

The adventures of
Buddy the Elf

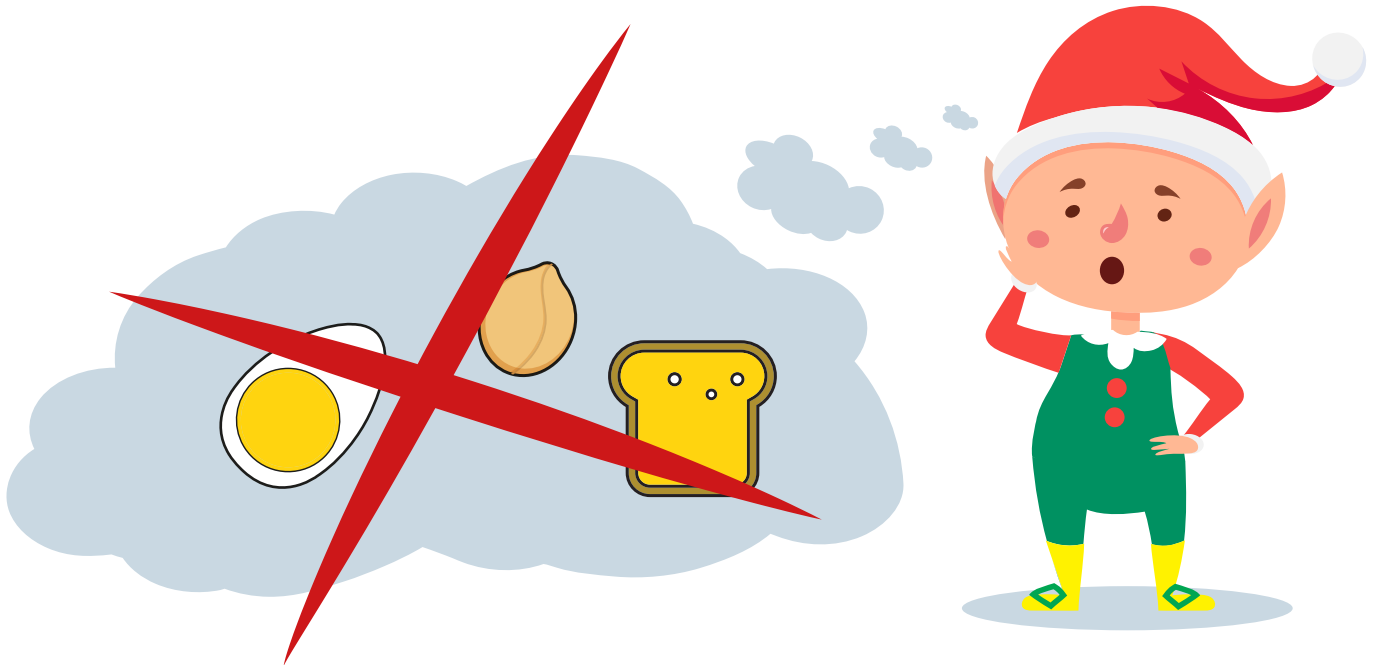
"Food for thought"

Written by

AllergyUK



This story is all about Buddy the Elf,
who felt a bit different to everyone else.
See, Buddy the Elf was allergic to foods,
that made him feel poorly whenever he chewed.





The chocolate factory is where Buddy worked, which most other elves saw as a perk. They loved chocolate and sumptuous sweets, but sadly Buddy couldn't eat all of these treats.

Buddy has an allergy you see,
so there's things he can't
eat, as they make him poorly.

Some types of food make
him feel really funny,
make his lips swell up
or have a sore tummy.

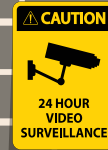




One day in the workshop, there was cross contamination,
which created a horrible situation.

Poor little Buddy had an allergic reaction,
which made the Chief Elf take serious action.

Buddy was sent out to write postal labels, sad and alone he sat on the “safe” table.



One day Father Christmas came to check on the elves,
while they were busy stacking gifts on the shelves.

As Santa loaded presents onto his sleigh,
he noticed that Buddy had been sent away.



Buddy was sad and felt rather left out,
but Father Christmas had absolutely no doubt,
that the elves weren't trying to be mean or unkind,
but really, they had Buddy's safety in mind.

So Santa pronounced ***“to protect Buddy the Elf,
you need to understand allergies yourself.
It wasn't right to just send him away,
you need to spend time out of your day,***



*to learn about allergies and how serious they can be;
there's no need to exclude friends and family you see."*



Turning to buddy Santa said “*don’t feel blue,*
I’ve got a really important job, just for you.



There are lots of children just like you,
allergic to milk, wheat and peanuts too.

I need you to create some yummy treats
and make them safe for all to eat.”



So buddy was in charge of ‘free from’ sweets,
and he taught all the others about what he could eat.

The elves learned about allergies and then understood, why some food for Buddy is really no good.

Book ShELF

YOUR BABY'S COW'S MILK ALLERGY JOURNEY

The parents of a 1-year-old boy with a cow's milk allergy (CMA) are struggling to work out the right information to take when they visit their GP. The allergist says they need to understand the following:

1. **How to confirm the diagnosis** - The allergist says they need to understand the following: 1. How to confirm the diagnosis
2. **How to manage the allergy** - The allergist says they need to understand the following: 2. How to manage the allergy
3. **How to avoid the allergen** - The allergist says they need to understand the following: 3. How to avoid the allergen
4. **How to manage the allergy** - The allergist says they need to understand the following: 4. How to manage the allergy
5. **How to avoid the allergen** - The allergist says they need to understand the following: 5. How to avoid the allergen
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AllergyUK
www.allergyuk.org
 01322 619696

AllergyToday

Allegory Today is the new online platform for allergists and patients

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 Visit allergytoday.org or call 01322 619696

AllergyUK

Making schools safer for children with food allergies

Our FREE resources help schools identify food allergy management policy to support people with the most difficult conditions

17% of food allergy cases exist in children and 90% of those cases exist in children with severe allergies. It is really important that schools have a policy in place to support children who are at risk of life-threatening allergic reactions to food. Our FREE resources help schools identify food allergy management policy to support people with the most difficult conditions

Our FREE resources include:
 - A policy template for schools
 - A list of allergens to avoid
 - A list of allergens to avoid
 - A list of allergens to avoid

Visit our website at www.allergyuk.org
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Advances in the treatment of severe atopic dermatitis

Information for:
www.allergyuk.org
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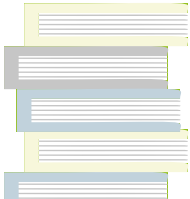


AllergyUK - The place of supporting people living with allergy

AllergyToday

Allegory Today is the new online platform for allergists and patients

AllergyUK



Now Buddy's in charge of all of the sweets,
Santa puts in your stocking when you're under the sheets.

So let's all remember Christmas time should be fun,
happy and safe for everyone!



When people understand your allergies, they help make the world safe for you and me.



The
End

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