

Safe Snack Guide

SPONSORED BY MADEGOOD FOODS



15 million people in the United States live with life-threatening food allergies. This Safe Snack Guide will help you confidently learn how to shop and snack with food allergies, with a focus on good nutrition.

3 SURVIVAL STRATEGIES TO SNACK SAFE WITH FOOD ALLERGIES

1. Choose food allergy-friendly brands you trust, like MadeGood Foods.
2. Opt for individually portioned snacks to avoid cross-contamination.
3. Look for a combination of nutrients.



ALLERGY FRIENDLY SHOPPING TIPS

1. ALWAYS read the ingredient list first!
2. Look for a "Manufactured in a facility that contains [insert allergen here]" statement.
3. Be aware of the possibility of cross-contamination.
4. Opt for 100% allergen-free brands, like MadeGood Foods.
5. If you can't read it, don't eat it!

