SYMPTOMS ASSOCIATED WITH A FOOD ALLERGY REACTION

(Typically appear within minutes to two hours after the person has eaten the food to which he or she is allergic.)
- Tingling sensation in mouth
- Swelling of the tongue & throat
- Difficulty breathing
- Hives
- Vomiting
- Abdominal cramps
- Diarrhea
- Drop in blood pressure
- Loss of consciousness
- Death

WHAT TO DO:
If a customer is experiencing one of these symptoms, immediately contact the MTC and notify 911. Refer to your Fresh Department’s Reference & Procedures Guides for more information.

2 WHAT YOU NEED TO KNOW ABOUT FOOD ALLERGENS

Our in-store processes involve the use of many common wholesome food allergens ingredients. These products can have adverse effects on our customers who have a food allergy. You must be knowledgeable of the top allergens and their symptoms.

THE 8 MAJOR FOOD ALLERGENS

- Milk (cream, butter, casein, etc.)
- Fish
- Egg
- Peanut
- Shellfish
- Tree Nut (walnut, cashew, etc.)
- Soy
- Wheat

Front of pocket card

Back of pocket card