

•FOOD ALLERGY ALERT•

**I HAVE A
SEVERE FOOD
ALLERGY**



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



In preparing my food, I ask you to please:

- Consider where wheat 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 wheat

Keep in mind!

Examples that may contain wheat:

Ale; bread and breadcrumbs; baking mixes; batter-fried foods; bulgur; crackers; couscous; durum; einkorn; farro; flour (all purpose, bread, cake, enriched, instant, self-rising, whole wheat); graham; matzo; pasta, pizza crust; spelt; salad dressings; sauces; semolina; soups; soy sauce; triticale; wheat (bran, germ, sprouts, starch); wheat grass.

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