

Hidden Holiday FOOD ALLERGENS

Holidays that revolve around food can truly be challenges for families raising children with food allergies. Here are some common allergens found in traditional family meals.



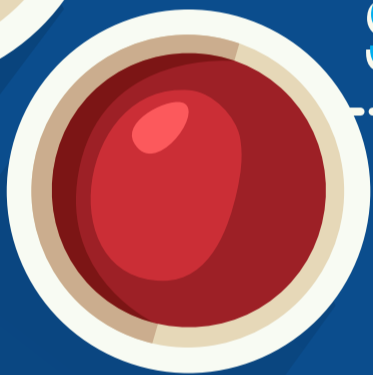
SELF-BASTING TURKEY

soy, wheat, dairy



HOLIDAY COOKIES

wheat, nuts,
dairy, eggs



SAUCES & SALAD DRESSINGS

fish, shellfish, eggs



GREEN BEAN CASSEROLE

dairy, wheat



PIES

dairy, wheat, nuts



SWEET POTATO CASSEROLE

dairy, nuts

6 TIPS TO PREVENT FOOD ALLERGY ISSUES

- 1 Tell the host about food allergies in advance
- 2 Offer to bring an allergen-safe dish
- 3 Offer to show recipes to guests with food allergies
- 4 Keep food packaging for guests to review
- 5 Avoid cross-contamination during food preparation and serving
- 6 Always have epinephrine with you at meals