8 MAJOR FOOD ALLERGENS: Milk, Eggs, Peanuts, Tree Nuts, Fish, Crustacean Shellfish, Wheat, Soy

KNOW THE MENU

Most restaurants now provide alternatives to customers with food allergies. It is likely that there are items on your menu that are designed with allergens in mind. Understand all of the options for someone with a food allergy and be ready to explain the different choices.

PREVENT CROSS-CONTACT

Cross-contact occurs when an allergen passes to a non-allergenic food, surface, or utensil. Prevent this by cleaning and sanitizing after working with food allergens. Whenever possible use separate, color-coded equipment for allergens.

STORE FOODS CORRECTLY

Many instances of cross-contact can be prevented with proper food storage techniques. Keep allergens separate from other foods, whenever possible. Keep food covered and clearly labeled to prevent spills or accidental mixing of allergens with non-allergenic food.

COMMUNICATE WITH THE KITCHEN STAFF

Nobody knows what is in food better than those preparing it. Hosts and servers need to communicate with the kitchen staff to know what allergens are in the food they're serving.

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