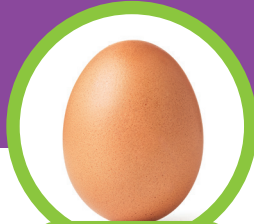


The BIG 9 allergens



Milk/ Dairy
(butter, cheese, ice cream)



Eggs



Fish



Peanuts



Tree Nuts
(almonds, pine nuts, pecans)



Crustacean Shellfish
(shrimp, crab, lobster)



Wheat



Sesame
(oil, seeds)



Soy
(tofu, soy sauce, edamame)

Symptoms of allergic reactions

- Drop in blood pressure
- Loss of consciousness
- Anaphylaxis
- Shortness of breath
- Hives (welts)
- Rashes
- Itching
- Wheezing
- Difficulty breathing
- Swelling of face, tongue, hands, or feet
- Sudden onset of vomit, diarrhea, abdominal cramps
- Tightening of the throat / difficulty swallowing

Symptoms can occur within a few minutes or up to 2 hours later

When a guest informs you of a food allergy

- ✓ Refer the food allergy to the Person In Charge (PIC)
- ✓ Review the food allergy with the customer and check ingredient labels
- ✓ Respond to the guest's request and inform them of your findings
- ✓ Remember to check the preparation procedure for potential cross-contact

Sources of Cross-Contact:

- Utensils
- Cutting boards
- Knives
- Aprons
- Gloves
- Hands
- Cooking equipment
- Cooking oils
- Steam
- Splatters

When possible, a designated allergy preparation area is best. Ensure the front of the house team is also trained in cross-contact and delivers food safely.

911

If a guest exhibits symptoms of an allergic reaction CALL 911, notify the person in charge and stay with the guest.