Food Allergies
what you need to know
Millions of people have food allergies that can range from mild to life-threatening.

Most Common Food Allergens

- Peanuts
- Tree nuts
- Fish
- Shellfish
- Eggs
- Milk
- Wheat
- Soy

Always let the guest make their own informed decision. When a guest informs you that someone in their party has a food allergy, follow the four R's below:
- Refer the food allergy concern to the department manager or person in charge.
- Review the food allergy with the customer and check ingredient labels.
- Remember to check the preparation procedure for potential cross-contact.
- Respond to the customer and inform them of your findings.

Sources of Cross Contact:
- Cooking oils, splatter, and steam from cooking foods.
- Allergen-containing foods touching or coming in to contact with allergy-free foods (i.e., a nut-containing muffin touching a nut-free muffin).

Any food equipment used in the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.
- All utensils (i.e., spoons, knives, spatulas, tongs), cutting boards, bowls, pots, food pans, sheet pans, and preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

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

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