



Allergen Friendly Kitchen



What is a food allergy?

A food allergy in children occurs when the immune system mistakenly identifies certain proteins found in food as harmful substances. When a child with a food allergy ingests or comes in contact with the allergen, the immune system overreacts and releases chemicals such as histamine, leading to an allergic reaction.

Common Food Allergies

Milk
Eggs
Fish
Shellfish
Tree-nuts
Soybeans
Peanuts

Signs and Symptoms

An allergic reaction can occur within a few minutes of exposure. Watch for these signs and symptoms:

- Itching
- Hives
- Swelling (throat, tongue, or face)
- Nausea/Vomiting
- Watery Eyes
- Runny Nose
- Pain

Cross Contamination

Cross Contamination can transfer food allergens between different foods.

Common causes:

- Not washing hands between handling different food items.
- Re-using cutting boards or utensils without cleaning.
- Re-using storage containers that previously held allergenic foods.

Importance of avoiding cross contamination:

- Prevents accidental exposure to allergens.
- Reduces the risk of allergic reactions in sensitive individuals.

Tips for Parents

Introduce your infants to the "big seven" allergen foods between 4-6 months, it may be helpful for future adverse reactions to allergies.

Consistency checking food packaging labels for potential food allergies.

Avoid cross-contamination by using separate utensils, cutting boards, and cookware for preparing allergen-free meals. Consider using color-coded tools to make it easy to identify which ones are safe to use.

Ensure the kitchen is free of allergens by cleaning surfaces, utensils, and appliances thoroughly.