

## Allergy Support via Social Media

Some useful free from recipe websites/blogs:

<http://theintolerantgourmet.squarespace.com/>

<http://milkforthemorningcake.blogspot.co.uk/>

<http://alimentarybites.blogspot.co.uk/>

<http://www.icedgembakes.co.uk/>

[dairyfreebabyandme.blogspot.co.uk/2013/06/baking-dairy-free.html](http://dairyfreebabyandme.blogspot.co.uk/2013/06/baking-dairy-free.html)

<http://yesnobananas.wordpress.com/>

<http://lucysfriendlyfoods.wordpress.com>

<http://www.nutmums.com>

<http://thereciperesource.blogspot.co.uk/>

<http://livingwithcowsmilkproteinallergy.com/>

<http://www.foodmaestro.me/>

(Download app for personalised list of free from products. Highly recommended)

Some interesting accounts on Twitter...

'Expert' parents

@allergyhour (every Thursday at 8.30pm)

@foodallergyuk

@foodallergymums

@twobabyfoxes

@nutmums

@ChubbaNia

@OurAAventures

@dairyfree

@freefromfairy

@TwinsplusTwo

@parrlox

@sarahjchapman

@IntolerantG

@livingwithcmpa

"Our mission is to provide a patient-centred service that supports early recognition, diagnosis and treatment of food allergy in children, thereby enhancing quality of life"



*Please note that the following information has not been reviewed or endorsed FANS*

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### Allergy related magazines

@foodsmatter

@WhatAllergy

@AllergicLiving

@FreeFromFood

### National patient allergy support groups

@AllergyUK1

@anaphylaxiscoms

@CMPAsupport

@CoeliacUK

### A few professional experts

@GoAllergy

@AllergyKidsDoc

@Aller\_MD

@laurivdp

@VenterCarina

@PaedDietitian

@alimentarybites

@AllergyAction

@kfatweets

@eczemasupport

@FoodmaestroUK