

FOOD ALLERGY week

13-19 MAY 2018

Get involved in Food Allergy Week at your school!
Get baking to help raise awareness about the importance
of being allergy aware.

SHOW YOU CARE

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Bring in a treat for your class or school cake stall, to help raise money for
Allergy & Anaphylaxis Australia.

Go to gofundraise.com.au, register your school and go in the
running to win some great prizes.

If you're up for it, try your hand at cooking food free of a major allergen,
like egg-free muffins or dairy-free pancakes.

The ten most common food allergens are: egg, cow's milk, peanut, tree nuts
(such as cashew and almond), sesame, soy, wheat, fish, shellfish and lupin.
For food preparation advice, visit foodallergyaware.com.au

BE ALLERGY AWARE

- Know what your classmates are allergic to
- Don't ever share food with friends that have a food allergy
- Wash your hands after you eat.