

Hidden Holiday FOOD ALLERGENS

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



SELF-BASTING TURKEY
soy, wheat, dairy

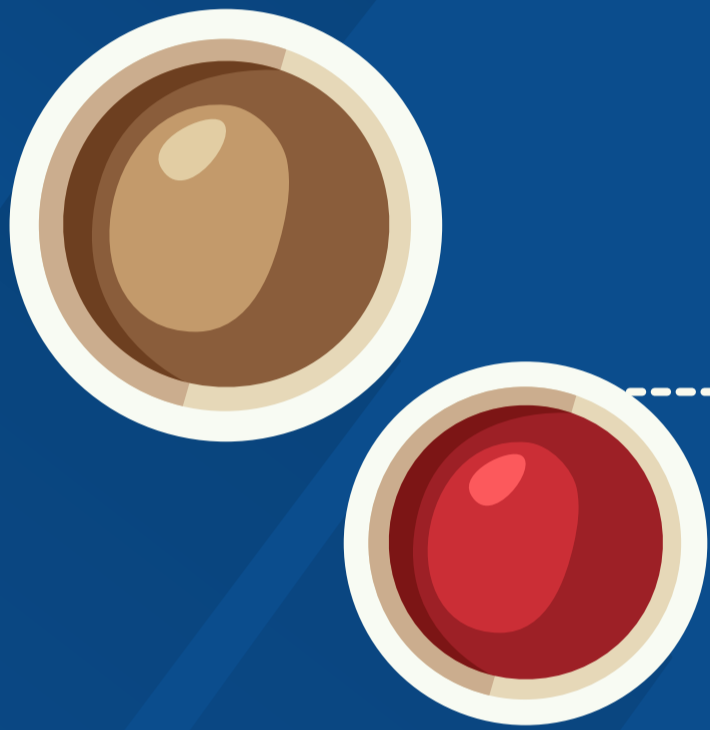
HOLIDAY COOKIES
wheat, peanuts,
tree nuts, dairy, eggs



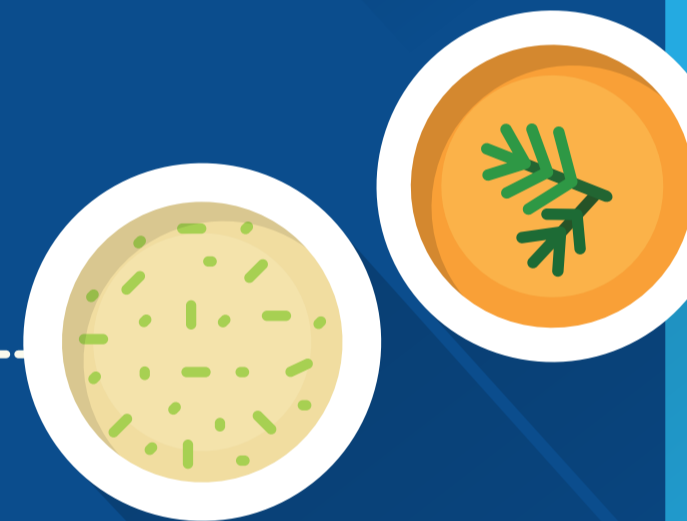
GREEN BEAN CASSEROLE
dairy, wheat, tree nuts



SAUCES & SALAD DRESSINGS
fish, shellfish, eggs, dairy, seeds



**VEGAN OR "DAIRY-FREE"
SPREADS, DIPS & DRESSINGS**
tree nuts, legumes, soy



SWEET POTATO CASSEROLE
dairy, peanuts, tree nuts, eggs



PIES
dairy, wheat, peanuts, tree nuts, eggs



7 TIPS TO PREVENT FOOD ALLERGY WORRIES

- 1 Tell the host about food allergies in advance.
- 2 Offer to bring an allergen-safe dish.
- 3 Offer to show recipes to guests who have food allergies.
- 4 Keep food packaging for guests to review.
- 5 Avoid cross-contamination during food preparation and serving.
- 6 Everyone should always wash their hands with soap and water before and after meals.
- 7 Have your epinephrine auto-injector with you at all times, and remember... "No epi, no eating!"