

# 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



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.



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