



# ALLERGY CANADA NEWS

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## December 2009 Edition



### HOLIDAY SPECIAL SAVE 10% OFF

### ON ALL DUST MITE PROOF ENCASINGS

\*Not to be combined with any other offer.  
Valid until December 31<sup>st</sup> 2009.

### DAIRY, EGG AND NUT FREE CHRISTMAS SUGAR COOKIE RECIPE

*Double the recipe to make a big batch for you and the kids.*

- ¾ c. dairy free shortening
- 1 c. granulated sugar
- ½ c. Unsweetened applesauce
- 1 ½ tsp. Vanilla
- 2 ¾ c. all purpose flour
- 1 tsp. baking powder
- 1 tsp. salt

In a mixer bowl fitted with the paddle attachment combine shortening, sugar, applesauce and vanilla thoroughly. In a separate medium bowl, combine flour, baking powder and salt with a wire whisk. Add to shortening mixture and mix on low until combined. Chill dough in refrigerator for one hour or more.

Preheat oven to 400 degrees and line baking sheets with parchment paper, set aside. Roll dough to ¼ inch thickness on floured board. Dip cookie cutters in flour and cut out desired shapes. Bake 8-10 minutes or until very light golden. Cool completely on baking sheet.

### Before Holiday Shopping and Decorating, Consider Your Family's Allergies

*US News and World Report: January W. Payne-* The holiday shopping season is revving up, and the time has come too to start thinking about decorations. If someone in your family has environmental allergies, potential triggers abound. Some precautions: When it comes to choosing toys for a child with allergies, there is no hard-and-fast rule for what's best. While stuffed animals might seem risky, since they can be a haven for dust mites, there's a simple way to keep them safe for your child to play with. "Take the stuffed toy, put it in a freezer bag, and then put it in the freezer for three to five hours per week," advises Clifford Bassett, chair of the public education committee at the American Academy of Allergy, Asthma, and Immunology. Freezing the toy kills the dust mites. When purchasing other types of toys, stick with products that are washable or easy to wipe off.

Considering a puppy or a kitten for a child who has other allergies? Think about conducting a test by visiting a friend or family member who has a pet to make sure your child doesn't get sick, suggests Martha White, an AAAAI fellow and research director at the Institute for Asthma & Allergy, a private practice in Maryland with offices in Wheaton and Chevy Chase. Spend 30 minutes or more around the pet, then observe the child for the next day or so to see if allergy symptoms develop. If your child has a known allergy to pets, it's best not to risk bringing an animal into your home, White says. There is no such thing as a hypoallergenic dog, although some breeds, such as poodles and Portuguese water dogs—like the one President Obama's family chose because of daughter Malia's allergies—produce less dander.

When decorating for the holidays, keep in mind that live trees can carry mould spores or pollen. An artificial tree might be a better option if family members have allergies. But an improperly stored fake tree can pose other problems. Each year, put the artificial tree in a closed container or sealed bag before storing it, Bassett says. And wipe it down before you put it up each year to remove any dust. The sorts of plants people use to make their homes more festive are usually OK, experts say. "Plants that you bring in at Christmastime are generally not pollen producers," White says. Still, the plants could carry some mould in their soil. To cut the risk of mould growth, water the plant sparsely and keep it in area that gets lots of sunlight.



Allergy Canada would like to wish you and your family a happy and safe holiday!

Happy Hanukkah

