

## The *Potluck Alert* Program

### Setting up the program

#### Items needed:

- Colored clothespins
- Light pastel copy paper in similar colors to the clothespins
- Double-stick foam tape or hot glue and glue gun
- Laminator and laminating pouches
- Plastic shoe-box size storage boxes
- Wipe-off style markers
- Anti-bacterial wipes to clean non-soiled markers
- Plastic document sleeves for allergy information

#### Instructions:

- Customize the *Allergy Alert* labels for your church if there are members with specific severe food allergies.
- Select light pastel copy paper that matches each of the clothespin colors, and print each different label on the matching paper so they are easy to tell apart. Cut the labels so all the labels of each type are the same size.
- Place the labels inside a laminating pouch so they don't touch and the borders will seal. Laminate the labels and cut them apart. Cut 2 diagonal  $\frac{3}{4}$ " slits on the Special Alert cards so they can hold a recipe if needed.
- Attach each label to the matching clothespin.
- Make table signs and box signs by copying and laminating them. The table sign is 2-sided to make it easy to see. Fold it into a "tent" for placing on potluck table.
- Print "how to read labels" allergy information and place inside plastic sleeves. One source of information is <http://www.kidswithfoodallergies.org/resource/topic.php?topic=food-allergens>. Use a ring or notebook to keep them together.

### Introducing the program

#### Newsletter article template:

At the \_\_\_\_\_ meeting on \_\_\_\_\_ we launched the ***Potluck Alert*** Program. We now have clip-on food tags so people with food allergies and restrictions can identify potluck foods they can safely choose. If you make a dish that is low in carbs, sugars, sodium, or fat, use a white *Diet Alert* tag to let people know, and bless you for thinking about everyone's health! Pick a pink *Allergy Alert* tag to specify that your dish contains peanuts, tree nuts, soy, shellfish/fish, dairy, eggs, or wheat. These are the most common food allergies, accounting for 90% of problems. To help us learn to identify hidden allergens we have an information sheet on each. **If you have a severe food allergy to something else please let the church office know so we can include this in our program.** A blue tag is for *Meat Alert* issues- to mark vegetarian or vegan choices and to label beef or pork for those who have religious or dietary restrictions. For other information, such as identifying a very spicy dish, writing the name of the dish, or attaching the recipe, use a *Special Alert* tag. The tags and wipe-off markers are kept in 2 plastic boxes in \_\_\_\_\_. Please clean the tags before replacing them. Thank you in advance for helping this program work so that everyone may safely participate in our fellowship events!

Please use the "*food alert*" labels provided and mark your dishes accordingly so that everyone may safely partake in the potluck.

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**Special Alert** (teal clothespins): Use this marker for any additional information you want to share, such as “spicy” or “no onions.” You may clip the recipe to the card.

**Diet Alert** (white clothespins): If you have made a special dish that can be eaten by someone on a special diet (e.g. gluten-free, cardiac, diabetic, weight loss) please indicate this. Thanks for doing bringing food like this!

**Meat Alert** (blue clothespins): Please mark if your dish is vegetarian (no meat or fish) or vegan (no animal foods including dairy or eggs) for those who follow these diets. Also mark if your dish has any pork or beef for those who cannot eat these meats for religious or health reasons.

**Allergy Alert** (pink clothespins): These are the most common food allergies- please indicate any that your dish contains. We have members with allergies to \_\_\_\_\_. This can be a life or death matter for people with allergies.

**Potluck Alert Program**

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Purpose: So that all of us can participate safely in our potlucks.

**Allergy Alert** (pink clothespins): These are the most common food allergies- please indicate any that your dish contains. We have members with allergies to \_\_\_\_\_. This can be a life or death matter for people with allergies.

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***Potluck Alert Program***  
**food tags & markers**

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