



Food Allergy Safety Awareness

Most Common Food Allergens



Milk



Eggs



Fish



Shellfish



Tree Nuts



Peanuts



Wheat



Soybeans



Sesame

*** When you are informed that someone has a food allergy, follow the four R's below:**

- **Refer** the food allergy concern to the 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.

To prevent cross-contact with allergens:

- Thoroughly clean and sanitize all utensils (i.e. forks, spoons, knives, spatulas, tongs), cutting boards, bowls, pots, pans) and all preparation surfaces before use.
- Prepare meals with a clean single-use barrier such as foil, deli paper etc.
- Do not use same fryers and oils that were used for other foods.
- Wash hands and change gloves after handling potential food allergens.
- Do not take shortcuts, such as picking nuts out of a salad. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.

Symptoms of an allergic reaction include, but are not limited to:

- Shortness of breath and/or tightening of the throat
- Sudden onset of vomiting, cramps, or diarrhea
- Itching, tingling or swelling of the face, in or around the mouth, eyelids, tongue, lips, scalp, hands, and feet and/or hives
- Loss of consciousness

IMMEDIATELY CALL 911 and NOTIFY MANAGEMENT if a guest has an allergic reaction.

This entity has designated ___ employees as food safety officers who have completed a food allergen training program approved by the Commissioner of the Nassau County Department of Health. If you have a food allergy, please advise a member of the staff.

