



Asthma and Allergy  
Foundation of America®  
NEW ENGLAND CHAPTER



**BOYS & GIRLS CLUB**  
of Marshfield  
**FAMILY CENTER**  
Great Futures Start Here

# Cooking and Baking for People with Food Allergies

Ideas and solutions for busy families  
with food allergies



**Colette Martin**  
[www.learningtoeatallergyfree.com](http://www.learningtoeatallergyfree.com)

**Wednesday, April 22, 2015 at 7:00 p.m.**

**Boys & Girls Club of Marshfield Family Center**

**37 Proprietors Drive, Marshfield** (Route 3 to Exit 12 for Route 139E; 1.7 mi.; located behind Roche Bros.)

**FREE - Pre-registration is not required**

(Note: This program is for adults.)

**Presented by Colette Martin**

**Food allergy blogger and author of:**

 ***Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts***

 ***The Allergy-Free Pantry: Make Your Own Staples, Snacks, and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts.***

Colette will share practical ingredient substitutions, some of her favorite products and recipes, and other secrets of how to please people with restricted diets.

**Sponsored by:**  
Asthma and Allergy Foundation of America  
New England Chapter

**Hosted by:**  
Boys & Girls Club of Marshfield

**For more info:**  
**Call 781-444-7778 or visit**  
**[www.asthmaandallergies.org](http://www.asthmaandallergies.org)**

Other AAFA New England appearances by Colette Martin:  
April 13: Lexington, MA      April 14: Newton, MA