

Food allergies can be serious

Even a tiny amount of the allergy-causing food can be harmful

Symptoms of an allergic reaction include:

- Loss of consciousness
- Shortness of breath
- Itching or tingling in or around the mouth, face, scalp, hands, and feet
- Hives
- Swelling of the face, eyelids, tongue, lips, hands or feet
- Tightening of the throat
- Sudden onset of vomiting, cramps, or diarrhea

When a customer informs a server of a food allergy, the server should:

- Ask the chef or manager if the allergy-causing food is in, or came into contact with, the dish ordered
- Tell the customer what the chef or manager said
- **Never guess! Ask questions!**

The **9** most common allergy-causing foods:



Peanuts



Eggs



Tree Nuts



Fish



Milk



Sesame



Wheat



Soy



Shellfish

How kitchen staff and servers can prevent cross-contamination:

- Check all ingredients; read labels on packaged foods
- Wash hands
- Change gloves
- Clean work surfaces
- Never use any equipment or utensils that were used to prepare other foods
- Never use oils that were used to prepare other foods
- Prevent splashes and spills
- Keep the finished dish separate from other dishes

This entity has designated _____ employee(s) as (a) food safe officer(s) who completed a food allergen-training program approved by the Commissioner of the Westchester County Department of Health. If you have a food allergy or a special dietary requirement, please advise a member of staff.