

# 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 chef, manager, or person in charge.
- **Review** the food allergy with the guest and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the guest and inform them of your findings.

**\* Sources of Cross Contact:**

- Cooking oils, splatter and steam from cooking foods.

**When any of the below come into contact with food allergens, all must be washed thoroughly in hot, soapy water:**

- All utensils (spoons, knives, spatulas, tongs, etc.), cutting boards, bowls and hotel pans.
- Sheet pans, pots, pans and **DON'T FORGET FRYERS AND GRILLS.**

**\* If a guest has an allergic reaction, notify management and call 911.**