

FOOD ALLERGEN AWARENESS

You play an important part!

Know the "BIG 9" Major Food Allergens



When a Customer Notifies You That They Have a Food Allergy

- **Take it seriously.** Allergic reactions can be life-threatening.
- **Report** allergy information to the manager or person in charge.
- **Report** allergy information to food preparation staff.
- **Know** about the menu items and their specific ingredients.
- **Provide accurate information** to customers with food allergies.
- **Communicate effectively** with customers about their concerns.

Allergy Symptoms to Look Out For



Wheezing



Skin reactions like hives, swelling, or itching



Anaphylaxis including trouble breathing & dizziness



Burning sensation in the lips & mouth



Runny Nose



Itchy & Watery Eyes

Cross Contact

Cross Contact occurs when an allergen touches an ingredient that does not contain the allergen. For example, when tongs used for fish touches lettuce or other nonallergen food.

Preventing Cross Contact

- Label allergens in storage and store away from non-allergens.
- Wash hands, utensils, and surfaces between allergen and non-allergen foods. Sanitize surfaces, as needed.
- Use clean utensils and equipment for food preparation. Wear clean disposable non-latex gloves.
- Be aware of cooking oil, splatter, and steam from cooking foods with allergens.

CALL 911 IMMEDIATELY IF YOU OBSERVE ANY OF THE SYMPTOMS AND NOTIFY YOUR MANAGER.