

# 9 major food allergens



Eggs



Fish



Milk



Peanuts



Sesame



Shellfish



Soy



Tree nuts



Wheat

## Prepare with care: take food allergies seriously

- Carefully check food labels
- Avoid cross contamination
- Wash hands and change gloves
- Clean and sanitize
  - Work surfaces
  - Cooking equipment
  - Utensils

Learn more:

[minneapolismn.gov/food-allergens](https://minneapolismn.gov/food-allergens)

