



Cole's Moveable Feast, Inc.

Allergy-Free Sweets and Treats

Custom Desserts & Food Allergy Consulting

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CMF Limited Edition Pumpkin Chocolate Chunk Scones with Apple Butter Glaze

Autumn 2018 News

At 9:54 Saturday night it will be FALL, y'all! I actually write that on my calendar every year and set a notification on my phone.

I've been putting off sending out the newsletter because it always causes a little big surge in orders, and I've been grappling with some things. So I decided to just let everyone in on what's going on, because y'all aren't just customers ~ you and your loved ones are like family to me.

And that's what this is about . . . FAMILY. My little ones aren't so little anymore, and one of many things I've learned in the last couple years: every minute is precious.

This year I've got a high school sophomore, a middle schooler and a fourth grader. My day starts at 5:30 when I wake up Cole, start our coffee (yes, I know, I promise he dilutes it with lots of non-dairy milk) and make his breakfast while he's in the shower. We walk to the bus an hour later. It's so peaceful and quiet in the early mornings (*i.e.* we are too sleepy to say much). I come home, and wake the high schooler (and try again to wake the high schooler, and try again to wake the high schooler), and somehow he gets up and eats his breakfast (sometimes), and if the timing's just right, he hitches a ride to school when my husband heads out the door to work. Then little Caroline stumbles downstairs, and we eat breakfast and chat and snuggle on the couch, and then we head to the bus stop. (Okay, sometime we argue about her outfit or how much syrup she's putting on her pancakes, but you get the idea.) By that point, it's 9:00, and my middle schooler comes home a little over five hours later. Weekends are a wonderful and sometimes stressful mix of homework projects, sports, family gatherings, friends and more. My husband and I are constantly practicing the delicate balance of "busy enough to keep them out of trouble" and "lazy enough to recharge."

Even though more seasoned parents warned me, I didn't realize how much our kids would need me now that they're a little older. It's less physically demanding (lots of you come to pick up your goodies with one kid on your hip and another in a car seat), but now the kids need more of us ~ our time, our guidance and, mostly, our driving skills.

Don't worry, I'm not about to announce that CMF is closing down. Quite the opposite. I love being able to tailor goodies to each and every one of you. Most of y'all are nut-free, some can't tolerate gluten, some are vegan, and some have really tricky allergies to things like soy or corn. I know many of you yearn for a CMF storefront, and while that may happen someday, it would require me to spend a lot of time away from my family. So I hope you'll be patient on that front, while I put my husband and kids first for a few years. It's not lost on me what an enormous privilege it is to have a choice in that matter. In the meantime, I'll take as many orders as I can while still making my family a priority. When I can't help you, I'll tell you who can. And I'm working on a cookbook! I'll post recipes-in-progress on the blog from time to time, and I'm counting on y'all to test them out for me and give me feedback.

That's it for now, take good care of each other, and don't forget to indulge in some fall baking and eating!

IMPORTANT ALLERGY INFORMATION: It is my dream to provide delicious treats for everyone. I go to great lengths to ensure that utensils, machinery, equipment and work areas are sanitized between use. I read all ingredient labels very carefully. If an ingredient indicates that it may contain or has been made on equipment that also processes your specified allergen, I will not use it in your order. All assistants are trained on the importance of best practices for avoiding food allergies, so that I can provide treats with as little exposure to cross-contamination as possible. Please note, however, that there may still be particles in the air. In addition, although I use the highest quality ingredients, ingredient manufacturers sometimes fail to label cross-contamination risks. If your food allergy is life-threatening, please call (917) 531-4409 to discuss the risks before ordering or consuming.

You are receiving this because you have ordered from CMF, or you signed up online to receive weekly news. If you wish to stop receiving emails at any time, just reply "unsubscribe." I'll try not to take it personally!