

FOOD ALLERGY WEEK

ALLERGY & ANAPHYLAXIS AUSTRALIA

26 MAY - 1 JUNE 2019

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

On

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Bring in a treat for your colleagues, 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 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

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Australia
Your trusted charity for allergy support