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/utsallergy