

# FOOD ALLERGIES

## HOW TO KEEP GUESTS SAFE AND INCLUDED!

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

### 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.

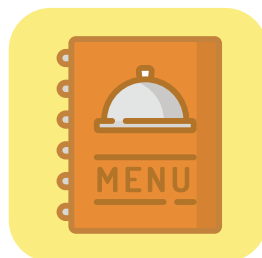


#### CREATE A SAFE SPACE FOR FOOD HANDLING SO THAT SAFE FOODS AND ALLERGENS DO NOT TOUCH.

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



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



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

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



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

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



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



**FARE**

Food Allergy Research & Education

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