

HumFree the Bee Has a Food Allergy is scheduled to be released the first week in September!

This media kit should make sharing information via blog posts and other media platforms super easy and contains the following sections:

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Promotional Images

Click on the following for the links to download images from my website.

Book Cover:

[150px Wide](#) | [300px Wide](#) | [450px Wide](#) | [600px Wide](#)

Author Alison Grace Johansen:

[150px Wide](#) | [300px Wide](#) | [450px Wide](#) | [600px Wide](#)

Sample Text for Sharing on Twitter and Facebook

Check out #HumFree the Bee Has a #FoodAllergy: #kidlit offering uplifting messages of hope, awareness + inclusion! - <http://bit.ly/HumFree>

#Foodallergy mama + blogger Alison Johansen @Mothernova announces her new book: #HumFree the Bee Has a Food Allergy! <http://bit.ly/HumFree>

What do bees and #foodallergies have in common? Find out in Alison Grace Johansen @Mothernova's new #kidlit book! - <http://bit.ly/HumFreeMedia>

About HumFree the Bee Has a Food Allergy

HumFree's story was inspired by Alison's son, who was diagnosed with multiple food allergies before he was one year old. Learning how to manage food allergies, stay safe and still have lots of fun being included in activities like everyone else has been challenging. But with several years of experience and the help of their friends, family and local community, Alison's family has learned how to create a safe, inclusive and fun environment for her son.

HumFree is a baby bee who loves flying super fast, just like Alison's son. His joyful enthusiasm for playing, running and being "superfast" while bravely handling the day-to-day ups and downs of food allergies makes her so proud. When events, activities and classes involve food, they can be unsafe for our friends with food allergies who can't eat or even touch their allergens. This happened to her son when they tried certain sports activities and classes over the years.

HumFree the bee is allergic to the pollen in blue or yellow flowers. This means he can't touch, eat or be around it. But he shows us that if he avoids his food allergens by sticking to flowers that are safe and advocating for himself to avoid dangers such as cross-contamination, he can have just as much—and even more!—fun with his friends and still do what he loves: fly super fast! Similarly, through good communication, education, persistence and resourcefulness, Alison's son now safely enjoys all of the activities he loves!

Alison hopes HumFree's story will serve as an empowering tale of awareness and inclusion for children with food allergies so they believe it is possible to do what they love while staying safe! She is hopeful his story will be a helpful foundation for food allergy awareness and education, starting with our most important members: our precious children.

Please visit my book page at <http://bit.ly/HumFree> to learn more about *HumFree the Bee Has a Food Allergy!*

Author Bio

Alison Grace Johansen is a freelance writer who lives in Northern Virginia with her husband and two children. After being a journalist in Washington, D.C., for several years, she founded Mothernova.com—a parenting website about food allergies, allergen-free cooking, motherhood, pediatric health, children's literature and other topics close to her heart. When her son was diagnosed with multiple food allergies, she and her family began their journey of managing an ever-changing and challenging area of pediatric health. Shortly after his diagnosis, she discovered she has food allergies as well.

To find out more about Alison, check out her website Mothernova.com, where she writes monthly blog posts about parenting and food allergies; visit her book page at <http://bit.ly/HumFree>; subscribe to her free newsletter at <http://bit.ly/subscribemothernova>); follow her on Twitter [@Mothernova](https://twitter.com/Mothernova), and like her at facebook.com/Mothernova.

Alison is a regular guest contributor on parenting topics for [Fancy Shanty](http://FancyShanty.com) and her writing has been featured in newsletters such as [Food Allergy Research & Education](http://FoodAllergyResearch&Education.org) (foodallergy.org).

Alison is a member of the following groups: Kids With Food Allergies, Food Allergy Research & Education (FARE), Loudoun Allergy Network, Crohn's and Colitis Foundation of America, the Society of Children's Book Writers and Illustrators and freedible.com. She also is a book reviewer for Children's Literature in Washington, D.C.

Fact Sheet

A Q&A section at the end of the book entitled "HumFree's Food Allergy Bee" provides parents, teachers, caregivers and friends with an informative and fun way to educate children about food allergies.

About 15 million Americans, including 5.9 MILLION CHILDREN, have food allergies and this number is on the rise. This means there are about 1 in every 13 kids, or 2 children in every classroom, who have food allergies. (*Food Allergy Research & Education provides these statistics and more at: <http://www.foodallergy.org/>.*)

COW'S MILK, EGG, SOY, WHEAT, PEANUT, TREE NUT, SHELLFISH and FISH are the "top eight" most common food allergens, but any food, drink or product may be or contain allergens.

While the book focuses on HumFree's discovery of his food allergies and how he learns to avoid his allergens with the help of his friends and family, the Q&A gets more specific—and serious—about how to manage and treat allergic reactions. In particular, it drives home that those with food allergies *always* must have two epinephrine auto-injectors with them. *This can be life-saving medicine!* The Q&A also emphasizes the importance of acting quickly, finding an adult and calling 9-1-1 because EVERY SECOND COUNTS.

Questions-and-Answers

Here is helpful Q&A for blog posts, interviews and other media platforms:

Q: What is your inspiration behind the book? What message do you hope HumFree will give children?

Food allergies affect 5.9 million U.S. children and this number is on the rise. When my son was first diagnosed with food allergies, we were thrown head-first into learning about how to keep him safe. Because he is contact allergic, many local classes incorporated snacks and therefore were not safe for us. However, over time we found some great classes and teachers who have conscientiously worked with us so our son is able to participate just like everyone else. He has excelled and had a ton of fun!

By learning how to stay away from unsafe activities and find ones that are safe and just as fun, it opened up a new world for us. It can be done with diligence, perseverance, trust, kindness and help! He has always loved being superfast. By finding activities that are free of his allergens, he has thrived and made wonderful friends, just like HumFree. I wanted to write a story that would show children that there may be obstacles, but there is a way! Just like HumFree, we can work with what we have to be the best we can be, and have even more fun than we would have had before!

Q: Why did you choose a bee and pollen as the food allergy instead of one of the “Top Eight” most common food allergens?

Yes, pollen usually is associated with environmental allergies. These are very different from food allergies, which can have much more serious and fatal reactions such as anaphylaxis. But I wanted to change the tables a bit by having pollen, which bees eat as their food and similarly is a protein, be HumFree's food allergen. This way, children aren't as focused on whether it's cow's milk or peanut. Instead, we all can home in on the universal message of being careful and avoiding all food allergens, whatever they may be.

Q: What led you to write a children's picture book?

According to my mother, I've been reciting rhymes since I could speak, and writing poetry ever since I can remember. It's just the way I think and communicate my feelings. Now that I have two kiddos of my own, I'm immersed in the beautiful world of picture books, stories and the imagination once again. I know I may be biased, but I think picture books are one of the best ways to capture a child's interest and imagination. And isn't this a fantastic way to teach lessons and give important messages!

Too, my kiddos always prefer my made-up stories before bed. After all, you can base your character on your children so they relate and your story on their interests. Thus, HumFree was born! I want to show my son and all children that the sky's the limit! They can do anything they want in life. It may not always be easy at first and we may have to tackle obstacles in different ways, but we can use our heads and hearts to make it work and do what we love to do!

Q: What is your hope for the food allergy community?

Most importantly, I hope we can find a cure. It is so hard to protect ourselves from what often is invisible--allergen residue. For children, touching the residue and then putting hands in eyes or mouth (which we all—but especially they—do, right?) is bad news. The repercussions can be fatal. But with planning, understanding, knowledge, persistence, communication and an inclusive community, it can be done! I hope everyone who has a special need is able to find a way to do what makes them happy with the help of their communities! Thus, I am dedicating a portion of the book's proceeds to the food allergy community, which has been such a wonderful and important support system for my family.

Q: Who is the illustrator who brought HumFree to life so beautifully?

Brian Talbott is an illustrator based in Seattle. He also is an SCBWI member, which is how I found him. And as you can see, he is so very talented! I can happily say he has other projects up his sleeves and will posting updates on his website very soon.

Reviews and Related Articles

"*HumFree the Bee Has a Food Allergy* is a true treat for those wanting to educate young ones about food allergies. Author Alison Grace Johansen flies you through a rhythmic story while you enjoy Brian Talbott's colorful illustrations and the familiar A, E, I, O, U vowel teaching technique. In no time, kiddos are zooming their way through food allergy safety and inclusion. A must have for every family with a food allergy as well as library, childcare center and school."

--*Kristin Beltaos, M.A., MNCPD Licensed Trainer, [A Gift of Miles](#)*

(<http://www.agiftofmiles.com/>)

"*HumFree the Bee Has a Food Allergy* is a cute, colorful story that shows children with food allergies they are not alone and that they can do everything others do with a little extra care and planning. My children loved the rhymes and the illustrations, and my son, who is sensitive to certain food dyes, could relate to HumFree. I love that rather than focusing what Humfree can't have and do, the story focuses on what he can do. I also like that HumFree's friends get involved in keeping him safe. My son has seen first hand how his friends now try to bring dye-free snacks and treats to the classroom or events so he can take part, too. The rhymes and illustrations keep kids engaged and make the book a great read—both for those with food allergies and those without."

--*Mindy Long, freelance writer (<http://www.mindywrites.com/>)*