Food Allergies
It’s a Matter of Life or Death

› MILLIONS HAVE FOOD ALLERGIES. THE NUMBERS ARE GROWING.
› TINY AMOUNTS OF FOOD ALLERGENS CAN KILL.

EVERY FOOD Handler CAN SAVE A LIFE!

1. Take Customer Requests Seriously
   - Listen carefully.
   - Tell the chef about the food allergy.
   - Report back to customers how you can meet their needs.

2. Check for Allergens Every Time
   - Check recipes and food labels — food products may change.
   - Beware of allergens hiding in foods like sauces, soups, dressings, and oils.

3. Stop Cross Contact
   - Keep orders allergen-free from start to finish.
   - Start fresh — clean hands, gloves, workspace, utensils, pans, and dishes.
   - Double check orders before serving — serve only if allergen-free.

Any food can be an Allergen!
The most common food allergens are:

- Peanuts/
  Tree Nuts
- Milk
  Products
- Soy
- Wheat
- Fish/
  Shellfish
- Eggs

SPOT A REACTION
- Symptoms appear within seconds to hours.
- Symptoms range from skin rash, to trouble breathing, to death.

Save a Life!
CALL 911 (emergency)
if a customer is in distress
- Tell Management.
- Stay with customer until help arrives.

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