

Food Allergies



What you need to know



Millions of people have food allergies that can range from mild to life-threatening.
The nine most common food allergens are:



Wheat



Milk



Sesame



Fish



Peanuts



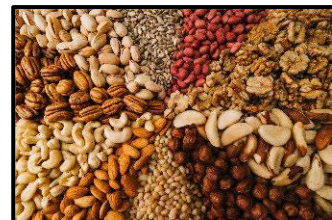
Soy



Crustacean Shellfish



Eggs



Tree Nuts

*** Always let the guest make their own informed decision.**

When a guest informs you that someone 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.

*** Prevent sources of cross contact:**

- Cooking oils, splatter, and steam from cooking foods.
- Allergen-containing foods touching or coming in to contact with allergy-free foods (e.g., a nut-containing muffin touching a nut-free muffin).

*** Any food equipment used in the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use, including:**

- All utensils (i.e., spoons, knives, spatulas, tongs), cutting boards, bowls, pots, food pans, sheet pans, and 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 *****