Food Allergy Awareness

The Eight Major Food Allergens

- Milk
- Eggs
- Fish
- Crustacean
- Shellfish
- Wheat
- Soybeans
- Peanuts
- Tree Nuts

Symptoms of an Allergic Reaction

- Loss of consciousness
- Shortness of breath
- Itching or tingling in or around the mouth, face, scalp, hands, and feet
- Hives (welts)
- Wheezing or difficulty breathing
- Swelling of the face, eyelids, tongue, lips, hands, or feet
- Tightening of the throat (difficulty swallowing)
- Sudden onset of vomiting, cramps, or diarrhea

If a customer informs you of a food allergy:

- Refer the food allergy concern to the Person in Charge (PIC).
- Review the food allergy with the customer and check the ingredient labels.
- Respond to the guest’s request and inform them of your findings.
- Remember to check the food preparation procedures for ANY possible cross contamination, which could include frying the item in question in the same grease as an item that contains an allergen.
- If a food item is returned to the kitchen due to an allergen, DO NOT attempt to remove the allergen and send the food back. Trace amounts of allergens can trigger an allergic reaction.

Notify the Person in Charge immediately if a customer has an allergic reaction!

www.michigan.gov/mda

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KEEPING YOU SAFE AND INFORMED

ALLERGEN CERTIFIED
All managers are ANSI Allergen Certified, and all employees are trained on food allergies.

COMMUNICATION
is the key. If you let us know your food allergies, we can help. Promise.

DEDICATED
equipment used by dedicated professionals as necessary to keep you safe and well fed.

CREATIVE DINING SERVICES®
www.creativedining.com

BRINGING IDEAS AND PASSION TO YOUR TABLE. EVERY DAY.
ALLERGEN AWARENESS

Creative Dining Services uses icons, either color or black and white, to inform our guests if the dish contains one of the eight major allergens.

- EGG
- FISH
- MILK
- PEANUT
- SHELLFISH
- SOY
- TREE NUT
- WHEAT
The Food Allergy Epidemic: By The Numbers

33 million Americans have food allergies

That's 1 in 10 adults and 1 in 13 children

51% of adults and 42% of children with food allergies have experienced a severe reaction

Increase in claim lines with diagnoses of anaphylactic food reactions from 2007 to 2016.

Information pulled from the Food Allergy Research and Education website, foodallergy.org, and was sourced from the following: