

• FOOD ALLERGY ALERT •

**I HAVE A
SEVERE FOOD
ALLERGY**



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



In preparing my food, I ask you to please:

- Consider where tree nuts 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 tree nuts

Keep in mind!

Examples that may contain tree nuts:

Alcoholic beverages; almond; artificial nuts; brazil nuts; butternut; cashew; cereal; chestnut; crackers; cookies; energy bars; flavored coffee; lychee; macadamia; marinades; marzipan/almond paste; mortadella; natural extracts; nut butters; nut milks; pecan; pesto; pine nut; pistachio, praline; shea nut; walnut.

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