## FOOD ALLERGENS







**LEE NUTS EGGS FISH SO** WHEAT CRUSTACEAN SHE ANUTS MILK TREE NUTS EGGS F BEANS SESAME WHEAT CRUSTACE SHELLFISH R TREE NUTS EGGS FISH ME WHEAT RUSTACEA ANUTS MIL REE NUTS E ANS SESAM HEAT CRUS ISH PEANUT ILK TREE NO SH SOYBEANS AME WHEAT CRUSTACEAN SHELLFISH EANUTS MILK TREE NUTS EGGS FISH ANS SESAME WHEAT CRUSTACEAN SH PEANUTS MILE **REE NUTS** ME WHEAT

EANUTS MILE
BEANS SESA
CRUSTAS SHELLFISH PE
K TREE NUTS EGGS FISH SOY
AME WHEAT CRUSTACEAN S
ANUTS MULE TOFF MUTS EG











## SYMPTOMS

PEANUTS

## of Allergic Reactions

SESAME

A food allergy is an immune system response to a particular food. Symptoms may include:



SWELLING FACE



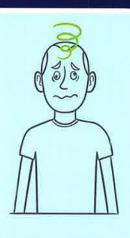
NAUSEA OR VOMITING



HIVES OR ECZEMA



TROUBLE BREATHING



DIZZINESS



Avoid cross contact with allergens



Follow recipes and menus exactly

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 Do not make substitutions without authorization

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

Refer questions or requests about food ingredients to your supervisor.

NORTHERN NEVADA

**Public Health** 

Serving Reno, Sparks & Washoe County