

# Food Allergies

Could be a matter of life and death

Don't juggle with your customers'

## SAFETY



## Golden rules for keeping your customers safe

1

### Take customer requests **SERIOUSLY**

- Listen carefully to your customer
- Tell the kitchen about the food allergy
- Let your customer know what you are able to do
- Double check orders before serving

2

### **STOP** cross contamination

- Keep orders allergen-free from start to finish
- Start fresh - clean hands, gloves, workspace, utensils, pans and dishes
- Use clean utensils for serving the meal

3

### **CHECK** for allergies

- Know the ingredients in the foods you sell
- Check recipes and food labels - food products may change
- Beware of allergens hiding in foods like sauces, soups, dressings and oils

## Any food can be an allergen!

The most common are:

peanuts, tree nuts (eg brazil, walnuts, hazel)

cereals containing gluten: wheat/barley/rye/oats

milk & milk products, eggs

fish, shellfish (crustaceans, molluscs)

soybeans, celery, mustard, lupin, sesame seeds, sulphur dioxide and sulphites

For more information visit: [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)

Or contact Derbyshire County Council's Trading Standards team on 01323 454545 or email [tradingstandards@derbyshire.gov.uk](mailto:tradingstandards@derbyshire.gov.uk)



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