



FOOD ALLERGY AWARENESS

- 1 Wash hands before and after handling food**
- 2 Be considerate and do not leave behind food waste or residue**
- 3 Ask for food restrictions before eating a common food allergen with others**
- 4 Ask about allergies and accommodate when planning activities/events involving food**

DID YOU KNOW?

1. About 1 in 13 Canadians have food allergies that cause health effects, ranging from minor to life-threatening symptoms.
2. Health Canada and Canadian Food Inspection Agency identify eggs, milk, mustard, peanut, shellfish, fish, sesame, soy, sulphites, tree nuts and wheat as priority allergens.

For more information: uoft.me/utscallergy



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