

FOOD ALLERGY week

13-19 MAY 2018

Get involved in Food Allergy Week at your workplace! 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 colleagues, to help raise money for
Allergy & Anaphylaxis Australia.

Go to gofundraise.com.au, register your workplace 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 friends and colleagues are allergic to
- Take care when preparing food
- Know the signs and symptoms of an allergic reaction and how to respond – it could save someone's life