



Feeding the under 3s
the food they need

Allergy: useful contacts

Guidance & Tips for Parents

www.littlepeoplesplates.co.uk

Eating out in UK & abroad

- www.allergyfreepassport.com
Guide to eating out safely
- www.allergyaction.org
Translations, eating out safely and lots more

Translation cards

- www.yellowcross.co.uk
- www.kidsaware.co.uk
- www.allergyaction.co.uk

Identification

- www.medicalert.org.uk
Identification jewellery
- www.sostalisman.com
Identification jewellery and watches
- www.yellowcross.co.uk
Mail order range of bags & travelling containers for medicines, translation cards for travelling
- www.kidsaware.co.uk
Awareness clothing and accessories for children with nut allergies, awareness bibs, babygrows and teddies for babies with allergies, key rings, stickers, t-shirts

Nut free products

- www.bakinboys.co.uk
Flapjacks, cupcakes etc
- www.itsnutfree.com
Cakes, biscuits, flapjacks etc
- www.kinnerton.com
Sweets, chocolate, seasonal goods.
Kinnerton (confectionery) company Ltd. Tel: 020 7284 9500

Anaphylaxis resources

- www.anaphylaxis.org.uk
- www.epipen.co.uk
All about the EpiPen including videoclip of its use
- www.teachernet.gov.uk/wholeschool/healthandsafety/medical
Managing medicines in schools and early years settings.
DOH Publication: March 2005

Carry bags

- www.yellowcross.co.uk
- www.kidsaware.co.uk

IBS Resources

- www.ibsnetwork.org.uk
IBS Network: Unit 5, 53 Mowbray Street, Sheffield. S3 8EN.
Helpline: 0114 272 3253
- www.ibsgroup.org Self help group - internet based

Special diet food suppliers

- www.goodnessdirect.co.uk
Extensive website for special diet foods, nutritional breakdown, ingredients, dietary suitability, photographs, mail order if required, catalogue available, next day delivery
- www.dietaryneedsdirect.co.uk
Online and mail order shopping for special diet products
- www.ok-foods.co.uk
Wheat, gluten and dairy free biscuits, cake and snacks

General health and food info

- www.food.gov.uk
Government food standards agency (FSA) website
- www.eatwell.gov.uk
FSA public website. 'Eat well' offers advice on dietary matters for all ages and stages. Includes information on many food allergies and intolerances as well as information for consumers on eating out, buying food and current food labelling laws. Specific consumer queries can be answered by the online expert "ask Sam" or directly by the team
- www.vegansociety.com
Website of the vegan society
- www.lasg.co.uk
Website of the latex allergy support group
- www.nhsdirect.nhs.uk
Government health information website
- www.bda.uk.com
Website of the British Dietetic Association; containing a useful factsheet on food allergy and intolerance, autistic spectrum and allergy testing amongst others
- www.nos.org.uk
Website of the National Osteoporosis Society
- www.allergicchild.com
Useful American website for food allergies includes info on American food labelling laws and books on food allergy for children

Recipes

- www.specialdietsconsulting.co.uk



An Infant & Toddler Forum initiative
Supported by an educational grant from Danone UK
© Infant & Toddler Forum 2010

Endorsed by

