

FOOD ALLERGIES

What you need to know

Millions of people have food allergies that can range from mild to life-threatening.



*Always let the guest make their own decision.

When a guest informs you that someone in their party has a food allergy, follow the four R's below:

- **Refer** the food allergy concern to the chef, manager, or person in charge.
- **Review** the food allergy with the guest and check the ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the guest and inform them of your findings.

ALLERGIC REACTIONS CAN INCLUDE:

• Hives	• Dizziness and/or lightheadedness
• Flushed skin or rash	• Swelling of the throat or vocal cords
• Tingling or itchy sensation in the mouth	• Difficulty breathing
• Face, tongue, or lip swelling	• Loss of consciousness
• Vomiting and/or diarrhea	• Anaphylaxis
• Abdominal cramps	• Death
• Coughing or wheezing	