

# FOOD ALLERGIES

## HOW TO KEEP GUESTS SAFE AND INCLUDED!

EVERY 10 SECONDS, A FOOD ALLERGY REACTION SENDS A PATIENT TO THE EMERGENCY ROOM.

### THE TOP 9 COMMON FOOD ALLERGENS



PEANUT



TREE NUT



WHEAT



MILK



EGG



SOY



FISH



SHELLFISH



SESAME

**Food allergies are serious. AN ALLERGIC REACTION TO FOOD CAN CAUSE DEATH.**  
**When you are serving a person with a food allergy:**



#### **BE KIND TO GUESTS WHO HAVE FOOD ALLERGIES.**

They may feel uneasy about dining outside their home.



#### **GIVE OPEN, HONEST ANSWERS WHEN GUESTS ASK YOU QUESTIONS.**

This can help them make safe decisions.

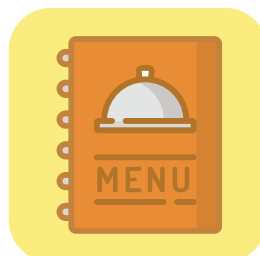


#### **CREATE A SAFE SPACE FOR FOOD HANDLING SO THAT SAFE FOODS AND ALLERGENS DO NOT TOUCH.**

All food equipment that is used in the production of allergy-safe foods must be properly cleaned and sanitized before use.



#### **GIVE YOUR GUESTS MANY CHANCES TO TELL YOU ABOUT THEIR ALLERGIES.**



#### **MAKE SURE THE INFORMATION YOU SHARE WITH GUESTS IS SIMPLE AND ACCURATE.**

Menus, signs, and labels must be up to date.



#### **KEEP YOUR FOOD ALLERGY TRAINING UP TO DATE.**

Knowing how to recognize and respond to a food allergy reaction can save a life!



**CALL 911 AT THE FIRST SIGN OF A REACTION!**



**FARE**  
Food Allergy Research & Education  
[foodallergy.org](http://foodallergy.org)



**MenuTrinfo**  
[menutrinfo.com](http://menutrinfo.com)