

Food Code Fact Sheet #7

What you should know about the Code

WWW.HEALTHOREGON.ORG
/FOODSAFETY

Allergens

**OAR 333-150-0000,
CHAPTER 1-201.10(B);
2-102.11(C)(9); 3-602.11
(B)(5)**

1-201.10(B)

"Major food allergen"
means:

(1) "Major food allergen"
means:

(a) Milk, egg, fish (such as bass, flounder, cod, and including crustacean shellfish such as crab, lobster, or shrimp), tree nuts (such as almonds, pecans, or walnuts), wheat, peanuts, soybeans and sesame; or
(b) A food ingredient that contains protein derived from a food, as specified in Subparagraph (1)(a) of this definition.

2-102.11(C)(9)

Describing foods identified as major food allergens and the symptoms that a major food allergen could cause in a sensitive individual who has an allergic reaction. Pf

3-602.11(B)(5)

The name of the food source for each major food allergen contained in the food unless the food source is already part of the common or usual name of the respective ingredient. Pf

PUBLIC HEALTH REASONS:

A food allergy is a specific type of reaction involving the immune system. The body produces an antibody to a food. Once a specific food is ingested and binds with the antibody, the person has an allergic reaction.

The person in charge must be able to describe the major food allergens and the symptoms that a major food allergen could cause in a sensitive individual who has an allergic reaction.

With 1 in 10 adults and 1 in 13 children reporting a food allergy, restaurants are increasingly likely to have customers who require a special meal according to Food Allergy Research and Education (<https://www.foodallergy.org/resources>).

Nine foods account for 90% of all food-allergic reactions. They are:

1. **Milk** (like butter, yogurt, cheeses, chocolate milk, ice cream and desserts)
2. **Egg**
3. **Peanut**
4. **Tree nuts** (like walnuts, almonds, hazel, cashew, pistachio, and pecan)
5. **Fish** (like flounder, salmon, bass, and cod)
6. **Crustacean shellfish** (like crab, lobster, and shrimp)
7. **Wheat** (found in bread, flour, roux, breading, desserts, soup bases, and some flavorings)
8. **Soy** (found in tofu, margarine, marinades, oils, sauces)
9. **Sesame**

Risky types of foods include desserts, sauces, salad bars, buffets, deep fried foods and meals with many ingredients.

A food allergy is a potentially serious response to consuming certain foods or food additives. For those who are sensitive, a reaction can happen right away or hours later, and symptoms can range from mild to life threatening.



For some people, just a tiny amount of the food can cause an allergic reaction.

Allergic reactions can include hives, flushed skin or rash, tingling or itchy sensation in the mouth, face, tongue, or lip swelling, vomiting and/or diarrhea, abdominal cramps, coughing or wheezing, dizziness and/or lightheadedness, swelling of the throat and vocal cords, and difficulty breathing.

If you see a customer having a reaction, tell the manager, call 911 and stay with the customer until help arrives.

FOOD ALLERGIES

HOW TO KEEP GUESTS SAFE AND INCLUDED!

EVERY 10 SECONDS, A FOOD ALLERGY REACTION SENDS A PATIENT TO THE EMERGENCY ROOM.

THE TOP 9 COMMON FOOD ALLERGENS



PEANUT



TREE NUT



WHEAT



MILK



EGG



SOY



FISH



SHELLFISH



SESAME

Food allergies are serious. AN ALLERGIC REACTION TO FOOD CAN CAUSE DEATH.
When you are serving a person with a food allergy:



BE KIND TO GUESTS WHO HAVE FOOD ALLERGIES.
They may feel uneasy about dining outside their home.



GIVE OPEN, HONEST ANSWERS WHEN GUESTS ASK YOU QUESTIONS.
This can help them make safe decisions.



CREATE A SAFE SPACE FOR FOOD HANDLING SO THAT SAFE FOODS AND ALLERGENS DO NOT TOUCH.
All food equipment that is used in the production of allergy-safe foods must be properly cleaned and sanitized before use.



GIVE YOUR GUESTS MANY CHANCES TO TELL YOU ABOUT THEIR ALLERGIES.



MAKE SURE THE INFORMATION YOU SHARE WITH GUESTS IS SIMPLE AND ACCURATE.
Menus, signs, and labels must be up to date.



KEEP YOUR FOOD ALLERGY TRAINING UP TO DATE.
Knowing how to recognize and respond to a food allergy reaction can save a life!



CALL 911 AT THE FIRST SIGN OF A REACTION!



FARE.

Food Allergy Research & Education

foodallergy.org