Food Allergies

what you need to know

Millions of people have food allergies that can range from mild to life-threatening.

Most Common Food Allergens

Peanuts

Tree nuts

Fish

Shellfish

Eggs

Milk

Wheat

Soy

Always let the guest make their own informed decision.

When a guest informs you that someone in their party has a food allergy, follow the four R's below:

- **Refer** the food allergy concern to the department manager, or person in charge.
- **Review** the food allergy with the customer and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the customer and inform them of your findings.

Sources of Cross-Contact:

- Cooking oils, splatter, and steam from cooking foods.
- Allergen-containing foods touching or coming into contact with allergy-free foods (i.e. a nut-containing muffin touching a nut-free muffin).

Any food equipment used for the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.

- All utensils (i.e.,spoons, knives, spatulas, tongs), cutting boards, bowls, pots, food pans, sheet pans, preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

MARYLAND Department of Health and Mental Hygiene

If a guest has an allergic reaction, call 911 and notify management.

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