

# FOOD ALLERGENS

## THE BIG 8



WHEAT



TREE NUTS



CRUSTACEAN SHELLFISH



EGGS



PEANUTS



FISH



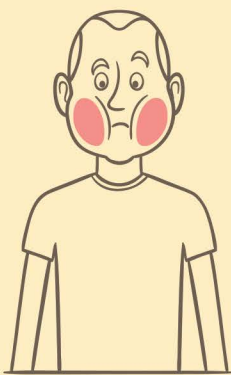
MILK



SOYBEANS

## SYMPTOMS of Allergic Reactions

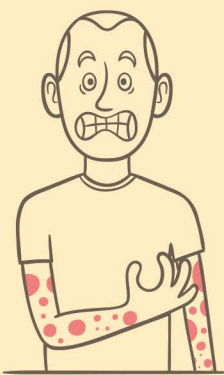
A food allergy is an immune system response to a particular food. Symptoms may include:



SWELLING FACE



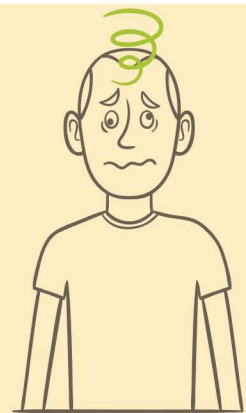
NAUSEA OR VOMITING



HIVES OR ECZEMA



TROUBLE BREATHING



DIZZINESS

## SAFETY TIPS

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 8 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.