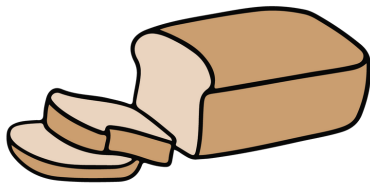




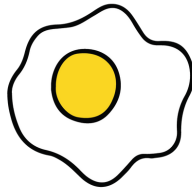
2017 NC Food Code Adoption: Allergen Management at Retail

Contact with allergens poses a **life threatening** risk to those who are allergic. Symptoms of an allergic reaction may include itching, swelling, throat irritation, hives, trouble breathing and cardiac arrest.

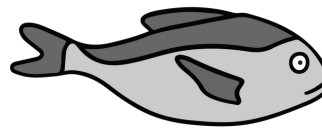
The Big 8 allergens that require labeling and control:



Wheat



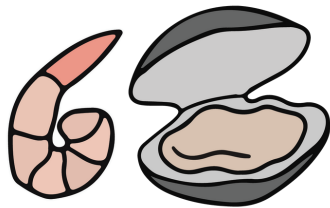
Eggs



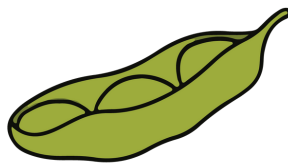
Fish



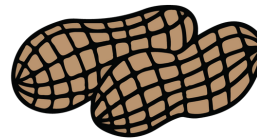
Tree Nuts



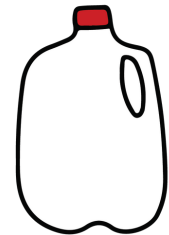
Shellfish



Soy



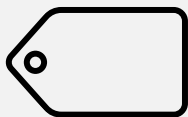
Peanuts



Dairy

Allergens can be listed by different names but will be labeled on packaging.
Some common ingredients may contain hidden allergens.

Best practices for preventing cross-contact of allergens to non-allergen foods:



Label allergens in storage and store away from non-allergen foods.



Wash hands, utensils and surfaces when switching from allergen to non-allergen foods.



Communicate to customers and staff known and potential allergen risks.

NC STATE

EXTENSION

For more resources, visit:

ncfoodsafetytaskforce.com/resources

