

# Food Allergy Safety Tips

## For back-of-house staff

You play an important role in keeping customers with food allergies safe.

**Take food allergies seriously.**



Peanuts



Tree nuts



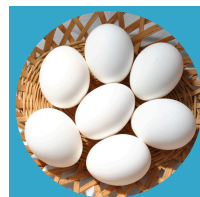
Wheat



Sesame

## You need to know

- The 9 major food allergens
- Where to find the list of ingredients for all recipes
- How to prevent cross-contact with allergens
- Cooking does not kill allergens
- Trace amounts of allergens can trigger an allergic reaction



Eggs



Dairy



Soy

## Allergen free food order

- Pay extra attention to orders flagged for food allergies
- Wash hands and change gloves when preparing allergy-free meals
- Always use clean and sanitized food contact surfaces
- Follow safe food preparation procedures to avoid cross-contact with allergens
- Tell front-of-house team which dishes are allergen free for service to the table
- Give allergen free food items directly to server or to customer instead of setting the food item on the expo shelf



Fish



Seafood

## Returned food

- If a food item is returned to the kitchen for an allergen reason, always remake the item
- Do not try to remove an allergen and send the food back

## Cooking food

- Update the ingredient list kept onsite when recipes change

## Labeling and storing

- Store all major food allergens separately in sealed and labeled containers
- Know the ingredients, including allergens, in garnishes, toppings, sauces, and dressings

[minneapolismn.gov/food-allergens](https://minneapolismn.gov/food-allergens)

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Para ayuda, llame al 311. Rau kev pab 311. Hadii aad Caawimaad u baahantahay wac 311.