

Editor, Sarah Hatfield

As a professed SAHM (stay at home mom) writer, Sarah keeps us entertained with weekly muses on her blog, No Whey, Mama. She contributes several kid-friendly, mom-easy recipes as well as daily stories on living with a food allergic child. Her daughter, Katherine, is allergic to dairy. Her son, Eli, appears to be food allergy-free. The verdict is still out on her youngest, Helen, and allergies.

"When our daughter, Katherine, was six months old, we discovered her dairy allergy when we supplemented with baby formula. At the time, we lived in a city and had many great dairy-free food resources available to us. Now that we have moved back to my hometown, I have become interested in teaching people about food allergies and creating kid-friendly recipes that can be easily made with ingredients found in any local grocery store."