



Cole's Moveable Feast, Inc.

Custom **Allergy-Free** Baked Goods & Desserts

Food Allergy Consulting

Health & Wellness Coaching

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Summer 2019 News

It is with extremely mixed feelings that I am writing to let you know that CMF will be taking a little hiatus. This will not come as a surprise to many of you who know me personally. As you know, I have been struggling for the past year to balance bakery orders with family obligations (plus a wonky wrist that has been complaining about all the whisking and piping).

As I've mentioned in past newsletters, I happen to be at a stage in my life as a wife and mother where I have less uninterrupted time at home to work on orders. When I made the

decision over a decade ago to put my family ahead of working outside the home, I remember someone telling me it's easier to work when they're little . . . that they need you more when they get older. I have definitely found that to be true.

I will be in the homestretch of my health coaching certification by early fall, and I'm hoping that will give me a little more flexibility to be there 100% for my family while also continuing to work with others on health, allergy and wellness issues. I am truly torn up about this decision, as I know many of you rely on me for birthday cakes and other desserts, especially for family members with complicated allergies. To that end, I will continue to post recipes every week on the web site and blog. I hope you will not hesitate to email me when you have a question about anything ~ ingredients, substitutions, decorating questions, whatever it is, I am here for you. I consider CMF *yours*, and I very much want to share what I've learned about allergy baking with you.

In addition, I would encourage you to consider bakeries like Out of the Bubble bakery in Springfield: TaMeisha Norris is so talented, and her children have allergies as well. She also sells her goodies at the farmers market at Mosaic District in Fairfax on Sundays. Happy Tart is a wonderful gluten-free bakery in Falls Church, and Lemonade Bakery in Manassas does custom allergy-free orders as well (and they're expanding to include doughnuts!). I truly do not expect this to be a "forever" decision, and I will let you know when I am able to start taking new orders again.

I cannot begin to thank you all enough for your overwhelming support these past three and a half years. Please stay in touch with your own news and questions, and I'll let you know when I'm up and running again!

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