

# kiwi

Growing families the natural and organic way.

TACKLING   
FOOD ALLERGIES

## 18 TOP GREEN TOYS

kiwi exclusive!  
ECO-CONSCIOUS KIDS  
**THE NAKED  
BROTHERS**

\* NATURAL  
LAUNDRY  
SOLUTIONS

\* HOLIDAY  
ECO-CRAFTS

plus...  
**Hearty  
Winter  
Recipes**

DECEMBER 2008



\$3.99

[www.kiwimagonline.com](http://www.kiwimagonline.com)

## Entrées

1. **Annie's Homegrown Rice Pasta & Cheddar**  
([www.annies.com](http://www.annies.com))  
Free of gluten
2. **Amy's Non-Dairy Vegetable Pot Pie**  
([www.amys.com](http://www.amys.com))  
Free of dairy & tree nuts
3. **Ian's Chicken Nuggets**  
([www.iansnaturalfoods.com](http://www.iansnaturalfoods.com))  
Free of wheat, gluten, casein, milk, eggs, nuts & soy



## Snacks

1. **Arico Sea Salt Mist Cassava Chips**  
([www.aricofoods.com](http://www.aricofoods.com))  
Free of gluten & casein
2. **Envirokidz Peanut Butter Crispy Rice Bars**  
([www.envirokidz.com](http://www.envirokidz.com))  
Free of gluten
3. **Mary's Gone Crackers Original Seed Cracker**  
([www.marysgonecrackers.com](http://www.marysgonecrackers.com))  
Free of gluten & dairy
4. **1-2-3 Gluten Free Sugar 'n' Spice Pan Bars**  
([www.123glutentree.com](http://www.123glutentree.com))  
Free of gluten, dairy, casein, peanut, tree nuts, corn, egg & soy



\*Please consult product packaging or the company's website before consuming any of these foods, to ensure that the product is safe for you or your family.