

Dear Patients,

I wanted to share a resource with you that can help you feed your family. Having a food allergy diagnosis means that shopping and cooking have changed greatly for you. The Allergy Chef has put together a webinar and resources to help you learn more about the basics.

Her team has a webinar that you can attend for free, which is followed up by sending you more resources. There's a small meal plan, shopping guide, information on major and less common allergens, and a guide for tips on feeding toddlers with food allergies.

If you have questions, you can email her at help@theallergychef.com, or visit theallergychef.com/help to sign up for the resources.

Be Well,
Dr. xxx