**uo handheld competition**

**Exhibit E – Culinary**

**SUBSTITUE INGREDIENT(S) Example**

* Identify any potential food allergens within your handheld recipe and make a note about recommended substitutions. More information on food allergens here: <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>
* If your handheld recipe contains gluten, make a note about gluten free alternatives. More information about gluten free alternatives here: <https://celiac.org/gluten-free-living/gluten-free-foods/>
* Make a note about vegan alternatives/substitutions.
* Cite your references.

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| **Ingredient (identify allergen/item)** | **Substitution (list reference)** |
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| **References** |
| 1.  2.  3. |