FOOD ALLERGENS



HE BIG

MILK SOYBEANS S WHEAT CRUSTACEAN SH ZE NUTS MILK SOYBEANS EGGS NUTS WHEAT CRUSTACEAN SHELL

REE NUTS MILK SOME ANS EGGS FIS ANUTS WHE TREE NUTS ANUTS WH

AN SHELLFI N SHELLFI REE NUTS NUTS WHE EE NUTS MILK SOYBEANS EGGS F

TS WHEAT CRUSTACEAN SHE NUTS MILK SOYBEANS EGGS NUTS WHEAT CRUSTACEAN SHELL REE NUTS MILK SOYBEANS EGGS FISH

EANUTS WH TREE NUT **EANUTS V** TREE NUT

> IUTS MILK SOFBLANS EGGS WHEAT CRUSTAGE







SHELLFISH





of Allergic Reactions

SOYBEANS

SHELLFIS

GGS FISH

A food allergy is an immune system response to a particular food. Symptoms may include:



SWELLING FACE



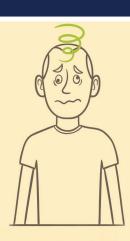
nausea or VOMITING



HIVES OR **ECZEMA**



BREATHING



DIZZINESS

SAFETY

Avoid cross contact with allergens



Follow recipes and menus exactly

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 8 allergens and other foods

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.

NORTHERN NEVADA

Public Health