### **TOP 8 ALLERGENS:**



Eggs:



Fish:



Milk:



Peanuts:



Shellfish:



Soy:



Tree nuts:



## FOOD ALLERGEN CHECKLIST

Food allergens can cause serious illness or death. Take customer requests seriously and practice proper safety precautions.

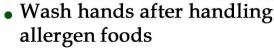
EFFECTS OF ALLERGEN EXPOSURE: HIVES OR ITCHY SKIN, SWELLING OF LIPS, TONGUE, OR THROAT, NASAL CONGESTION OR RUNNY NOSE, PASSING OUT, CHEST PAINS, OR DEATH.

#### **TAKING ACTION:**

#### **ALERT FOOD HANDLERS IN THE KITCHEN:**

- 1) Check food labels and be aware of unexpected allergens
- 2) Avoid cross-contact:
  - Separate allergen and non-allergen ingredients during storage
  - Use separate prep stations and utensils for all allergen and non-allergen ingredients if possible

 Wash and sanitize all equipment and surfaces used for preparing food



- Use latex-free gloves when handling food
- Simply visually removing allergens from a plate can still cause problems
- Do not reuse containers

# CHOCO

**INGREDIENTS: MILK** CHOCOLATE (SUGAR, MILK, COCOA BUTTER) PURE VANILLA, LECITHIN EMULSIFIERS.

**ALLERGEN INFO - CONTAINS:** MILK, SOY (LECITHIN)

#### **ALERT CUSTOMERS:**

- 1) List allergen ingredients on served foods
- 2) Post all allergen warning signs
- 3) Ask customers if they are allergic to any ingredients
- 4) Have a list of ingredients for each menu item at point of sale or on a label for pre-packaged items
- 5) Check with chef or manager if you are unsure of ingredients
- 6) Offer alternatives if available

#### **CALL 911 AT FIRST SIGN OF REACTION!**





