**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 in contact with allergy-free foods (i.e., 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.**
  - 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.