

Allergen Management in the Kitchen: Step-by-Step Guide

Step 1: Identify Common Allergens

Know the 14 major allergens:

- Milk, eggs, fish, shellfish, peanuts, tree nuts, soy, wheat, sesame, celery, mustard, lupin, sulfites, and mollusks.

Step 2: Label All Ingredients Clearly

Ensure all food items are labeled with their allergen content for easy identification.

Step 3: Store Allergens Separately

Store allergen-containing foods in separate, labeled areas to avoid cross-contact.

Step 4: Use Separate Equipment

Use dedicated cutting boards, knives, and utensils for allergen-containing foods.

Step 5: Clean Surfaces Thoroughly

Clean all work surfaces, utensils, and equipment after preparing allergen-containing foods.

Step 6: Communicate with Staff

Train kitchen staff to understand allergens and how to handle them safely.

Step 7: Confirm with Customers

Ask customers about their allergen needs when taking orders.

Step 8: Label Food for Service

Clearly mark allergen-safe dishes to ensure correct service to customers.

Step 9: Handle Complaints Immediately

If a customer raises concerns about allergens, address the issue promptly and seriously.

Step 10: Have an Emergency Plan

Be prepared with procedures to handle an allergic reaction, including access to first aid and contacting emergency services if needed.
