

WHAT IS FOOD ALLERGY?

FOOD ALLERGY IS A SERIOUS MEDICAL CONDITION

Food allergy is when the body's immune system reacts to something in a particular food as if it were harmful and causes an allergic reaction, which can sometimes be life-threatening.



Did you know?

Food allergy impacts **3 MILLION CANADIANS** and **1-IN-2 HOUSEHOLDS** make decisions based on food allergy, every day.

ACTIONS YOU CAN TAKE

To prevent reactions, people with food allergy need to avoid the food they are allergic to and depend on YOU to provide a safe meal option.



Always check ingredients

Having access to accurate ingredient information can prevent a serious allergic reaction.

- ✓ Always check ingredients
- ✓ Prepare food safely for a food allergy order
- ✓ Avoid cross-contamination (also known as cross contact)
- ✓ Deliver the right meal, the right way



Take food allergy requests seriously

Follow your establishment's food allergy policies when you get a request. Please ask your manager or leader if you have any questions!

The most common food allergens in Canada

People can be allergic to any food, but the 10 most common foods are called priority food allergens by Health Canada:



Egg



Fish



Milk



Mustard



Peanut



Sesame



Soy



Tree nuts



Wheat and
Triticale



Crustaceans
(e.g. lobster, shrimp)
and Molluscs
(e.g. scallops, clams)

* Crustaceans and molluscs are sometimes collectively referred to as shellfish.

** Tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

Visit [ThinkFoodAllergy.ca](https://www.thinkfoodallergy.ca) for free resources and useful tools.

THINK
FOOD ALLERGY



Everyone. Every Order.