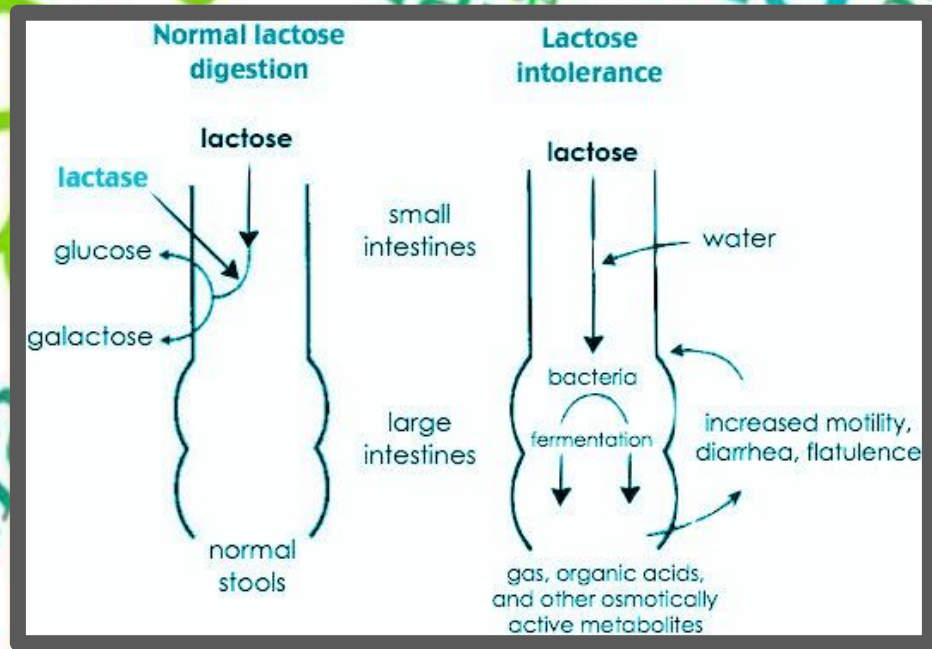


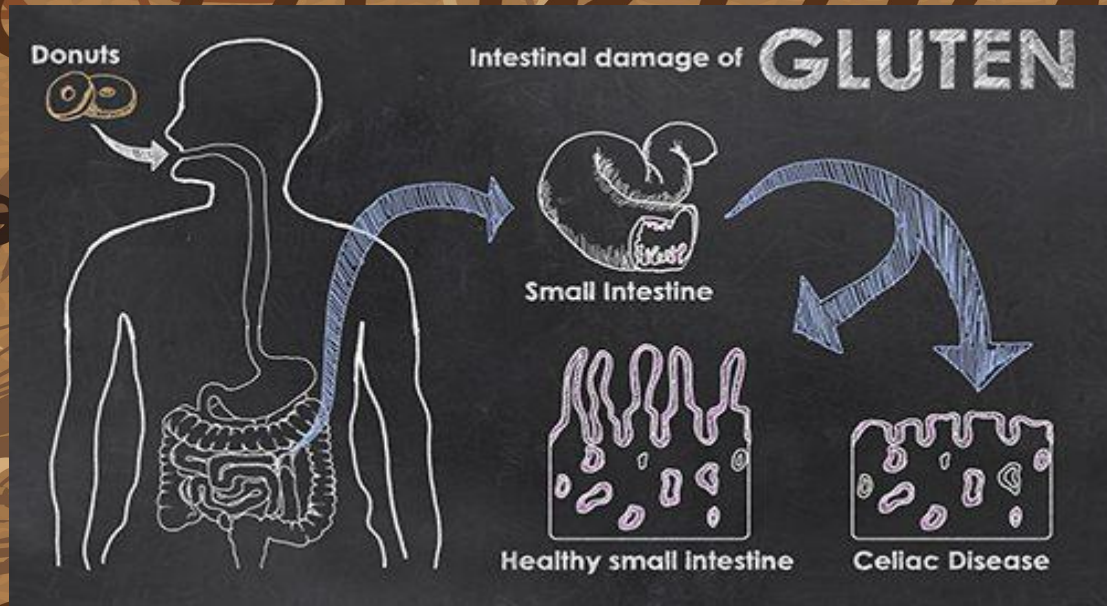


Being  
Gluten-Free,  
Dairy Free in the  
midst of  
madness!

**“Living In the  
Nurse’s Office!”**









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I am sooo hungry! I don't want to think, prepare, or cook something! The snack list!

- Fruits – All fruits (except, I have an allergy to apples and melons)
- Vegetables – All Vegetables (except, I have an allergy to carrots)
- Snacks
  - Herr's Potato Chips
  - Lay's (To see all of Lay's gluten free chips, Macaroons)
  - Popcorn (most microwaveable popcorns are gluten free, as long as they are buttered, kettie, salted, or plain)
  - Ruffles
  - Tostitos
  - Trail Mix (make sure it's gluten free, like Chex)
  - UTZ Chips (all chip flavors are gluten free)
  - Vegetable Chip

## Indy and Sweet

- Candy Canes
- Dum Dums
- Jolly Rancher
- Lifesaver (hard and gummies)
- Mike and Ike
- Skittles
- tie tac
- Smarties
- Sour Patch Kids
- Starburst
- Swedish Fish

## Cascading into Madness: My Journey

The year 2020 was a banner year! It was the worst year ever! It would go down in the history book as the year the world changed. In a blink of an eye, everything changed for me. On March 11th, my school was shut down for the rest of the school year. With that, COVID-19 came to Woodbury, CT. Then the disappointments started. There would be no 8th grade dance, there would be no school trip to Washington DC, all sports and after school activities, no playdates, no April break vacation, etc. The fear of COVID-19 was real and our nation was telling us we needed to use extreme caution to even go to a grocery store.

During this pandemic, grocery stores were ransacked. Lookdown required people to stock up on their food supplies. Panic had set in and grocery store shelves were empty with supply chains worried about their next available deliveries. This behavior would continue for months. People were not going to the store to get their groceries. It was impossible move. You had to wear gloves, masks, protective clothing. You stood in line to enter the store because only a few would be allowed in at a time and your temperature was taken to ensure the safety of the other customers. People were not allowed to touch anything. You had to be careful not to touch anything. You had to be careful to protect the worker against this deadly virus. Once home, your groceries needed to be sanitized prior to entering the house. Restaurants were only allowed to have curb-side pick-up if you deemed to order take out. Many people did not trust the cleanliness of the restaurants. If you were a worker, you had to be careful. The new normal we were living in.

An unexpected event happened just two weeks into a world wide pandemic. My blood work test results came back from the lab. This was the second set, as the first set was lost at the lab. And the second was heavily delayed due to the labs being overwhelmed with coronavirus testing. Due to a year of stomach aches that just wouldn't go away, I decided to take action and have a blood test done.

OR you can use egg replacer

- 1 1/2 teaspoons of cream of tartar  
3/4 cup of granulated sugar  
3/4 cup of powdered sugar  
1 1/2 teaspoons of pure vanilla extract  
1/2 teaspoons of pure almond extract  
3/4 cup of all purpose flour (gluten-free)  
1/4 cup of cornstarch

### Instructions

1. preheat the oven to 350F
2. mix the cornstarch and gluten free flour together in a small bowl and set aside.
3. in a large bowl using a stand up mixer beat the eggs cream of tartar together in a medium speed until foamy. Then add in the sugar and powdered sugar at a high speed, adding the pure vanilla extract, almond extract and salt. Continue beating.
4. Add in the cornstarch in gluten-free mixture 1/4 cup at a time. beat in medium speed until the mixtures are fully combined
5. Pour the cake batter into an ungreased pan 10 in x 4 inch tube pan. use a spatula and smooth the top of the batter
6. Bake 40-35 minutes or golden brown. immediately turn the pan upside down into a heatproof funnel or bottle. let the cake cool upside down for 2 hours
7. After the two hours are up remove the cake using a knife and enjoy!

Gluten Free

|  |  |
|--|--|
| <b>Produce</b><br>3 lbs. each<br>of green beans,<br>broccoli, and<br>red bell peppers                                  | <b>Packaged &amp; Canned</b><br>1 can<br>peeled pinto<br>beans<br>1 can<br>tomato<br>sauce<br>1 can<br>crushed beans<br>1 can<br>crushed beans<br>1 can<br>crushed beans<br>1 can<br>crushed beans |
| <b>Fats &amp; Oils</b><br>1/2 cup<br>olive oil<br>1/2 cup<br>olive oil<br>1/2 cup<br>olive oil<br>1/2 cup<br>olive oil | <b>Grains</b><br>1 cup<br>brown rice<br>1 cup<br>brown rice<br>1 cup<br>brown rice<br>1 cup<br>brown rice  |
| <b>Protein Foods</b><br>1/2 cup<br>chicken<br>1/2 cup<br>chicken<br>1/2 cup<br>chicken<br>1/2 cup<br>chicken           | <b>Vegetable Sections</b><br>1/2 cup<br>broccoli<br>1/2 cup<br>broccoli<br>1/2 cup<br>broccoli<br>1/2 cup<br>broccoli  |
| <b>Vegetable Sections</b><br>1/2 cup<br>broccoli<br>1/2 cup<br>broccoli<br>1/2 cup<br>broccoli<br>1/2 cup<br>broccoli  | <b>Meats &amp; Fish</b><br>1/2 cup<br>chicken<br>1/2 cup<br>chicken<br>1/2 cup<br>chicken<br>1/2 cup<br>chicken  |
| <b>Breakfast Food</b><br>1/2 cup<br>cereal<br>1/2 cup<br>cereal<br>1/2 cup<br>cereal<br>1/2 cup<br>cereal              | <b>Grains &amp; Seeds</b><br>1/2 cup<br>brown rice<br>1/2 cup<br>brown rice<br>1/2 cup<br>brown rice<br>1/2 cup<br>brown rice  |

## Holy Headaches, Suffering Stomach Aches- "Living in the Nurse's Office!"

The year leading up to this sudden discovery, I was having stomach aches that seemed to be there all the time. It was awful and I quite literally found myself living in the nurse's office at my school. Our school nurse would let me hang out until the pain subsided enough for me to attend class and sometimes I would go home because I just couldn't stand the pain and be productive in class. I got headaches and was anxious. I felt light-headed. Once I got my results back from the lab, I thought it would be a great idea to learn more about why my body was reacting that way.

So I did some research. I, of course, am not alone on this journey. Here are some stats from New Hope Network.

- 29% of Americans say they are trying to avoid gluten for health reasons
- 6-7% have a non-celiac gluten sensitivity
- 1 in 133 people are affected by celiac disease
- 7% of North Americans have a dairy sensitivity

But what happens to my body when I do "mess" up and eat a bit of it. Let's first talk about dairy. So, far, that is the hardest. And to be honest, any of the dairy free packaged foods really are NOT satisfying or delicious.