

# 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 guest make their own informed decision.**

**When a guest informs you that someone in their party 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.
- Allergen-containing foods touching or coming into contact with allergy-free foods (i.e. a nut-containing muffin touching a nut-free muffin).

**Any food equipment used for the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.**

- All utensils (i.e., spoons, knives, spatulas, tongs), cutting boards, bowls, pots, food pans, sheet pans, preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.



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



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