

•FOOD ALLERGY ALERT•

**I HAVE A
SEVERE FOOD
ALLERGY**



**Contact with any sesame
seed product can be
life-threatening to me.**



In preparing my food, I ask you to please:

- Consider where sesame seeds might be “hidden”
- Avoid cross contamination by preparing my dishes separately and using separate or thoroughly cleaned utensils and prep surfaces
- Do not fry ingredients in cooking oil used to fry other foods containing sesame seeds

Keep in mind!

Examples that may contain sesame seeds:

Baked goods; buns; bagels; cookies; crackers; halvah; hummus; snack foods such as granola bars, trail mix, pretzels, and candy; tahini; sesame oil.

The list does not stop here, so if something is questionable, please let me know.