

**EVERY 10 SECONDS, A FOOD ALLERGY REACTION SENDS A PATIENT TO THE EMERGENCY ROOM.**

**FOOD ALLERGIES**

**HOW TO KEEP GUESTS SAFE AND INCLUDED!**

**THE TOP 9 COMMON FOOD ALLERGENS**

**PEANUT**

**TREE NUT**

**WHEAT**

**MILK**

**EGG**

**SOY**

**FISH**

**SHELLFISH**

**SESAME**

Food allergies are serious. AN ALLERGIC REACTION TO FOOD CAN CAUSE DEATH. When you are serving a person with a food allergy:

**???**



**BE KIND TO GUESTS WHO HAVE FOOD ALLERGIES.**

They may feel uneasy about dining outside their home.

**GIVE OPEN, HONEST ANSWERS WHEN GUESTS ASK YOU QUESTIONS.**

This can help them make safe decisions.

**CREATE A SAFE SPACE FOR FOOD HANDLING SO THAT SAFE FOODS AND ALLERGENS DO NOT TOUCH.**

All food equipment that is used in the production of allergy-safe foods must be properly cleaned and sanitized before use.

**MAKE SURE THE INFORMATION YOU SHARE WITH GUESTS IS SIMPLE AND ACCURATE.**

Menus, signs, and labels   
must be up to date.



**GIVE YOUR GUESTS MANY CHANCES TO TELL YOU ABOUT THEIR ALLERGIES.**

**KEEP YOUR FOOD ALLERGY TRAINING UP TO DATE.**

Knowing how to recognize and respond to a food allergy reaction can save a life!



[foodallergy.org](http://foodallergy.org/)

**CALL 911 AT THE FIRST SIGN OF A REACTION!**