



Allergen-Free Recipe Lists

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Why list
recipes
“free from”
allergens?

To accommodate food allergies and preferences when preparing recipes for tasting and cooking classes.


To make it easier for educators to identify "free from" recipes and avoid untested substitutions.

Nine major food allergens:

- peanuts
- eggs
- tree nuts
- dairy
- wheat
- soy
- fish
- shellfish
- sesame

Allergen- Free Recipe List

- “At a glance” sheet with all allergens + gluten
- Sheets for each of the 9 allergens + gluten
- Soy and gluten sheets include suggestions for simplest substitutions
- Separate document provides foods/ingredients to avoid and some substitutions for each allergen + gluten (provides understanding of how recipes are determined to be “free from”)



Food labels must indicate the name of major food allergens in one of two ways:

- In parentheses following the name of the ingredient. Example: “flour (wheat), lecithin (soy), whey (milk)”

OR

- Immediately after or next to the ingredients list in a “contains” statement. Example: “Contains wheat, soy and milk.”



Modifications to recipes in progress

- Baked items tested with egg, dairy and GF
 - Notes added for “Food Sensitivities and Preferences”
 - Banana Oatmeal Bread and Muffins
 - Carrot Cake Cookies
 - Pumpkin Breakfast Cookies
 - New recipes seek to provide more variety
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