



Food Allergens

Millions of Americans have food allergies. Learn more about how to be prepared.

Most Common Food Allergens

Peanuts	Eggs
Tree Nuts	Milk
Fish	Wheat
Shellfish	Soy

Always let the guest make their own informed decision

When a guest notifies 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, airborne dust, flour, contaminated utensils and food, etc.

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, fryers and grills.

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

To learn more and receive your state-required training visit foodallergens.com

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Peanuts



Tree Nuts



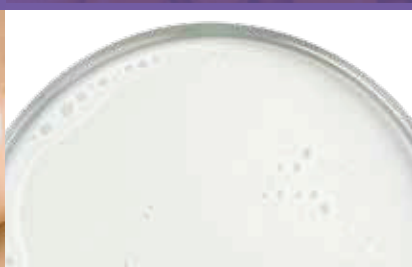
Shellfish



Fish



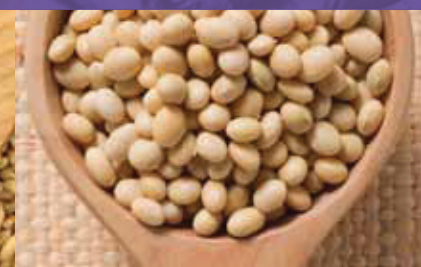
Eggs



Milk



Wheat



Soy