



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

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
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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

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