



The Bugabees: Friends With Food Allergies

Amy Recob

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A whimsical tale of eight friends with food allergies. Food allergies are never fun, but best friends always are! This light-hearted story explores the daily routines of eight best buggy friends such as Beetle, Cricket and Butterfly, as they face their respective food allergies with positivity and poise.

At home and at school, at the park, or on the beach, BugaBees find ways to stay safe, have fun, and remember that the joy of friendship is far sweeter than any food they can, or in some cases, can't have.

With captivating illustrations and clever rhyming verse, this fun and fanciful tale teaches children to be happy and healthy in spite of a food allergy diagnosis.

While a child could be allergic to any food, BugaBee characters are based on the eight foods that account for 90 percent of all allergic reactions: peanuts, tree nuts, fish, shellfish, milk, soy, eggs and wheat.

The BugaBees: Friends with Food Allergies brings fresh optimism and fun to children dealing with the everyday challenges of managing a food allergy. Additional activities and talking points in the back of the book inspire further learning and teaching opportunities for young children and their caregivers.

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