

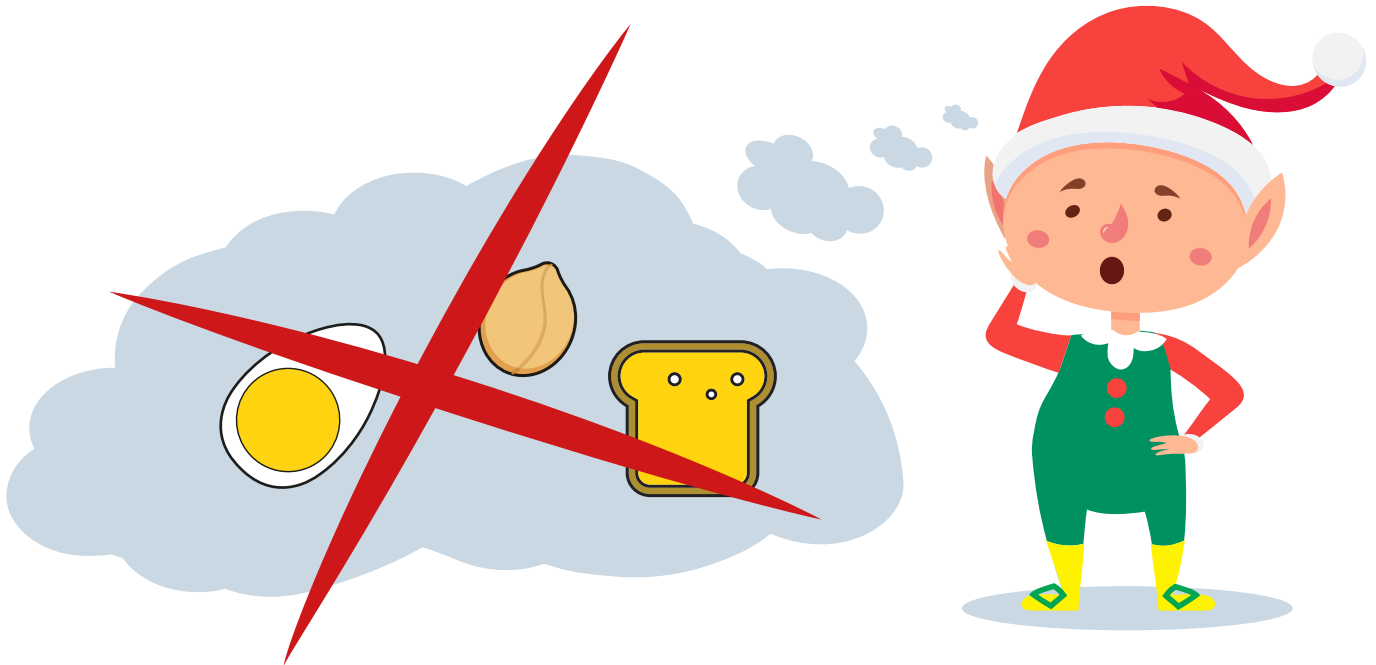
The adventures of  
**Buddy the Elf**  
"Food for thought"

Written by

**AllergyUK**



This story is all about Buddy the Elf,  
who felt a bit different to everyone else.  
See, Buddy the Elf was allergic to foods,  
that made him feel poorly whenever he chewed.





The chocolate factory is where Buddy worked,  
which most other elves saw as a perk.  
They loved chocolate and sumptuous sweets,  
but sadly Buddy couldn't eat all of these treats.

Buddy has an allergy you see,  
so there's things he can't  
eat, as they make him poorly.

Some types of food make  
him feel really funny,  
make his lips swell up  
or have a sore tummy.

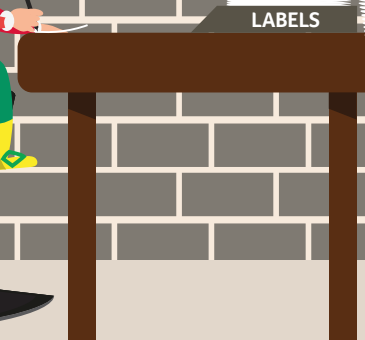
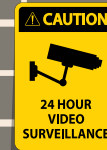




One day in the workshop, there was cross contamination,  
which created a horrible situation.

Poor little Buddy had an allergic reaction,  
which made the Chief Elf take serious action.

Buddy was sent out to  
write postal labels,  
sad and alone he sat  
on the “safe” table.



One day Father Christmas came to check on the elves,  
while they were busy stacking gifts on the shelves.

As Santa loaded presents onto his sleigh,  
he noticed that Buddy had been sent away.



Buddy was sad and felt rather left out,  
but Father Christmas had absolutely no doubt,  
that the elves weren't trying to be mean or unkind,  
but really, they had Buddy's safety in mind.

So Santa pronounced ***“to protect Buddy the Elf,  
you need to understand allergies yourself.  
It wasn't right to just send him away,  
you need to spend time out of your day,***





*to learn about allergies and how serious they can be;  
there's no need to exclude friends and family you see."*



Turning to buddy Santa said “*don’t feel blue*,  
I’ve got a really important job, just for you.



There are lots of children just like you,  
allergic to milk, wheat and peanuts too.

I need you to create some yummy treats  
and make them safe for all to eat.”



So buddy was in charge of ‘free from’ sweets,  
and he taught all the others about what he could eat.

The elves learned about allergies and then understood, why some food for Buddy is really no good.

## Book ShELF



Now Buddy's in charge of all of the sweets,  
Santa puts in your stocking when you're under the sheets.

So let's all remember Christmas time should be fun,  
happy and safe for everyone!



***When people understand your allergies, they help make the  
world safe for you and me.***



The  
End

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