

FOOD ALLERGY WEEK

ALLERGY & ANAPHYLAXIS AUSTRALIA

26 MAY - 1 JUNE 2019

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

On

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

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

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Allergy & Anaphylaxis
Australia

Your trusted charity for allergy support