

# Food Allergies

## Major Food Allergens



**Peanuts**



**Tree Nuts**



**Milk**



**Eggs**



**Fish**



**Shellfish**



**Wheat**



**Soy**



**Sesame**

## Always let the customer make their own informed decision.

- Some allergic reactions can be life-threatening.
- When a customer informs you of a food allergy, you can check with the chef, manager, or person in charge for preparation procedures, ingredients, and potential cross contact.
- If you do not know, do not guess. Cross contact is serious.
- Properly clean and sanitize the following items to prevent cross contamination: mitts, aprons, bowls, utensils, boards, pots, pans, storage equipment, and fryers.



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## Prevent Cross Contact



**Boards**



**Bowls**



**Equipment**



**Fryers**



**Mitts & aprons**



**Pots & pans**



**Storage**



**Utensils**