



Book explores food allergies and friendship

Food allergies are never fun, but best friends always are! In a new children's book titled *The BugaBees: Friends with Food Allergies*, local mom Amy Recob explores the daily routines of eight best buggie friends 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 friendship is far sweeter than any food they can — or in some cases can't — have.

Recob is a marketing communications professional and the mother of two children — one of whom must manage life-threatening peanut and tree nut allergies. Learn more at www.thebugabees.com.



Amy Recob
and her
daughter
Mollie