

What to Know

Food Allergens Can Cause Anaphylaxis & Death Within Minutes

SYMPTOMS:

(may range from mild to life threatening)

- ◇ Wheezing or difficulty breathing
- ◇ Hives/itching on face and extremities
- ◇ Swelling of the face and extremities
- ◇ Tightening of the throat/difficulty swallowing
- ◇ Sudden vomiting, cramps, or diarrhea
- ◇ Loss of consciousness

FACTS:

- ◇ Approximately 15 million Americans including 6 million children have food allergies
- ◇ Any food can be an allergen
- ◇ Even trace amounts of allergens can trigger an allergic reaction
- ◇ The most common food allergens are known as “The Big 8” (see list below)

Major Food Allergens “The Big 8”



Peanuts



Shellfish



Tree Nuts



Eggs



Milk



Soy



Fish



Wheat

What to Do

Whenever a guest informs you of a food allergy concern:

Service Staff: Communicate

- ◇ Take the request seriously
- ◇ Repeat what the guest says to ensure that you understand
- ◇ Tell the Manager, Person-in-Charge, or Chef
- ◇ Inform the guest of your findings

Cooks and Chefs: Control Sources of Cross-Contact

- ◇ Cooking oils, splatter, and steam from allergen containing foods
- ◇ Wash your hands and change your gloves
- ◇ Clean and sanitize food prep equipment and utensils
- ◇ Carefully check ingredient labels

! If a guest has a food allergic reaction, call 911 immediately. !