

»» Food Allergies

What you need to know

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



If a guest has an allergic reaction, tell the manager and call **911!**

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 the following 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



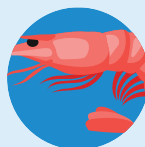
Peanuts



Tree nuts



Fish



Shellfish



Eggs



Milk



Wheat



Soy



Sesame



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

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