



## 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](http://foodallergens.com)

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