

# Food Allergies

## what you need to know



**Millions of people have food allergies that can range from mild to life-threatening.**

### Most Common Food Allergens



**Peanuts**



**Tree nuts**



**Fish**



**Shellfish**



**Eggs**



**Milk**



**Wheat**



**Soy**

**\* Always let the customer make their own informed decision.**

**When a customer informs you that someone in their home has a food allergy, follow the four R's below:**

- **Refer** the food allergy concern to the department manager, or person in charge.
- **Review** the food allergy with the customer and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the customer and inform them of your findings.

**\* Sources of Cross-Contact:**

- Cooking oils, splatter, and steam from cooking foods.

**When any of the below come into contact with food allergens all must be thoroughly cleaned and sanitized.**

- All utensils (spoons, knives, spatulas, tongs, etc.), cutting boards, bowls and hotel pans.
- Sheet pans, pots, pans and DON'T FORGET FRYERS AND GRILLS.

**\* If a customer has an allergic reaction, notify management and call 911.**



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