Food Allergies
What you need to know

Millions of people have food allergies that can range from mild to life-threatening.

Let the guest decide
When a guest tells you someone in their party has a food allergy, follow the 4 Rs:

• Refer the food allergy concern to the chef, manager, or person in charge
• Review the food allergy with the guest and check ingredient labels
• Remember to check the preparation procedure for potential cross-contact
• Respond to the guest and tell them what you found out

Avoid cross contact
Cross contact sources include cooking oils, splatter, and steam from cooking foods.

When these items come in contact with food allergens, wash them thoroughly in hot, soapy water:

• All utensils (spoons, knives, spatulas, tongs, etc.)
• Sheets pans, pots, pans
• Fryers and grills

Most common food allergens

Peanuts  Tree nuts  Fish  Shellfish  Eggs  Milk  Wheat  Soy

Rhode Island Department of Health, Center for Food Protection
For more information call (401) 222-2750

Adapted from The Food Allergy & Anaphylaxis Network
May 2017