

**•FOOD ALLERGY ALERT•**

**I HAVE A  
SEVERE FOOD  
ALLERGY**



**Contact with any peanut  
product can be  
life-threatening to me.**



### **In preparing my food, I ask you to please:**

- Consider where peanuts might be “hidden”
- Avoid cross contamination by preparing my dishes separately and using separate or thoroughly cleaned utensils and prep surfaces
- Do not fry ingredients in cooking oil used to fry other foods containing peanuts

### **Keep in mind!**

#### **Examples that may contain peanuts:**

Arachis oil; artificial nuts; beer nuts; burgers; candies; cakes; cereals; chili; cold pressed, expeller pressed or extruded peanut oil; condiments; crackers; egg rolls; enchilada sauce; ground nuts; mandelonas (peanuts soaked in almond flavoring); lupine; marzipan; mixed nuts; mole sauce; monkey nuts; nougat; nut meat; peanut butter; peanut flour; peanut protein hydrolysate; salad dressings; sauces; soup; Worcestershire sauce.

**The list does not stop here, so if something is questionable, please let me know.**