Allergen Management

Food allergies can be deadly.

These nine allergens require labeling and control:

- Wheat
- Eggs
- Fish
- Tree Nuts
- Shellfish
- Soy
- Peanuts
- Milk
- Sesame

Symptoms of an allergic reaction may include itching, swelling, throat irritation, hives, trouble breathing and cardiac arrest.

Allergens can be listed by different names but should be labeled on packaging. Some common ingredients may contain hidden allergens. For example, mayonnaise may contain soy or eggs, and pesto may contain tree nuts.

Keep food allergens away from non-allergen foods.

Label
Label all allergens in storage. Store them away from non-allergen foods.

Wash
Wash hands, utensils and surfaces when switching from allergen to non-allergen foods.

Communicate
Let customers and staff know about possible allergen risks. Tell cooks about customers’ allergies.

Call 911 at the first sign of a reaction.