egg, Soy,  
Tree nut, Corn, Gluten,  
Wheat, Fish, Shellfish,  
Sesame

To add color: for even coloring, add a small amount of liquid, paste or powdered food coloring during the last minute of whipping. For a marbled effect, swirl in a small amount of color as you are scraping the mixture from the bowl to the prepared pan.

Pour the mixture into the prepared pan using an oiled spatula to scrape everything from the bowl. Spread as evenly in the pan as possible. Dust the top with enough of the remaining sugar/starch mixture to lightly cover. Save the rest for later. Let the marshmallows sit uncovered for at least 4 hours and up to overnight.

Turn the marshmallows out onto a cutting board or parchment paper and cut into 1-inch squares using a pizza wheel dusted with the sugar/starch mixture. Lightly dust all sides of each marshmallow with the remaining sugar/starch mixture, using additional if necessary. These will stay fresh in an airtight container for up to 3 weeks.

\*Gelatin is typically derived from pork and/or beef and some times, fish; verify its protein source to make sure it is safe for your allergies. Kosher and vegetarian-based gelatins will not work in this recipe.



## Mock Buckeyes

By Cristi Schwamb

- 3 Tablespoons softened margarine or softened (or melted) coconut oil
- 1/2 cup sunflower seed butter such as Sunbutter®
- 1 cup sifted powdered sugar
- 1 cup (approx) semi-sweet chocolate chips



Stir margarine, sunflower seed butter and powdered sugar together. If the mixture is too sticky to handle, you can knead in a little extra powdered sugar, one spoonful at a time, until the consistency is a bit firmer and doesn't make a mess all over your hands.

Divide dough into small balls. Refrigerate (or freeze) for a while so that they aren't so sticky.

Put a glass measuring cup full of chocolate chips into microwave for a minute or so -- stirring every 30 seconds. Dip balls into melted chocolate and place on waxed paper. Chill until firm.



For an Easter version of Mock Buckeyes, divide the dough balls into small egg-shapes. After dipping each candy into the chocolate and chilling, wrap in colored foil.

Makes about 30 candies.

>>Can be made free of...

Milk, Peanut, Egg, Soy,  
Tree nut, Gluten, Wheat,  
Fish, Shellfish, Sesame

Note: Containers of sunflower seed butter can have soy cross contamination issues. If you need to avoid soy, you can make your own sunflower seed butter using peanut free sunflower seed kernels from [Dakota Style](http://Dakota Style) or other companies. Always verify the safety of the product for your allergy issues.

## Sunflower Seed Butter

By Maia Moore

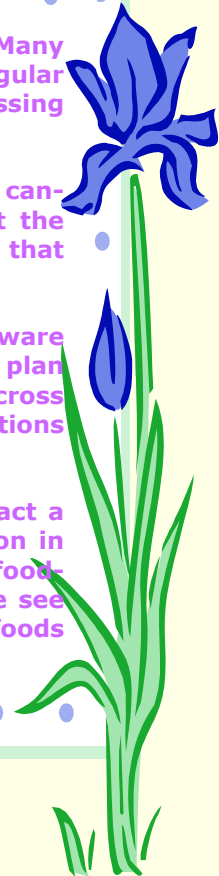
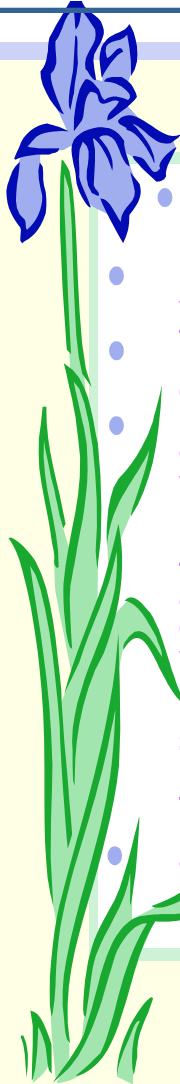
>>Can be made free of...

Milk, Peanut, Egg, Soy,  
Tree nut, Gluten, Wheat,  
Fish, Shellfish, Sesame

- 1 16 oz. bag Sunflower seed kernels (shelled sunflower seeds)
- 1/4 cup (approximately) canola or other flavorless oil

In a food processor, grind the sunflower seeds until they are very finely processed and are beginning to clump together. With the processor still running, slowly drizzle in the oil. This is important - if you add oil at the beginning you tend to use too much. Add the oil slowly until you reach the desired consistency.

Store in the refrigerator.



**Caution**

Easter baskets filled with candy are a popular tradition. Many Easter candies are processed in different facilities than regular versions of the same candy; ingredient labels may be missing from snack sized Easter candies.

Children also receive unwrapped candy in their eggs. If you cannot verify the ingredients, do not allow your child to eat the candy. Instead, exchange it with something that is safe that you have made or purchased.

For children with environmental and scent allergies, be aware that churches decorate with lilies and other flowers. Please plan accordingly. In addition during Veneration, be aware that cross contamination issues can occur. Please take extra precautions with your food allergic child.

Many religious churches and schools may choose to re-enact a Seder to understand its importance in the Christian religion in relationship to the Last Supper. Be aware that a Seder is a food-focused event that includes many allergenic foods. Please see KFA's Passover booklet for more exhaustive list of Seder foods and their safe substitutions.

**SPECIAL THANKS**

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Kids With Food Allergies, Inc.

*A World of Support*

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