



### 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](http://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

WHAT SAVORY SOLUTIONS FOR  
Clean | Natural | Organic  
LOOK LIKE TODAY

### READ LABELS CAREFULLY

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, Seeds; Bread Products: Granola



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