







# Food Allergies

Anyone can be allergic to any food, but these foods are the most common triggers for allergic reactions:



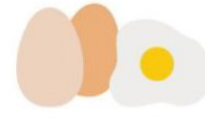
Wheat



Tree Nuts



Peanuts



Eggs



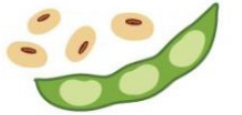
Shellfish



Milk



Fish



Soy



Sesame

# The Big 9

Prevent allergic reactions by following these tips:



Always wash your hands before and after handling food.



Clearly communicate with your team members when a guest informs you of a food allergy.



For any ingredient questions, please refer to a manager.



Avoid cross-contact by using separate utensils, cooking surfaces, and storage containers. Clean and sanitize all surfaces and equipment thoroughly.

**Severe reactions** can occur if someone eats or comes into contact with food they are allergic to.

Symptoms may include:



Skin Reactions:  
Hives, rash itching or swelling



Breathing problems:  
Difficulty breathing, Wheezing, shortness of breath, Tightness in the chest



Cardiovascular symptoms:  
Dizziness or fainting

**Call 911 immediately if someone is experiencing severe symptoms.**