

I Have Allergies, You See: (CHILDRENS BOOK ON FOOD ALLERGIES)



I Have Allergies, You see, Nuts, seafood and dairy do not agree with me. is young Saras story. Sara talks with her mother about her well-being and the foods that are not safe for her to eat. She creates a rhyme to help educate the people around her. Her knowledge of her allergies and openness to talk about it helps to keep her safe.

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