Food Allergies

Benton-Franklin Health District Food Service Fact Sheets

Just as some people are allergic to bee stings, some people have allergies to food.

People that have food allergies must AVOID <u>any</u> source of the food that makes them sick.

Foods that cause the most allergies include:

- Milk
- Eggs
- Peanuts
- Fish
- Soy
- Wheat
- Nuts
- Shellfish

Food allergies are often serious and can cause sudden, life-threatening reactions.

Symptoms of an allergic reaction include a tingling sensation, hives, swelling of the mouth and throat, difficulty breathing, and loss of consciousness.

People that have food allergies must AVOID any source of the food that makes them sick. For example, someone that is allergic to eggs must avoid cakes, pastas, mayonnaise, or even foods that are prepared on equipment used with eggs. Customers might ask you about menu items, how the food is prepared (to make sure the equipment used for their meal is not used with the foods that they are allergic to), and information from the labels on the food. Their safety depends on accurate answers from you and safe preparation steps in the kitchen.

Talk with the person in charge if you have any questions.

Benton-Franklin Health District Environmental Health • 1702 W. Okanogan Pl. • Kennewick WA • (509) 460-4205 • www.bfhd.wa.gov