

FOOD ALLERGENS

Food employees must know about the eight major food allergens.

Person in Charge Duties:

The Person in Charge (PIC) has to train employees on major food allergen awareness. The PIC also must know the symptoms of an allergic reaction.

Eight Major Food Allergens



Shellfish



Fish



Eggs



Milk



Soy



Tree Nuts



Peanuts



Wheat (Gluten)

Symptoms

- Hives
- Flushed skin or rash
- Tingling or itching around the mouth
- Face, tongue or lip swelling
- Vomiting or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness or lightheadedness
- Swelling of the throat or vocal chords
- Difficulty breathing
- Loss of consciousness

Call 911 if a customer is in distress!

What Should You Do?

- 1 Take Customer Requests Seriously**
 - Listen carefully
 - Tell the chef about the food allergy
 - Be aware of allergens hiding in foods like sauces, soups, dressings, and oils
 - Report back to customers how you can meet their needs
- 2 Stop Cross Contact**
 - Keep orders allergen-free from start to finish
 - Start fresh – clean hands, gloves, workspace, utensils, pans, and dishes
 - Double check order before serving; only serve if allergen-free