



Employee Training Manual

Allergen Awareness Training

Allergen Awareness Training

- Up to 12 million Americans and many more people worldwide suffer from food allergens. These individuals have adverse immune responses to proteins in foods which cause up to 30,000 emergency room visits and 100-200 deaths each year in America alone.



Allergen Awareness Training

- Food allergens in America are now grouped into the “Big Nine”.
 - 1. Dairy
 - 2. Eggs
 - 3. Peanuts
 - 4. Tree nuts
 - 5. Fish
 - 6. Shellfish
 - 7. Soy
 - 8. Wheat
 - 9. Sesame



Allergen Awareness Training

- Our facility only has one allergen present in the production areas. That allergen is dairy (milk). We do have allergens in our vending machines:
- dairy, peanuts, tree nuts, egg,
- fish, soy, sesame, and wheat.



Allergen Awareness Training

- Practices

- We require all employees wash their hands after eating food products due to food allergens that may be present in their food that are not present in the facility otherwise.
- Proper hand washing and storage of lunches prevents the spread of undeclared allergens from getting into our facility.



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- Symptoms
 - Symptoms of an allergic reaction can take many forms including, but not limited to:
 - Swelling of breathing passages
 - Redness and itching of skin
 - Sneezing
 - Coughing
 - Wheezing
 - And in some cases triggering asthma, abdominal pain, bloating, vomiting or death.