



THE FOOD ALLERGEN LABELING AND CONSUMER PROTECTION ACT REQUIRES THAT FDA-REGULATED, MANUFACTURED FOOD PRODUCTS CONTAINING ONE OF THE 8 MAJOR FOOD ALLERGENS TO LIST THE ALLERGEN ON THE LABEL. However, remember when reading labels that ingredients aren't always face value for those with food allergies, intolerances, or sensitivities. Highly refined soybean oil, for example, is exempted from being labeled. Additionally, there are instances when things like wheat, eggs, and milk are used as thickeners or stabilizers for foods and can go by other names on occasion. "Natural flavors" can also contain allergens.

Feel free to provide labels with your dish for diners to read. Don't take offense if allergy families eat their own food. It's not meant to be personal; it's simply precautionary.

This is not meant to replace good judgment or the advice of a physician; WYSO is not liable for any reactions incurred.



Dish Name \_\_\_\_\_

Country of Origin \_\_\_\_\_

Made By \_\_\_\_\_

Known or Suspected Ingredients: \*  Vegan  Vegetarian

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**POTENTIAL ALLERGENS**

- MILK
- EGG
- WHEAT
- SOY
- PEANUT
- TREE NUT
- FISH
- SHELLFISH

\* As best as what I'm aware; if you have questions, just ask!