

Food Service Employee Allergen Awareness

Food allergens present a **SERIOUS** health risk to you and your customers and may even cause **DEATH**. Yet some simple actions can assure that you and your customers are fully informed, and that everyone has a safe experience. An allergic reaction is an immune system response. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis.

9 Food Allergens



Sesame



Shellfish



Eggs



Tree Nuts



Wheat



Milk



Fish



Peanuts



Soy

Symptoms of an Allergic Reaction

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in mouth
- Dizziness and/or lightheadedness
- Difficulty breathing
- Loss of consciousness
- Face, tongue, and/or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Swelling of throat and/or vocal cords

Food Allergens Response

Call 911 and seek emergency medical attention!

- Tell the person experiencing any of these symptoms to stop eating the food immediately.
- If the person has emergency medication, like epinephrine, and needs to use it, trained food service employees may assist the person to administer the medication.

Procedures for Preventing an Allergic Reaction

1. Food Service Employee Awareness:

- Be familiar with the current menu.
- Be able to identify all major food allergens used in the food establishment.
- Contact your supervisor for necessary allergen information.

2. Prevent Cross-Contact of Allergens:

- Use different cutting surfaces before and after handling food with allergens.
- Clean and sanitize equipment and food contact surfaces before and after handling food with allergens.
- Wash hands and change gloves before and after handling potential food allergens.

Food Allergy Risk Factors

- Cross-contact of allergens with food not containing allergens
- Age
- Asthma
- Lack of menu information
- Family history
- Lack of knowledge
- Other allergies



Contact Us



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