

Allergy Awareness

For community catered and bring a plate activities

Did
YOU?
Know.

It is estimated that up to 400,000 (2%) of Australians, including 1 in 20 children, suffer from food allergies.

There are eight foods that account for 90% of allergic reactions: peanuts, tree nuts, fish, shellfish, eggs, milk, sesame and soy.

Symptoms of food allergy can include breathing difficulties, hives/rashes, dizziness and swelling of throat and tongue.

Currently there is no cure for food allergy. Avoidance of the food is the only way to prevent an allergic reaction.



Rethink what food you serve. Provide choices that don't contain these allergens.

Avoid cross contamination during food preparation.

Provide labels showing the name of the dish and the ingredients. Identify these common allergens on the labels.

What
can
YOU?
DO.