



# Allergens Guidelines



Food allergy is a serious, potentially life-threatening condition. In the U.S., nine major food allergens cause most reactions.

- 1 Understand:** Know the major food allergens and symptoms they may cause.
- 2 Ask and tell:** Communicate with customers about their food allergies and inform the manager or designated kitchen staff.
- 3 Prevent cross contact:** Avoid transferring allergens between foods, surfaces, and utensils. Cooking does not eliminate allergens.

**Always wash hands thoroughly with soap and water, change gloves before preparing food, and always clean and sanitize surfaces between menu items.**

*People can also be allergic to others*

**Prevent Splatters**  
Keep cooking steam, flour, dust, and crumbs from touching food.

**Separate Ingredients**  
Use different cooking liquids and oils to avoid mixing allergens.

**Correct Errors**  
If a mistake is made, remake foods instead of removing the allergen from the plate.

**Offer Substitute**  
Inform the customer if you are unable to meet their request.



### Symptoms of Allergic Reactions:

- Breathing difficulty, cough, wheezing
- Swelling of tongue, throat or vocal cords, lips, or face
- Dizziness, paleness, confusion
- Nausea, vomiting, diarrhea
- Hives, rash, or flushed skin
- Tingling or itchy sensation in the nose, mouth, face



### For Anaphylaxis:

- Call 911 immediately
- Request an ambulance with epinephrine
- Administer medications: epinephrine, antihistamines, or inhaler

