



simply healthy

from your Hannaford Dietitian

Allergy-Free Party Planning

Holidays are a time for entertaining with good friends and good food. But for those with food allergies and sensitivities, holiday parties may be a source of uncertainty and stress.

Whether you're attending a holiday party with a food allergy or you are hosting a gathering for guests with food allergies, there are a few simple tips to help alleviate some of the worries that go along with holiday parties.

What You Can Do as a Host:

1. Inquire about food allergies or intolerances. When planning a party, the first thing you can do when sending out invitations is ask questions about what your guests can or cannot eat.
2. Review the menu & be specific - including brands and sources of foods you're planning on serving - with the allergic guest. Save package labels if there is a possibility that they could include unsafe ingredients.
3. Say "yes" if your guest offers to bring allergen-free dishes and desserts, and ask them to bring enough for all to share.
4. Be prepared and have appropriate safe, delicious and allergen-free treats on hand that everyone can enjoy together. You will want everyone to feel included.
5. Keep the focus off food. For parties, create a special theme that is meaningful and fun for all. The same goes for activities - instead of cookie decorating, consider crafty activities or games.
6. Be sensitive. Don't bring unnecessary and unwanted attention to your guest's food allergies or intolerances.

Most important tip of all: Remember the real reason for the holidays. Take advantage of this opportunity to spend time with family and friends, and focus on people rather than food.

What you can do as a Guest:

1. Communicate & educate in a positive manner and well in advance. As a guest, it is your responsibility to let your host know if there is anything you can't eat - and how serious the situation is. Don't let a fear of inconveniencing the host stop you from disclosing a list of restrictions. The host wants everyone to feel included, regardless of what can be eaten (or not). Hosts are more apt to be insulted by a guest who doesn't eat what is served than by a guest who shares food restrictions as soon as the dinner invitation is accepted.
2. Go first. If the party is buffet-style, be the first in line to avoid any potential cross-contamination such as mixed-up spoons. If this is too awkward, you can also ask if the host can set food aside for you before serving.
3. Contribute to the meal. Offer to bring an addition to the menu that you can enjoy and share with everyone else. That way, there will definitely be something safe for you to eat.
4. Keep it simple. When loading your plate, stick to simple, whole foods - like plain fruits, vegetables and meats that haven't been processed, coated or mixed. Avoid sauces, dips, marinated items, casseroles and desserts unless you know for sure what's in them.
5. Don't take over - it's not your party. Don't try to replace your host's famous German Chocolate Cake that has been a holiday tradition for generations.
6. Follow up after the party with a thank you. A hand-delivered note would be great, or even a little gift.



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian.



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Zesty Caesar Dip

Yields: 30 servings (1 oz. per serving)

Ingredients:

- 3 cups Dannon® plain yogurt
- 1/4 cup Cabot® Reduced Fat Shredded Cheddar Cheese
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon garlic, chopped
- Salt & pepper to taste

Directions:

1. Combine all ingredients in a medium bowl and mix well. Season with salt and pepper.
2. Serve with plenty of vegetables and Kashi® crackers (may also be used as a sandwich topper or salad dressing).



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Cajun Mayo Spread

Yields: 1 cup

Ingredients:

- 1 cup Hellmann's® Canola Cholesterol Free Mayonaise
- 1 teaspoon red pepper
- 1/2 teaspoon McCormick's® paprika
- 1/2 teaspoon McCormick's® garlic powder
- 1/2 teaspoon McCormick's® chili powder
- 1/4 teaspoon McCormick's® onion powder
- 1/4 teaspoon McCormick's® black pepper
- 1/4 teaspoon nutmeg
- 8 Belgian endive leaves
- 8 cherry tomatoes, halved

Directions:

1. Combine all ingredients (except endive and tomatoes) in a medium bowl and mix well. Refrigerate mixture until ready to use.
2. Separate Belgian endive leaves from stalk.
3. Serve a dollop of spread mixture into each hollow Belgian endive leaf. Top with halved cherry tomatoes



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Quick Flax Muffin in a Cup

Yields: 1 muffin

Ingredients:

- 1/4 cup ground flax meal
- 1/4 cup fresh blueberries
- 1 egg
- 1/2 teaspoon McCormick's® cinnamon
- 1 teaspoon McCormick's® pure vanilla extract
- 1 tablespoon almond butter

Directions:

1. Mix ingredients. (Total volume equals about 3/4 cup)
2. Spray ramekin or small cup with cooking spray & add mixed ingredients. Microwave for 80 seconds. (Microwave temperature may vary - may need to cook longer.) Enjoy!



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Thanksgiving Surprise Turkey Bites

Yields: 1 muffin

Ingredients:

1/2 can (14 ounce) of cranberry sauce
1 cup Hellmann's® Canola Cholesterol Free Mayonaise
Taste of Inspirations® Turkey Deli Meat
Cabot® 50% Reduced Fat Cheddar Cheese Slices
Nature's Place® Whole Grain Bread

Directions:

1. Mix cranberry sauce with mayonnaise. Layer each slice of bread with turkey, cheese slices and cranberry mayo. Cut into small, bite-size pieces - can get 16 pieces per bread slice.



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Braised Spinach Sauce

Recipe Courtesy of Unilever

Ingredients:

- 1 package (10 oz.) fresh spinach
- 1 package Fresh Meals in Minute pre-chopped vegetables
- 2 cloves garlic, finely chopped
- 1/4 teaspoon McCormick's® ground nutmeg
- 1/4 teaspoon McCormick's® ground black pepper
- 1 jar (1 lb. 8 oz.) Ragu® Old World Style® Pasta Sauce

Directions:

1. In 12-inch nonstick skillet, over medium heat cook spinach and chopped veggies with garlic for 5 minutes or until spinach is wilted. Stir in nutmeg and pepper; cook 1 minute. Stir in pasta sauce and simmer, stirring occasionally for 5 minutes. Serve sauce with your next Fresh Meals In Minutes combo!



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Asian Vegetables & Peanut Sauce

Yields: 4 servings • Prep Time: 15 Minutes • Cook Time: 10 Minutes

Recipe courtesy of McCormick's

Ingredients:

- 1/3 cup crunchy peanut butter
- 1/3 cup chicken broth
- 3 tablespoons dry sherry
- 2 tablespoons McCormick's® chives
- 2 tablespoons fish sauce
- 2 tablespoons sugar
- 1 tablespoon sesame oil
- 1 tablespoon vegetable oil
- 2 packages of Fresh Meals in Minutes pre-chopped vegetables
- Coarsely chopped peanuts

Directions:

1. Place peanut butter, broth, sherry, chives, fish sauce, sugar and sesame oil in bowl of food processor; cover. Process until smooth. Set aside.
2. Heat vegetable oil in large skillet or wok on medium heat. Add vegetables; stir fry 3 to 4 minutes or until tender-crisp. Stir in peanut butter mixture. Bring to simmer. Sprinkle with peanuts.



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