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.

*as best as what I’m aware; if you have questions, just ask!
**POTLUCK PAL ALLERGY ALERT**

**NAME OF RECIPE/DISH**

**MADE BY**

8 **MOST COMMON FOOD ALLERGENS**
- MILK
- PEANUT
- EGG
- TREE NUT
- WHEAT
- FISH
- SOY
- SHELLFISH

**Known or Suspected Ingredients**

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

*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.

**POTLUCK PAL ALLERGY ALERT**

**NAME OF RECIPE/DISH**

**MADE BY**

8 **MOST COMMON FOOD ALLERGENS**
- MILK
- PEANUT
- EGG
- TREE NUT
- WHEAT
- FISH
- SOY
- SHELLFISH

**Known or Suspected Ingredients**

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

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

---

**POTLUCK PAL ALLERGY ALERT**

**NAME OF RECIPE/DISH**

**MADE BY**

8 **MOST COMMON FOOD ALLERGENS**
- MILK
- PEANUT
- EGG
- TREE NUT
- WHEAT
- FISH
- SOY
- SHELLFISH

**Known or Suspected Ingredients**

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

*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.

*as best as I’m aware; if you have questions, just ask!
**POTLUCK PAL ALLERGY ALERT**

**NAME OF RECIPE/DISH**

**MADE BY**

*Known or Suspected Ingredients*

[**MOST COMMON FOOD ALLERGENS**]

- [ ] MILK
- [ ] PEANUT
- [ ] EGG
- [ ] TREE NUT
- [ ] WHEAT
- [ ] FISH
- [ ] SOY
- [ ] SHELLFISH

*as best as 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.

© Charm Design Studio, LLC., 2015  For personal use only; Use without permission strictly prohibited. Find more printables at www.eclecticaffinity.com This is not meant to replace good judgment or the advice of a physician; Charm Design Studio is not liable for any reactions incurred using this.