

Food Allergy Awareness for Food Workers:

What to Know and What to Do

FOOD ALLERGENS CAN CAUSE ANAPHYLAXIS AND DEATH WITHIN MINUTES

Facts:

- Approximately **33 million Americans**, including **5.6 million children**, have food allergies.*
- Any food can be an allergen. Even trace amounts of allergens can trigger an allergic reaction.
- The most common food allergens are known as the “Big 9” (see list below).

Symptoms:

May range from mild to life-threatening.

- Wheezing or difficulty breathing
- Hives on face and extremities
- Swelling of the face and extremities
- Tightening of the throat/difficulty swallowing
- Sudden cramps, diarrhea, or vomiting
- Loss of consciousness

Food Allergies: The “Big 9”



Crustacean Shellfish



Eggs



Fish



Milk



Peanuts



Sesame



Soy



Tree Nuts



Wheat

IF A CUSTOMER MENTIONS A FOOD ALLERGY, TAKE IT SERIOUSLY. IT'S IMPORTANT!

COOKS & CHEFS

Control Cross-Contamination

- Cooking oils, splatter, and steam from allergen-containing foods
- Wash your hands and change your gloves.
- Clean and sanitize food prep equipment and utensils.
- Carefully check ingredient labels.

SERVICE STAFF

Communicate

- Take the request seriously.
- Repeat what the guest says to ensure that you understand.
- Tell the Manager, Person-in-Charge, or Chef.
- Inform the guest of your findings.



If a customer has an allergic reaction, call 911 immediately!

Additional resources:

- nj.gov/health/ceohs/phfpp
- foodallergy.org
- njrha.org

* Source: Food Allergy Research & Education)
foodallergy.org/resources/facts-and-statistics