

# Reading Labels For Allergens



To ensure foods are safe for your needs, reading food labels is a requirement.

The Food Allergen Labeling and Consumer Protection Act of 2004 requires that foods containing major food allergens be listed in plain English **in the ingredient list, in parentheses within the ingredient list, or after the word “contains.”**

It **does not require** companies to declare that something “may” or “might” contain, or is “processed in a shared facility” with, any of the major food allergens.

**If a product does not have a label, it should not be eaten.**

Read labels **each and every time** before eating any food product. Ingredients can change over time, or may vary depending upon the size of the product (e.g. jumbo vs snack size).

Statements advising that products may/might contain or are made in shared facilities with a food allergen are purely voluntary. Most companies do try to be helpful and highlight where there may be a possible risk. However, **a product should not be considered “safe” just because it does not list these “maybes.”**

**Call the company** to inquire about how their products are processed, their cleaning methods, and how items are packaged.

Seeking out products produced in a **“dedicated” facility** can add an additional level of security to ensure that food is safe.

Do a search on **“allergy-friendly” products** to generate a list of allergy friendly food companies.

**Be sure to read ALL labels, including: personal care items, craft supplies and pet foods too!**

#Know**the**FAACTs

[FoodAllergyAwareness.org](http://FoodAllergyAwareness.org)