

There's an App for That

Hello Parents,

I would like to share some useful apps that I have found recently. Some are specific to health concerns, while others could be useful to anyone. I hope you may find something of use to you. Where there is a fee for the app, I have noted what it was at the time I researched this article.

AllertMe-Takes recall information provided by the FDA and provides parents with up-to-date information on 8 major allergens. The app shows parents where a product is from, the amount affected, a photo of the item and the customer care number for the recall. The app also sends notifications by phone. Parents can customize this app for a specific food group. Recall information is provided for the past 6 months. This app is available on the App Store and Google Play for \$4.99.

Change4Life Sugar Smart-Scans the barcode of food and drink products to reveal the amount of sugar the product contains in cubes and grams. A five year old child should have no more than 5 cubes of sugar, or 19 grams per day. Children aged 7-10 years shouldn't have more than 24 grams of added sugar per day – that's 6 cubes. From 11 years and up, we shouldn't have more than 30 grams of added sugar per day – that's 7 cubes. It is very easy to consume way more sugar than that when eating processed foods and snacks. This app is **free** for Apple and Android devices.

Asthma Storylines- is a self-care tool for managing asthma for yourself or your loved one. It gives you an accurate, shareable record of the asthma experience between physician visits, and helps you and your care team collaborate on treatment strategies. Track symptoms, vitals, moods, and daily asthma control, record questions you have for your healthcare provider, and remember appointments and medications. The mobile app is **free** for all users on iOS and Android devices.

AllergyEatsMobile-allows users to search by zip code or city for "allergy-friendly" restaurants in the USA. This app is free for iOS or Android users.

Find Me Gluten Free-locates restaurants that serve gluten-free foods in your area, and provides menus. Free for iOS and Android devices.

Cook IT Allergy Free-search 200+ recipes and trade out your allergens with safe substitutions. Save your safe recipes and add them to a customized grocery list. \$4.99 for iOS devices.

SafeEats: Allergen Alert-provides food allergy answers in grocery store aisles, or anywhere, by scanning barcodes. Provides a full list of product ingredients. For iOS devices, Free for 5 scans/day, \$1.99 for unlimited scans.

Have a healthy day!

Mrs. Bahn, Elementary School Nurse