Cow Milk Protein Allergy

Helpful Website Resources

Food Labelling

https://www.allergyuk.org/resources/decoding-food-allergy-labelling/

Introducing foods that could trigger an allergic reaction

https://www.nhs.uk/start-for-life/baby/weaning/safe-weaning/food-allergies/

Weaning: What is it and how do I know if my little one is ready

https://www.nhs.uk/start-for-life/baby/weaning/

Cow's Milk Free Recipes

https://www.annabelkarmel.com/allergen/dairy-free-recipes/

https://www.what0-18.nhs.uk/professionals/paramedics/safety-netting-documents-parents/milk-f

https://www.ellaskitchen.co.uk/recipes#