



## Allergy Friendly Foods – Kris Barrett

Kris Barrett is the mum of two gorgeous kids (yes she is biased!). Kris's little boy Tim was diagnosed with autism at age 2, and in her efforts to find treatments and options for him, discovered the gluten & casein free diet for autism and the gut/brain connection. After having Tim tested for food allergies, she discovered he was allergic to gluten, casein, soy, rice, eggs & almonds to name a few! It was almost impossible to find great tasting, healthy foods free of all these allergens, and Kris started buying foods from America to give her little boy.

After a while Kris decided to use her skills in marketing & distribution (life "before kids") to set up a business importing these specialty foods so that other families in similar positions had some options. And so in 2005, Allergy Friendly Foods was born.

Kris now imports over 30 products from specialty Allergy Friendly manufacturers in the USA & NZ and is passionate about the role diet and food plays in kids not only with autism, but with other disorders like ADD, asthma and allergies. The change in her son in the 5 years since they began dietary intervention is nothing short of miraculous, and today Tim is a happy, thriving 8 year old who is looking forward to going to Time zone this weekend for a friend's birthday party!

Kris is thrilled to be part of the 1000 Mums team and excited about the work 1000 Mums and Allergy Friendly Foods have planned for the future. Stay tuned!

