POTLUCK PAL *ALLERGY ALERT*

NAME OF RECIPE/DISH

MADE BY

8 MOST COMMON —*FOOD*— ALLERGENS {

- ☐ MILK
- ☐ EGG
- ☐ WHEAT
- ☐ SOY
- ☐ PEANUT
- ☐ TREE NUT
- ☐ FISH
- ☐ SHELLFISH

Known or Suspected Ingredients*

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* as best as what I'm aware; if you have questions, just ask!

TIPS FOR USE:

THE *FOOD ALLERGEN LABELING AND CONSUMER PROTECTION ACT* REQUIRES THAT FDA-REGULATED, MANUFACTURED FOOD PRODUCTS CONTAINING ONE OF THE **8** MAJOR FOOD ALLERGENS TO LIST THE ALLERGEN ON THE LABEL.

However, remember when reading labels that ingredients aren't always face value for those with food allergies, intolerances, or sensitivities. Highly refined soybean oil, for example, is exempted from being labeled. Additionally, there are instances when things like wheat, eggs, and milk are used as thickeners or stabilizers for foods and can go by other names on occasion.

If you're unsure, say so or offer labels to allergy persons or their families to read themselves. This isn't because they don't trust you; they simply have more experience from practice. Don't take offense if allergy families eat their own food. It's not meant to be personal; it's simply precautionary.

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