

### What to Know

#### Food Allergens Can Cause Anaphylaxis & Death Within Minutes

##### SYMPTOMS:

(may range from mild to life threatening)

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

##### FACTS:

- ◇ Approximately 15 million Americans including 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 8" (see list below)

### Major Food Allergens "The Big 8"



**Peanuts**



**Shellfish**



**Tree Nuts**



**Eggs**



**Milk**



**Soy**



**Fish**



**Wheat**

### What to Do

*Whenever a guest informs you of a food allergy concern:*

##### 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

##### Cooks and Chefs: Control Sources of Cross-Contact

- ◇ 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

**! If a guest has a food allergic reaction, call 911 immediately. !**

For more info, contact the NJDOH Public Health and Food Protection Program at 609-826-4935 or visit [www.nj.gov/health/ceohs/food-drug-safety](http://www.nj.gov/health/ceohs/food-drug-safety). The New Jersey Restaurant & Hospitality Association website is [www.njrha.org](http://www.njrha.org). The U.S. Food and Drug Administration website is [www.fda.gov](http://www.fda.gov).