## Food Allergies What you need to know

 can range from mild to life-threatening.
## Most Common Food Allergens



* 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.


## K Sources of Cross-Contact:

- Cooking oils, splatter, and steam from cooking foods.
- Allergen-containing foods touching or coming into contact with allergy-free foods (i.e. a nut-containing muffin touching a nut-free muffin).

Any food equipment used for 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, preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

