

Let's Make This a Food Allergy-Aware Kitchen!

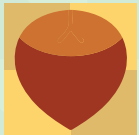
Every 10 seconds, a food allergy reaction sends a patient to the emergency room in the U.S.



THE TOP 9 COMMON FOOD ALLERGENS



PEANUT



TREE NUT



WHEAT



MILK



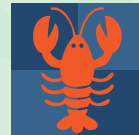
EGG



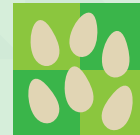
SOY



FISH



SHELLFISH



SESAME

Food allergy is a disease that can cause serious, even life-threatening reactions. Tips for sharing a kitchen—or a meal—with someone who has food allergy:



BE KIND TO PEOPLE WHO HAVE FOOD ALLERGIES.

They may feel uneasy about dining outside their home.



GIVE OPEN, HONEST ANSWERS WHEN PEOPLE ASK YOU QUESTIONS.

This can help them make safer decisions.



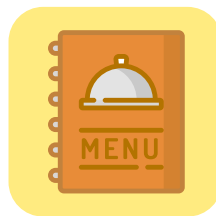
CREATE A DESIGNATED SPACE FOR FOOD HANDLING SO THAT SAFE FOODS AND ALLERGENS DO NOT TOUCH.

All food equipment must be properly cleaned before use. Sanitizer alone does not remove food allergens.



GIVE PEOPLE MANY CHANCES TO TELL YOU ABOUT THEIR ALLERGY.

Remember that food allergens can be in beverages, too.



MAKE SURE THE INFORMATION YOU SHARE WITH PEOPLE IS SIMPLE AND ACCURATE

Menus and signs must be up to date. Label all containers in a shared refrigerator.



KEEP YOUR FOOD ALLERGY TRAINING UP TO DATE.

Knowing how to recognize and respond to a food allergy reaction can save a life!



Visit the Food Allergy Academy to learn more.



FARE

Food Allergy Research & Education