



SAFETY TIPS FOR HANDLING ALLERGENS

Avoid cross contact with allergens

- Wash and sanitize all food contact surfaces before starting to prepare a new item
- Do not use the same utensil or glove to serve foods with Big 8 allergens and other foods
- Observe handwashing procedures and change gloves following established policy

Follow recipes and menus exactly

- Do not make substitutions without authorization

SYMPTOMS OF ALLERGIC REACTIONS

A food allergy is an immune system response to a particular food. Symptoms may include:

- Itching or swelling in the mouth
- Vomiting, diarrhea, or abdominal cramps and pain
- Hives or eczema
- Tightening of the throat and trouble breathing
- Drop in blood pressure

READ LABELS CAREFULLY

There is no room for error when working with allergens. Trace amounts of allergens can cause allergic reactions.

Examples of foods that Big 8 Allergens can be found in:

Milk: Butter, Cheese, Yogurt
 Tree Nuts: Almonds, Pecans, Walnuts
 Crustacean Shellfish: Crab, Lobster, Shrimp
 Wheat: Bread, Cookies, Pancakes
 Fish: Bass, Flounder, Cod
 Soybeans: Soy Sauce, Shortening, Tofu
 Peanuts: Peanut Butter, Peanut Oil
 Eggs: Mayonnaise, Tartar Sauce, Fried Rice

Support guest requests, and be sure you're right.
 Refer questions or requests about food ingredients to your supervisor.

For more copies of this poster and help with allergen-friendly menu planning for foodservice, visit www.integrativeflavors.com