

WHAT TO BRING TO YOUR FOOD CHALLENGE



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This brochure will answer some of your questions about what to bring to your food challenge appointment. We believe that parents are partners on the healthcare team, and we want you to be as informed as possible. If you have questions or concerns, please call the Allergy clinic at (604) 875-2118.

Don't forget to bring the food with you or we will have to cancel the appointment!

Find more Tips for Helping Your Child Cope during Medical Procedures [here](#).

Challenge for heavily baked cow's milk or egg

1) Baked goods containing cow's milk:

- Prepare a homemade baked product, containing the ratio of 1 cup of milk per 1 cup of flour. Needs to be fully baked through the middle.
 - eg. For standard sized muffins, would bake at 350F for close to 30 minutes, until the "toothpick comes out clean". (time depends on size of baked product).
- Bring 1 or 2 servings of the baked product.

2) Baked goods containing egg:

- Prepare a homemade baked product, containing the ratio or 1 egg per 1 cup of flour. Needs to be fully baked through the middle.
 - eg. For standard sized muffins, would bake at 350F for close to 30 minutes, until the "toothpick comes out clean". (time depends on size of baked product).
- Bring 1 or 2 servings of the baked product.

Peanut

Choose at least 1 of:

- 1) Peanut butter (also bring crackers/bread/jam, etc. that your child eats regularly)
- 2) Whole peanuts
- 3) Bamba (peanut snack)

Tree nut (examples)

- 4) Almond butter or whole almonds
- 5) Whole hazelnuts
- 6) Cashew butter or whole cashew
- 7) Walnut butter
- 8) Whole pistachios

- We need about 30 whole nuts in total
- Please take off all shells at home
- If your child is under 3 years of age, please crush the nuts at home.
- Do not bring a nut spread if the label reads "may contain other nuts", etc.)
- Do not bring nuts from the bulk bins in the grocery store because they can be impure or contaminated by other foods.

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Adapted from information pamphlets developed by Winnipeg Children's Hospital, Manitoba and the IWK Health Centre, Nova Scotia by the health care professionals of the Allergy Clinic with assistance from the Department of Learning & Development.

Regular Milk Challenge

Choose at least 1 of:

- 1) A small container of homogenized milk (250 ml) (flavoured if preferred)
- 2) A small container of yogurt
- 3) Make an Instant pudding with the UNCOOKED milk (the main component MUST BE UNCOOKED MILK)

Cooked Egg Challenge

Choose at least 1 of:

- 1) Hard-boiled or scrambled egg (and salt, pepper, ketchup or bread to improve taste).
- 2) French toast.
 - Ingredients: 1 egg, 1 piece of toast bread, seasoning as desired (salt, cinnamon), syrup
 - Instructions: Beat the whole eggs add seasoning. Soak up the entire egg mixture with the bread. (cook in pan until well done).

Bring syrup in a separate container to add to French toast during the food challenge.

Wheat

Choose at least 1 of:

- 1) 1 cup of cooked wheat pasta
- 2) 2 slices of bread made with wheat
- 3) 1 cup of infant wheat cereal
- 4) 1 canister of infant/toddler wheat puffs

Sesame

Choose at least 1 of:

- 1) 1 cup of sesame seeds
- 2) Tahini

