

15 Tips to Keep Your Allergic Family Safe!

1. **Verify all allergies.**
2. **Ask how comfortable they are with having some allergens at the table.**
3. **Read ALL ingredient labels.**
4. **If there's an allergen dish you want to make, ask for help in adapting it.**
5. **Consider the age of the person with allergies.**
6. **If there will be allergens, keep them separated.**
7. **Wash hands after eating, and lips/mouth before kissing.**
8. **Keep foods at the table!**
9. **If you get frustrated, take a break or ask for help.**
10. **Don't get offended if they ask questions or read the labels.**
11. **Don't throw out the ingredient labels.**
12. **Be patient. You may think their requests are overkill, but go along anyway.**
13. **If you make a mistake, correct it as soon as you notice and apologize.**
14. **Remember that allergens could land someone in the hospital. Be careful and vigilant!**
15. **Enjoy one another!**

