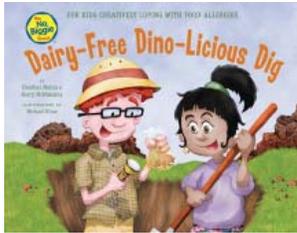


## FROM THE BOOKSHELF: For Kids Creatively Coping with Food Allergies



### **Dairy-Free and Dino-Licious Dig** By **Heather Mehra & Kerry McManama**

Illustrations by Michael Kline

Publication date: February, 2010  
Hardcover, \$14.99

*Dairy-Free and Dino-Licious Dig* is the newest addition to a delightful children's book series designed to help kids cope creatively with food allergies.

The books feature a group of characters known as the "No Biggie Bunch," typical children

who are diverse and adventurous in all the ways young children are. While they have food allergies, they are not defined by them. They are smart, prepared and safe while maintaining a great attitude and having fun.

The first three of these beautifully illustrated hardcover books follow the adventures of the No Biggie Bunch as they attend a birthday party at a soccer field, enjoy a safe and silly "tea party," and navigate Halloween together by swapping candy they are allergic to for space-age surprises.

In the newest book - the first No Biggie Bunch adventure dedicated to only one allergen - the kids remember to bring along a healthy snack on a back-yard dinosaur dig, and demonstrate how to feel comfortable making a simple statement about why they can't

share a snack that may be offered to them by someone else.

While food allergies are taken seriously in these books, the social challenges they impose are treated as "no biggie" by the characters and the people who care for them. Each story ends with a question that is an excellent springboard for conversation with children, to help them become comfortable talking about their food allergies and prepared to handle typical social situations.

These creative Massachusetts authors have come up with a unique and wonderful resource for pre-school and early elementary school children with food allergies, and their families and friends. Learn more about them, their upbeat "no biggie" philosophy, and their terrific books at their website: [www.nobiggiebunch.com](http://www.nobiggiebunch.com).



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