# 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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