

# Food Allergy Awareness

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## The Nine Major Food Allergens

Milk

Eggs

Fish

Crustacean Shellfish

Wheat

Soybeans

Peanuts

Tree nuts

Sesame

## Symptoms of a 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 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!**