

houston**food**bank

Donating Allergen-Free Foods

While we appreciate all donations, we'd like to highlight that certain foods could lead to allergic reactions for some of our neighbors. Please consider donating allergen-free foods.

What is a Food Allergy? A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious. Breathing difficulties, trouble swallowing or speaking, and feeling dizzy or faint are symptoms of anaphylaxis, and you must call 911.

Top 9 Allergens

1. Eggs
2. Fish
3. Milk
4. Sesame
5. Shellfish
6. Soy
7. Peanuts
8. Tree nuts
9. Wheat

Recommendations for Allergen-Free Foods

- Rice cakes and rice crackers – Snacks that are naturally free of common allergens
- Nut-free and wheat-free granola bars and snacks – These options are great for nut or gluten allergies
- Alternative butters – Soy butter and sunflower butter are great peanut-free spreads
- Gluten-free pasta, cereal, and snacks – Made without wheat; look for certified gluten-free labels
- Dairy-free drinks and snacks – Includes shelf-stable milk alternatives and snacks made without milk

Pro Tip: Check the ingredients label to see if an item contains any of these allergens. All allergens will be labeled and bolded at the bottom of the ingredients.



**For food drives, Houston Food Bank is unable to accept:
Open packages, homemade food items, or perishable foods**

A gift of \$10 provides 30 meals for a hungry child, senior, or adult

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This institution is an equal opportunity provider