



## SAFETY TIPS FOR HANDLING ALLERGENS

### Avoid cross contact with allergens

- Wash and sanitize all food contact surfaces before starting to prepare a new item
- Do not use the same utensil or glove to serve foods with Big 9 allergens and other foods
- Observe handwashing procedures and change gloves following established policy

### Follow recipes and menus exactly

- Do not make substitutions without authorization

## SYMPTOMS OF ALLERGIC REACTIONS

### A food allergy is an immune system response to a particular food.

#### Symptoms may include:

- Itching or swelling in the mouth
- Vomiting, diarrhea, or abdominal cramps and pain
- Hives or eczema
- Tightening of the throat and trouble breathing
- Drop in blood pressure

## READ LABELS CAREFULLY

There is no room for error when working with allergens. Trace amounts of allergens can cause allergic reactions.

### Examples of foods that Big 9 Allergens can be found in:

Milk: Butter, Cheese, Yogurt  
 Tree Nuts: Almonds, Pecans, Walnuts  
 Crustacean Shellfish: Crab, Lobster, Shrimp  
 Wheat: Bread, Cookies, Pancakes  
 Fish: Bass, Flounder, Cod  
 Soybeans: Soy Sauce, Shortening, Tofu  
 Peanuts: Peanut Butter, Peanut Oil  
 Eggs: Mayonnaise, Tartar Sauce, Fried Rice  
 Sesame: Sesame Oil, Bread Products, Granola

### Support guest requests, and be sure you're right.

Refer questions or requests about food ingredients to your supervisor.

For more help with allergen-friendly menu planning for foodservice, visit [www.cooksdelight.com](http://www.cooksdelight.com)  
 Cook's Delight® is an Integrative Flavors® Brand.

WHAT SAVORY SOLUTIONS FOR  
 Clean | Natural | Organic  
 LOOK LIKE TODAY

