Cookie Exchange Sign-Up Sheet 2026

One line per guest: write the cookie, the dozens and tick every allergen the cookie contains

Swap date _____ Place _____ Guests _____ Dozens each _____

Guest name	Cookie	Dozens	Milk	Eggs	Fish	Shellfish	Tree nuts	Peanuts	Wheat	Soy	Sesame
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Tick boxes list the nine major food allergens named by the U.S. Food and Drug Administration (FDA): milk, eggs, fish, Crustacean shellfish (Shellfish above), tree nuts, peanuts, wheat, soybeans (Soy) and sesame. Tick a box even when the amount is small.

Source: FDA, Food Allergies (the nine major food allergens; sesame added Jan. 1, 2023). Dozens to bake by guest count are in the story; they are our arithmetic, not an FDA rule.