

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.



HOLIDAY COOKIES

wheat, nuts, dairy, eggs



SELF-BASTING TURKEY

soy, wheat, dairy

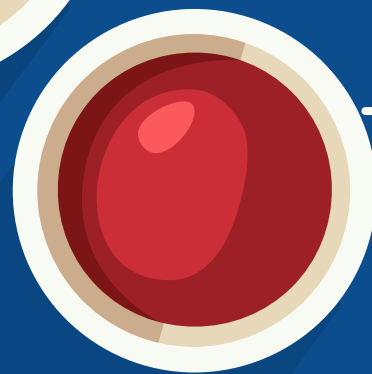
GREEN BEAN CASSEROLE

dairy, wheat



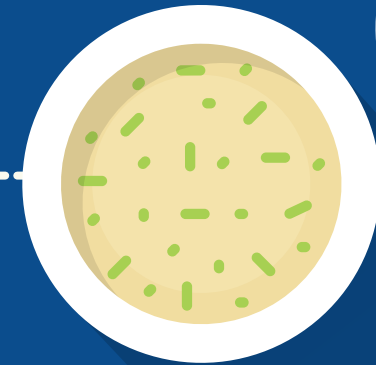
SAUCES & SALAD DRESSINGS

fish, shellfish, eggs, dairy



VEGAN OR "DAIRY-FREE" SPREADS, DIPS & DRESSINGS

tree nuts, legumes, soy



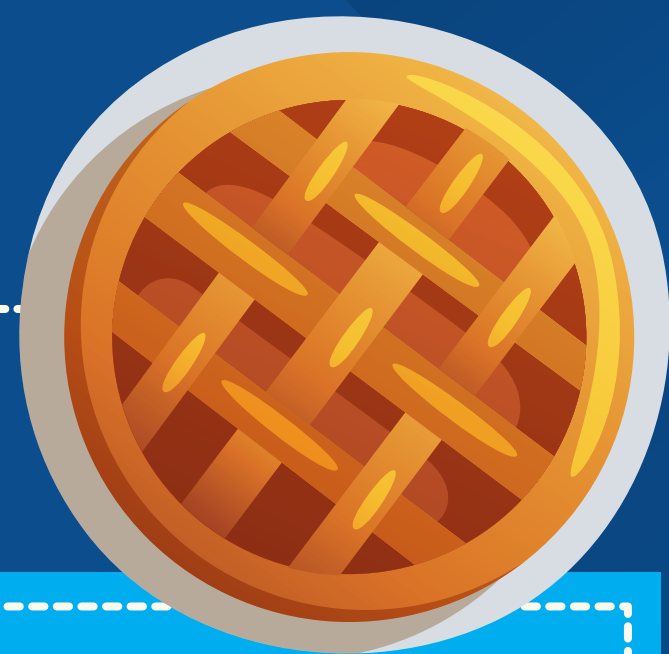
SWEET POTATO CASSEROLE

dairy, tree nuts, egg



PIES

dairy, wheat, peanut and tree nuts, egg



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!"