Food Allergen Guide

Major Food Allergens in Your Kitchen

Symptoms:
- Coughing
- Wheezing
- Dizziness
- Swelling throat
- Difficulty breathing
- Hives
- Flushed skin
- Rashes
- Tingling/itchy mouth
- Facial swelling

Your Responsibilities:
* Know the major food allergens and symptoms of a food allergies
* Train employees on their food allergy duties
* Label your packaged products that contain allergens
* Avoid cross-contact in food preparation

Working with our community to ensure a safe and healthy environment