Food Allergy Awareness

The Eight Major Food Allergens

- Milk
- Eggs
- Fish
- Crustacean
- Shellfish
- Wheat
- Soybeans
- Peanuts
- Tree Nuts

Symptoms of an Allergic Reaction

- Loss of consciousness
- Shortness of breath
- Itching or tingling in or around the mouth, face, scalp, hands, and feet
- Hives (welts)
- Wheezing or difficulty breathing
- Swelling of the face, eyelids, tongue, lips, hands, or feet
- Tightening of the throat (difficulty swallowing)
- Sudden onset of vomiting, cramps, or diarrhea

If a customer informs you of a food allergy:

- Refer the food allergy concern to the Person in Charge (PIC).
- Review the food allergy with the customer and check the ingredient labels.
- Respond to the guest’s request and inform them of your findings.
- Remember to check the food preparation procedures for ANY possible cross contamination, which could include frying the item in question in the same grease as an item that contains an allergen.
- If a food item is returned to the kitchen due to an allergen, DO NOT attempt to remove the allergen and send the food back. Trace amounts of allergens can trigger an allergic reaction.

Notify the Person in Charge immediately if a customer has an allergic reaction!

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