

# Food Allergens

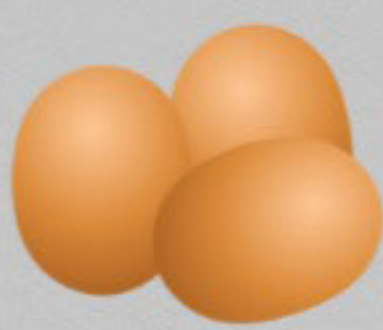
are Serious Business

Potential effects of allergies include:

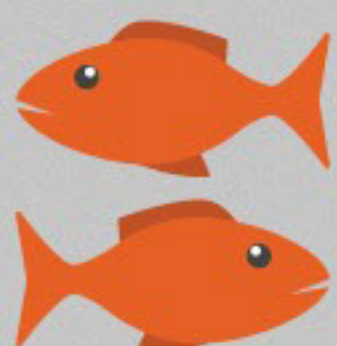


- ✗ Hives, swelling or itchy skin
- ✗ Swelling of lips, tongue or throat
- ✗ Nasal congestion or runny nose
- ✗ Passing out or fainting
- ✗ Chest pains
- ✗ Death

## Top 8 Food Allergens



Eggs



Fish



Milk



Peanuts



Shellfish



Soy



Tree Nuts



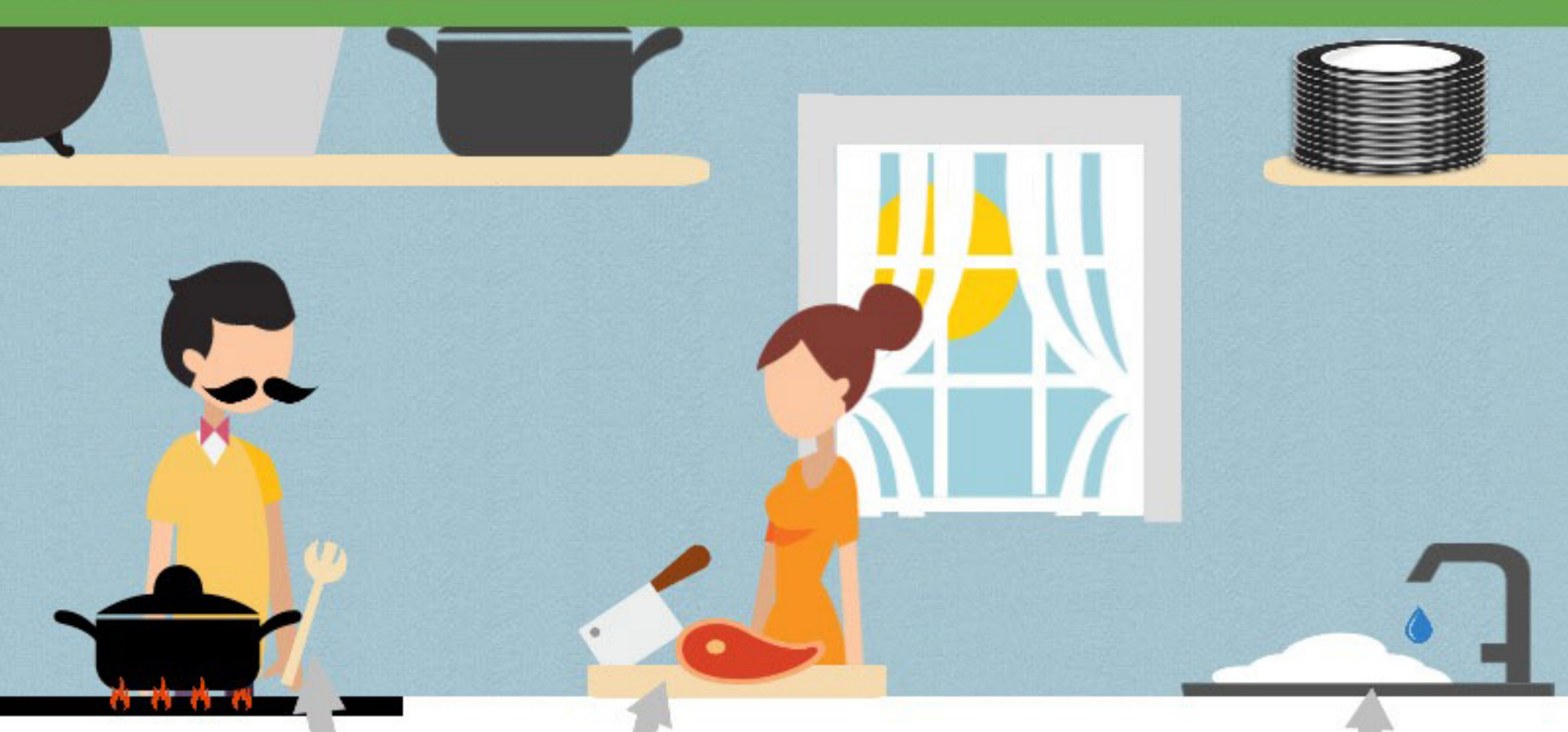
Wheat

## What can we do?



### Alert customers about potential allergens!

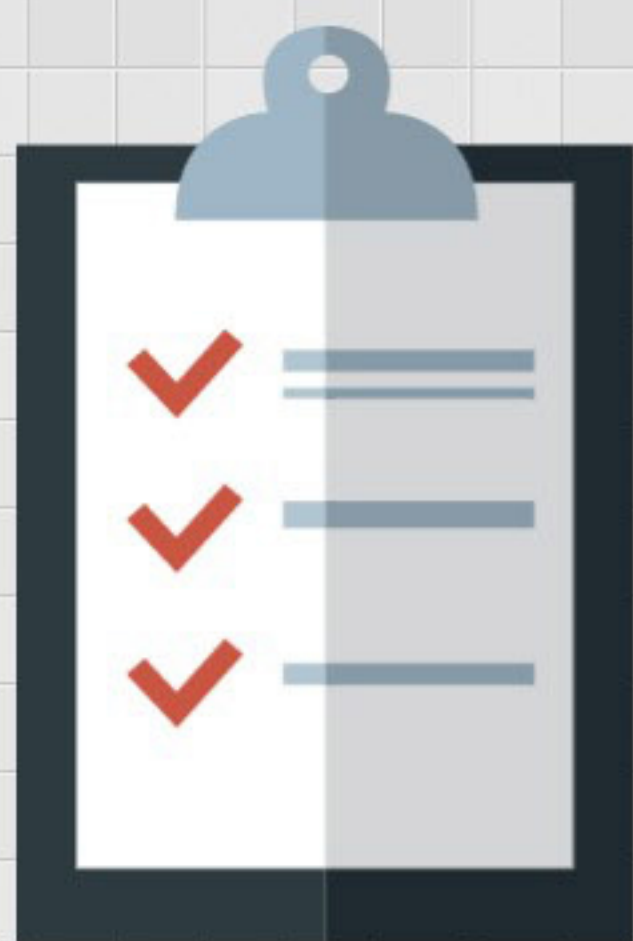
- Read ingredient labels and be aware of unexpected sources of allergens
- In your menu, list potential allergen ingredients in the food description
- Use warning signs around your establishment
- Serving staff can ask customers about their food allergies



### Avoid **cross-contact**!

- Utilize different food stations during prep
- Ensure each station has its own set of utensils
- Wash and sanitize all equipment used for preparing food
- Use latex-free gloves when handling food

**Call 911 at the first sign of a reaction!**



You can also use our **FREE** food allergy checklist!

<http://cms.ctahr.hawaii.edu/kiss>

With the right tools and information, we can help to keep our customers with food allergies safe!