

MENU LABELING AND ALLERGEN LAWS FOR THE RESTAURANT TRAINER

BY BETSY CRAIG, ALLERTRAIN MASTER TRAINER & CEO
MENUTRINFO, LLC

MENU LABELING



What training is needed?

- Answering consumer questions
- Additional information upon request
- How did you come up with these numbers
- What to tell the health inspector
- What about substitutions
- No two hamburger patties are the exact same



Nutrition Facts	
Per 1 meal	
Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Carbohydrate 0 g	0 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fiber, sugars, vitamin A, vitamin C, calcium or iron.	

FOOD ALLERGY LAWS



WHERE & WHY ARE THESE LAWS POPPING UP

An outline map of the United States showing state boundaries. The map is rendered in a light purple color against a darker purple background. A black rectangular box is overlaid on the left side of the map, containing the text "STATE BY STATE" in white, bold, uppercase letters.

STATE BY STATE

MASSACHUSETTS

FOOD AWARENESS ALLERGY ACT 2009

- Restaurant Managers Online video
- Disclaimer Language Posted
- Poster Displayed



Food Allergies
What you need to know

! Millions of people have food allergies that can range from mild to life-threatening.

Most Common Food Allergens

 Peanuts	 Tree nuts	 Fish	 Shellfish
 Eggs	 Milk	 Wheat	 Soy

*** Always let the guest make their own informed decision.**

When a guest informs you that someone in their party has a food allergy, follow the four R's below:

- **Refer** the food allergy concern to the department manager, or person in charge.
- **Review** the food allergy with the customer and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the customer and inform them of your findings.

*** Sources of Cross-Contact:**

- Cooking oils, splatter, and steam from cooking foods.
- Allergen-containing foods touching or coming into contact with allergy-free foods (i.e. a nut-containing muffin touching a nut-free muffin).

Any food equipment used for the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.

- All utensils (i.e. spoons, knives, spatulas, tongs), cutting boards, bowls, pots, food pans, sheet pans, preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

*** If a guest has an allergic reaction, call 911 and notify management.**



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“Before placing your order, please inform your server if a person in your party has a food allergy.”

Chef Ming Tsai worked for 5 YEARS...



Chef ordered a sandwich w/out bread for his then-3-year-old son David because the toddler was allergic to seven of the eight most common food allergens. Manager said, "We'd rather not serve him" according to Tsai.

From that day on, Tsai made it his mission to promote allergy awareness.

He worked to accomplish the Massachusetts [allergy safety bill](#). It has changed the industry

MINNESOTA

- 2010 Saint Paul Only
- Poster Mandate Displayed Kitchen or Break room
- 7% Discount on License fees for Food Allergy Training

FOOD ALLERGIES

Many foods can be potential allergens and cause allergic reactions. Some reactions can be life-threatening!

Most Common Food Allergens

			
Peanuts	Tree nuts	Fish	Shellfish
			
Eggs	Milk	Wheat	Soy

Always let the guest make their own informed decision

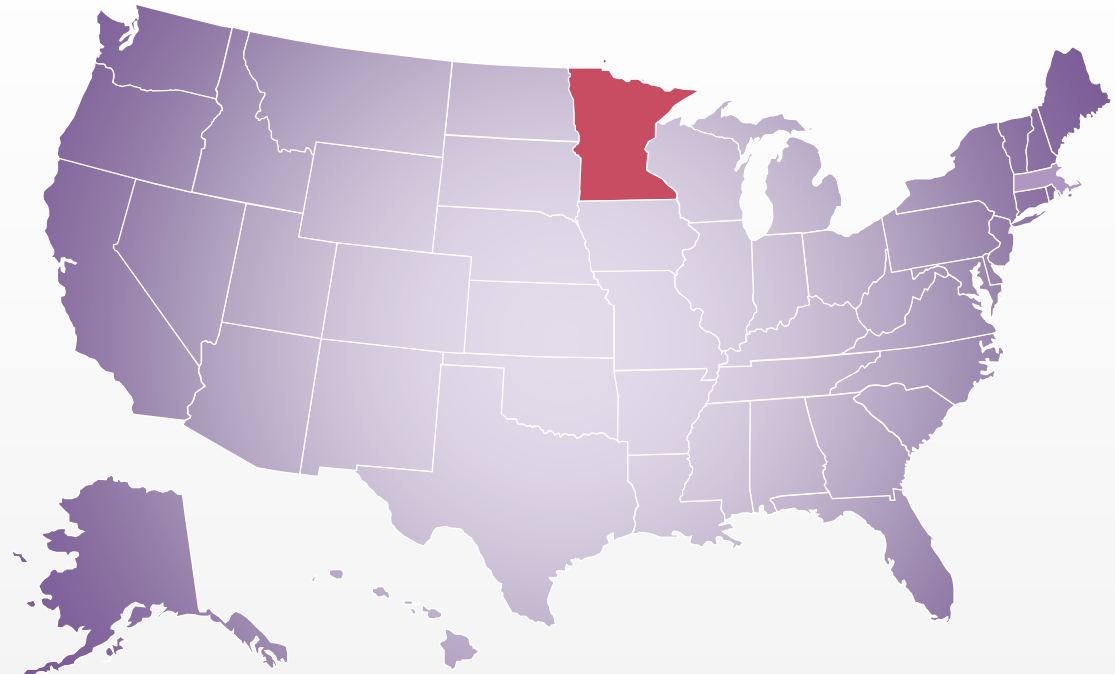
When a guest informs you of a food allergy, you can check with the chef, manager or person in charge for preparation procedures, ingredients, and potential cross-contact.

IF YOU DON'T KNOW, DON'T GUESS!

Cross-Contact is Serious!
These can contaminate other food unless thoroughly cleaned:

						
mitts & aprons	bowls	utensils	boards	pots & pans	storage equipment	fryers

 **If a guest has an allergic reaction, notify management and call 911.**



NEW YORK

NYC & Westchester County 2011
New York State S6425

- Poster City and County
- Additional Poster Law Statewide 2018



DEPARTMENT OF HEALTH AND MENTAL
HYGIENE - COMMISSIONER OF HEALTH AND
MENTAL HYGIENE

NOTICE OF ADOPTION OF A NEW CHAPTER 27
(FOOD ALLERGY INFORMATION) IN TITLE 24
OF THE RULES OF THE CITY OF NEW YORK

NEW YORK

NYC & Westchester County 2011
New York State S6425

- Poster City and County
- Additional Poster Law Statewide 2018



Food allergies can be serious

Even a tiny amount of the allergy-causing food can be harmful

The 6 most common allergy-causing foods:

 Peanuts	 Eggs
 Tree Nuts	 Milk
 Fish	 Wheat
 Shellfish	 Soy

When a customer informs a server of a food allergy, the server should:

- Ask the chef or manager if the allergy-causing food is in, or came in contact with, the dish ordered
- Tell the customer what the chef or manager said
- **Never guess! Ask questions!**

How kitchen staff and servers can prevent cross-contamination:

- Check all ingredients; read labels on packaged foods
- Wash hands
- Change gloves
- Clean work surfaces
- Never use any equipment or utensils that were used to prepare other foods
- Never use oils that were used to prepare other foods
- Prevent splashes and spills
- Keep the finished dish separate from other dishes

NYC Call 911 if the customer has an allergic reaction

Las alergias a los alimentos pueden ser graves

Hasta una pequeña cantidad del alimento que produce una alergia puede ser perjudicial

Los 6 alimentos más comunes que producen alergias son:

 Maníes	 Huevos
 Frutos secos	 Leche
 Pescado	 Trigo
 Mariscos	 Soja

Si un cliente le informa a un mesero que tiene una reacción alérgica a un alimento, el mesero deberá:

- Preguntarle al chef o al encargado si el alimento que causó la alergia se encuentra en la comida que el cliente ordenó e si ese alimento estuvo en contacto con el plato que el cliente pidió
- Decirle al cliente lo que el chef o el encargado le informó
- **Nunca adivinar! ¡Debe hacer preguntas!**

El personal de cocina y los meseros pueden hacer lo siguiente para prevenir la contaminación cruzada:

- Controlar todos los ingredientes y leer los etiquetas de los alimentos almacenados
- Lavarse las manos
- Cambiarse los guantes
- Limpiar las superficies de trabajo
- Nunca usar un equipo o los utensilios que se utilizaron para preparar otros comidos
- Nunca usar los aceites que se utilizaron para preparar otros comidos
- Evitar espicaderos y desechos
- Mantener al plato terminado lejos de los demás pedidos

NYC Llame al 911 si el cliente tiene una reacción alérgica

RHODE ISLAND

Chapter 414 2012 -- H 7595 SUBSTITUTE A AS AMENDED Enacted
06/22/12

- Restaurant Managers On Line Video
- Disclaimer Language Posted
- Poster Displayed



Food Allergens

Millions of Americans have food allergies. Learn more about how to be prepared.

Most Common Food Allergens

Peanuts	Eggs
Tree Nuts	Milk
Fish	Wheat
Shellfish	Soy

Always let the guest make their own informed decision

When a guest notifies you that someone in their party has a food allergy, follow the four R's below:

- **Refer** the food allergy concern to the chef, manager or person in charge.
- **Review** the food allergy with the guest and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the guest and inform them of your findings.

Sources of cross contact:

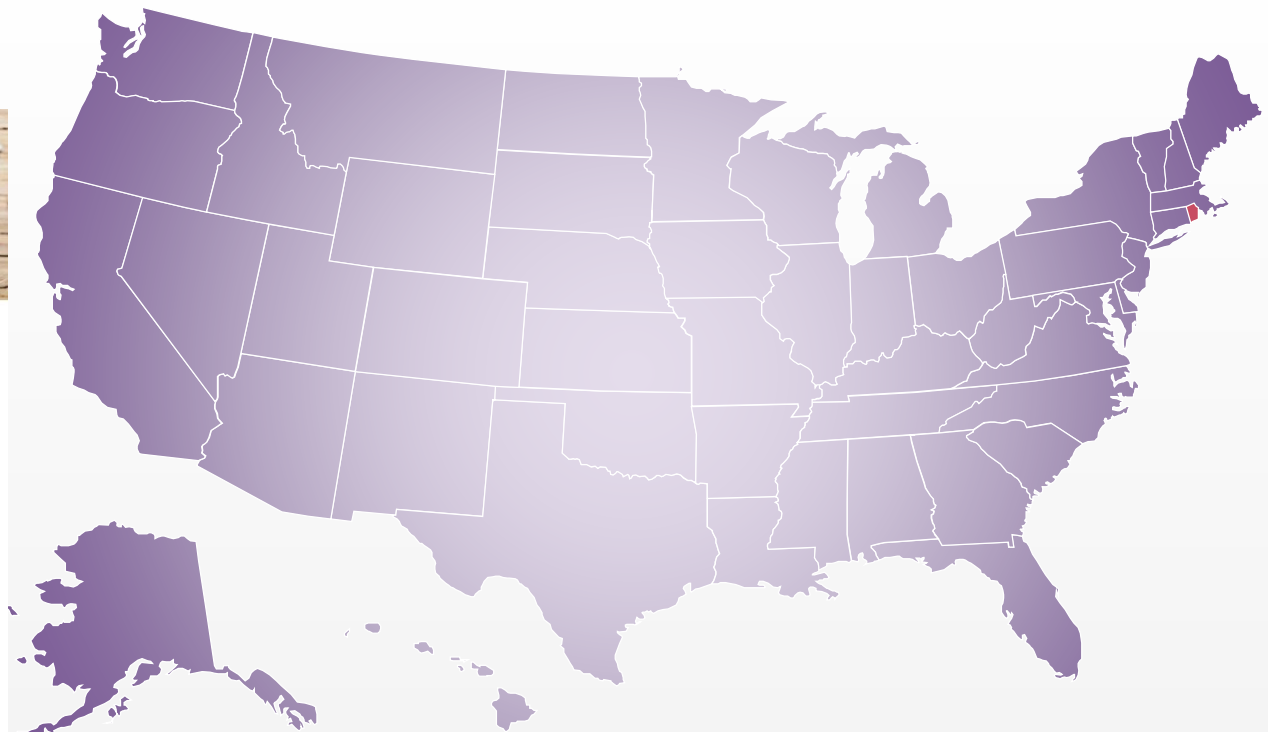
- Cooking oils, splatter and steam from cooking foods, airborne dust, flour, contaminated utensils and food, etc.

When any of the below come into contact with food allergens, all must be washed thoroughly in hot, soapy water:

- All utensils (spoons, knives, spatulas, tongs, etc.), cutting boards, bowls and tater pans.
- Sheet pans, pots, pans, fryers and grills.

If a guest has an allergic reaction, call 911 and notify management.

To learn more and receive your state-required training visit foodallergens.com



www.rihospitality.org

So Danielle did something about it

Teen's Sister Inspires Her to Push for Food Allergy Bill

By SYDNEY LUPKIN March 20, 2013

f Share

🐦 Tweet



Carter Photography

Danielle Mongeau, left, 18, reached out to her state senator to get a food allergy bill passed in Rhode Island so that her little sister, Lauren, right, 16, could finally eat out at restau... [more+](#)


"She usually chooses not to eat at all," said her older sister, Danielle Mongeau, 18. "She still wants to be part of it because she's in high school and just wants to be social and have a good time with her friends. It's a struggle that has seriously affected her life."

MICHIGAN

Public Act 516 - 2014



- Poster and Disclaimer
- A Manager at ALL TIMES in State Approved Allergy Training.
- **Exceptions and Special List**

Food Allergy Awareness 

The Eight Major Food Allergens

- Milk
- Eggs
- Fish
- Crustacean Shellfish
- Wheat
- Soybeans
- Peanuts
- Tree nuts

Symptoms of an Allergic Reaction

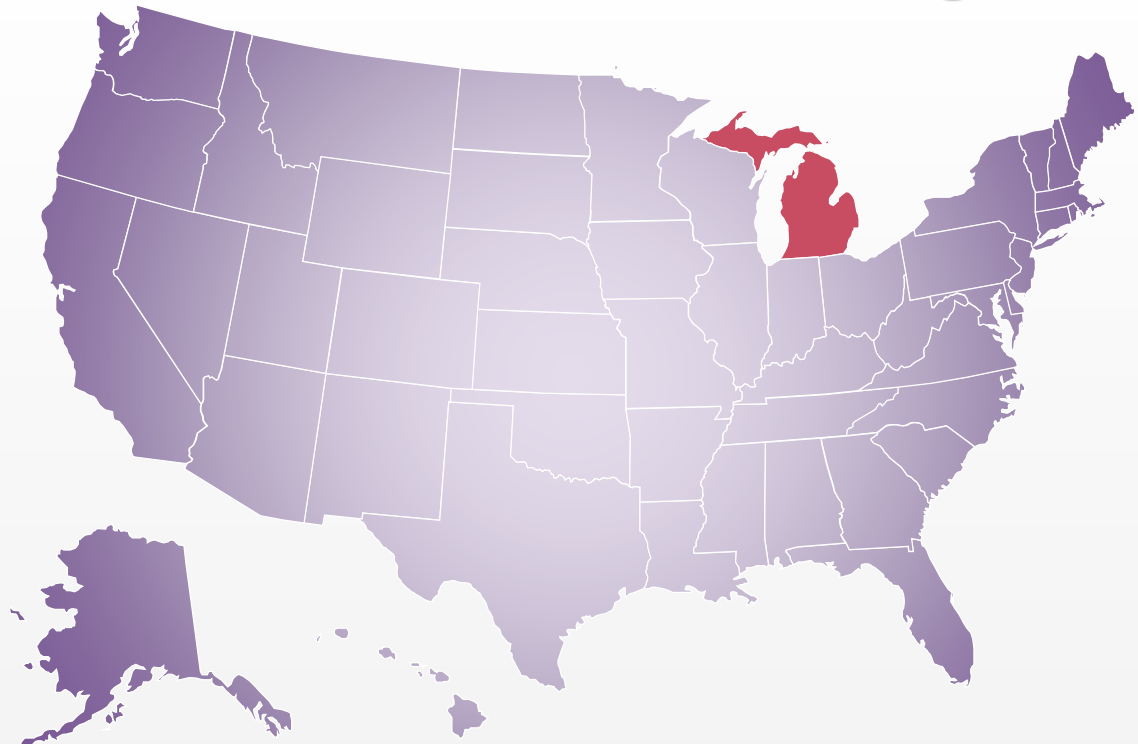
- Loss of consciousness
- Shortness of breath
- Itching or tingling in or around the mouth, face, scalp, hands and feet
- Hives (welts)
- Wheezing or difficulty breathing
- Swelling of the face, eyelids, tongue, lips, hands or feet
- Tightening off the throat (difficulty swallowing)
- Sudden onset of vomiting, cramps or diarrhea

If a customer informs you of a food allergy:

- Refer the food allergy concern to the Person in Charge (PIC).
- Review the food allergy with the customer and check the ingredient labels.
- Respond to the guests request and inform them of your findings.
- Remember to check the food preparation procedures for **ANY** possible cross contamination, which could include frying the item in question in the same grease as an item that contains an allergen.
- If a food item is returned to the kitchen due to an allergen, **DO NOT** attempt to remove the allergen and send the food back. *Trace amounts of allergens can trigger an allergic reaction.*

Notify the Person in Charge immediately if a customer has an allergic reaction!

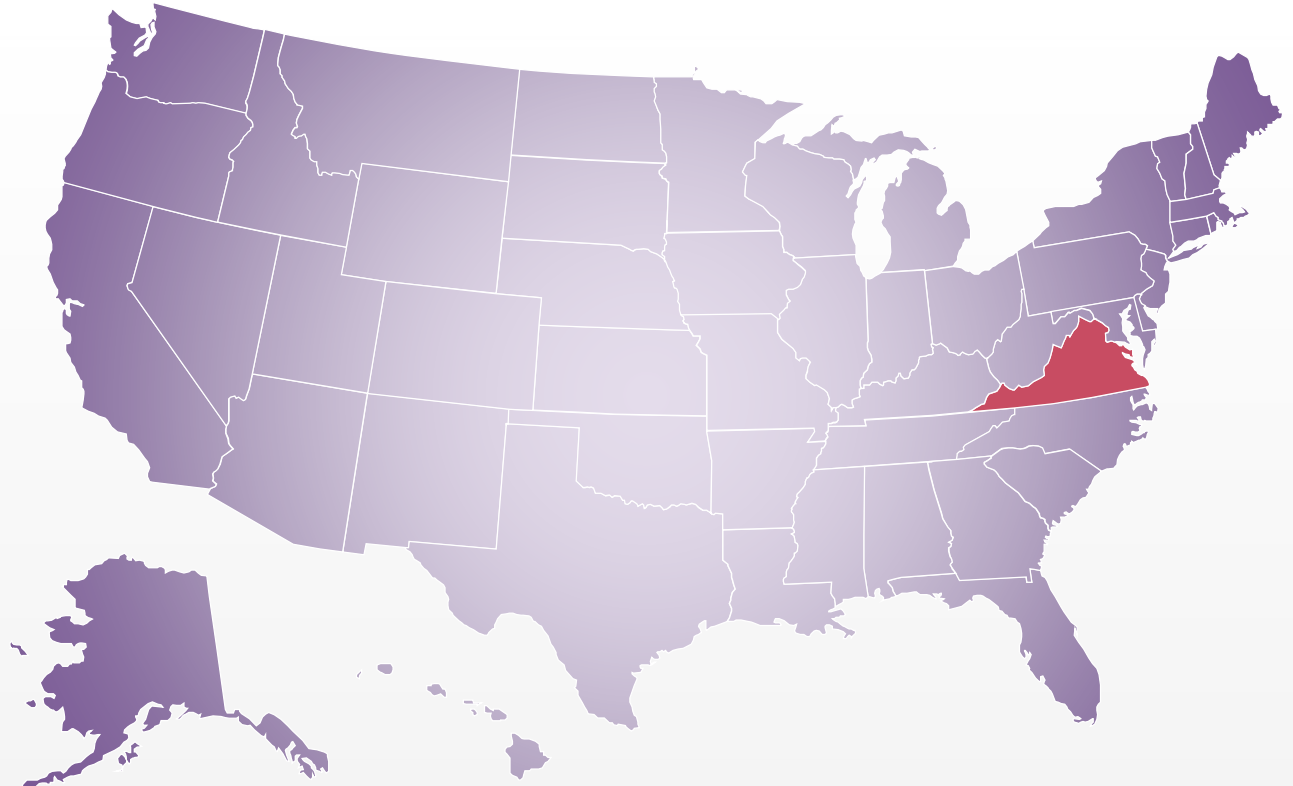
www.michigan.gov/mda



VIRGINIA

HB 2090 in 2015

- State “mandates training standards that address food allergy awareness”



MARYLAND

- 2010 Statewide: Poster

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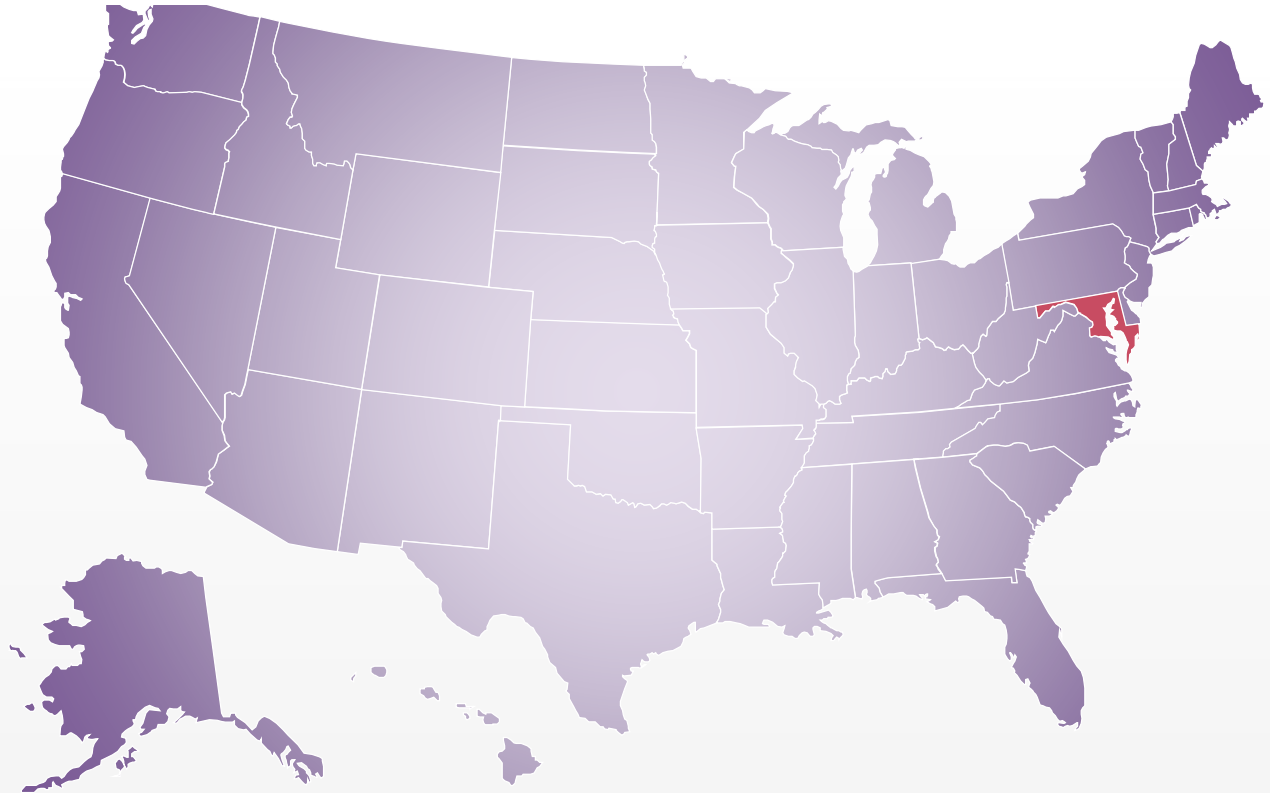
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- Allergen-containing foods touching or coming into contact with allergy-free foods (i.e. a nut-containing muffin touching a nut-free muffin).

Any food equipment used for the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.

- All surfaces (i.e. spoons, blenders, applicators, tongs, cutting boards, bowls, pots, food pans, sheet pans, preparation surfaces).
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

*** If a guest has an allergic reaction, call 911 and notify management.**


FARE
FOR ALLERGY AND REACTION EMERGENCIES



MARYLAND

Montgomery County 2016 CB33-16

An 11 Year old boy goes on vacation to Massachusetts and.....

County Council Passes Bill Requiring Restaurants To Have Employees with
Food Allergy Training

Legislation garnered support from those who suffer from severe allergies

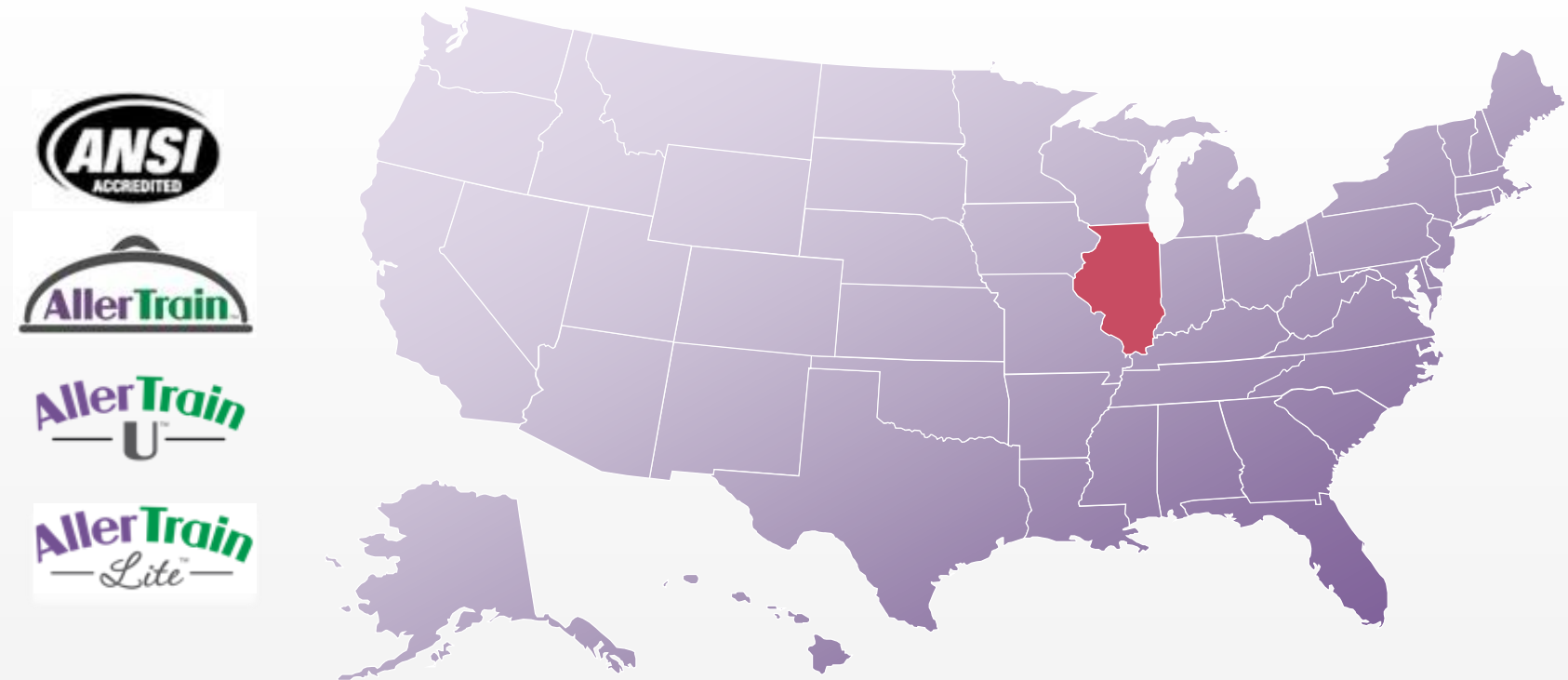


1 Person at ALL TIMES only ANSI accredited training- 1/1/18

ILLINOIS

HB 2510

- ALL Restaurant Managers in the state required ANSI accredited training.
- Effective January 1, 2018
- Enforcement July 1, 2018....Pushed back to 2019?



New Jersey

- NJ A920 Statewide: Poster Effective January 9, 2018

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<small>Eggs</small>	<small>Milk</small>	<small>Wheat</small>	<small>Soy</small>

*** Always let the guest make their own informed decision.**

When a guest informs you that someone in your party has a food allergy, follow the four steps:

- Refer the food allergy concern to the department manager, or partner.
- Review the food allergy with the customer and check ingredients for allergens.
- Remember to check the preparation procedure for potential cross-contact.
- Respond to the customer and inform them of your findings.

*** Sources of Cross-Contact:**

- Cutting oils, spatulas, and steam from cooking foods.
- Allergen-containing foods touching or coming into contact with allergy-free food (e.g. a non-allergenizing food touching a used knife).

Any food equipment used for the processing of allergy-free foods must be thoroughly cleaned and sanitized prior to use.

- All utensils (i.e. spoons, knives, spatulas, tongs), cutting boards, bowls, pans, food pans, food pans, preparation surfaces.
- Fryers and grills.
- Wash hands and change gloves after handling potential food allergens.

*** If a guest has an allergic reaction, call 911 and notify management.**

FOOD ALLERGIES: KEEP YOUR GUESTS SAFE

EVERY 3 MINUTES A FOOD ALLERGY REACTION SENDS SOMEONE TO THE EMERGENCY ROOM.

THE "TOP EIGHT" COMMON FOOD ALLERGENS:

							
<small>Peanuts</small>	<small>Tree Nuts</small>	<small>Fish</small>	<small>Shellfish</small>	<small>Eggs</small>	<small>Milk</small>	<small>Wheat</small>	<small>Soy</small>

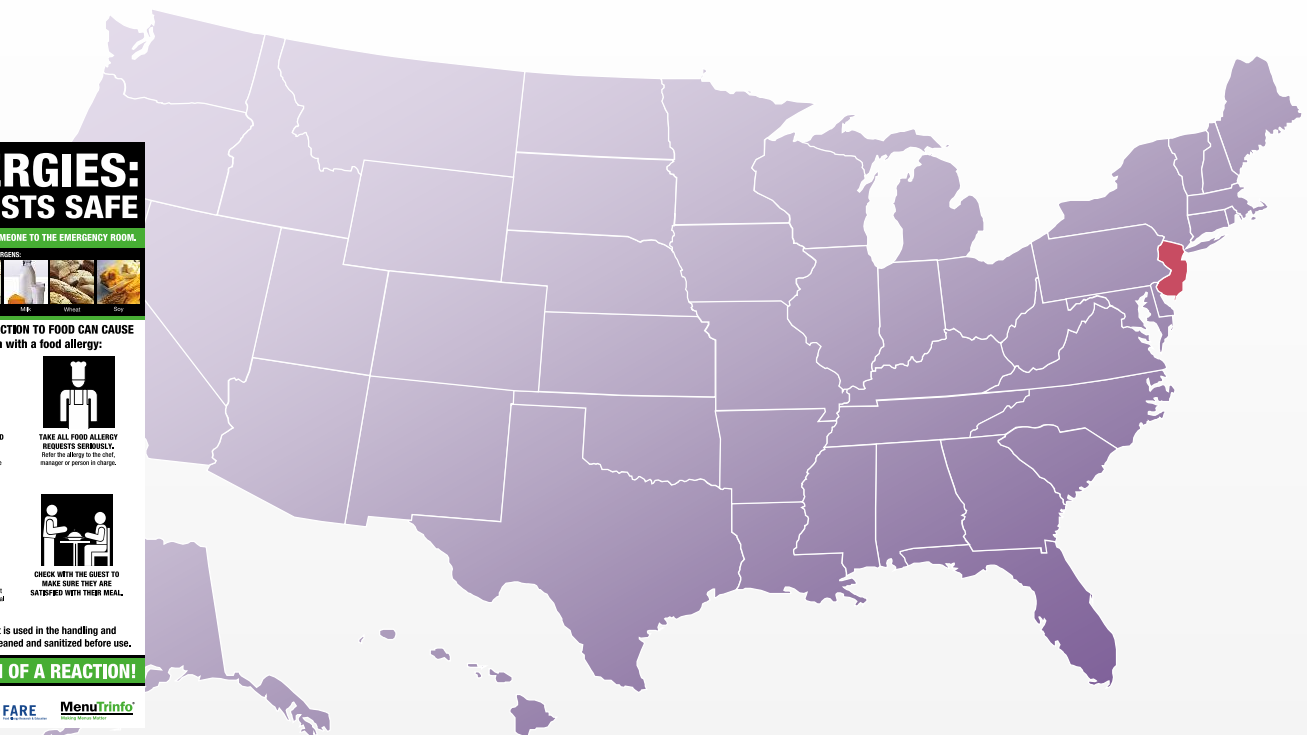
Food allergies are serious. AN ALLERGIC REACTION TO FOOD CAN CAUSE DEATH. When you are serving a person with a food allergy:

 AVOID CROSS-CONTACT FROM THE START. Clean the dining area with clean soap and water and a clean towel between each guest.	 MAKE SURE YOU UNDERSTAND THE ALLERGY. Write down the guest's allergy to record the conversation. If you have questions, ask the guest.	 TAKE ALL FOOD ALLERGY REQUESTS SERIOUSLY. Refer the allergy to the chef, manager or person in charge.
 USE ONLY FRESH INGREDIENTS, INCLUDING COOKING OIL.	 GET IT THERE SAFELY. Double check with the chef to make sure you have the right food. Don't let anyone add garnishes. Carry the special meal to the table separately.	 CHECK WITH THE GUEST TO MAKE SURE THEY ARE SATISFIED WITH THEIR MEAL.

AVOID CROSS-CONTACT! All food equipment that is used in the handling and processing of allergy-safe foods must be properly cleaned and sanitized before use.

CALL 911 AT THE FIRST SIGN OF A REACTION!

Funded courtesy of:
 New Jersey • www.MenuTrinfo.com • 800.767.6389 AND
 Food Allergy Research & Education (FARE) • www.foodallergy.org
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New Jersey

- Ordinance O.2015-2018 Edison, NJ Menu Items Big 8, Sulfates, MSG **April 2019**



New Jersey

Allergen Menu – Sample for Illustrative Purposes

	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sulfites	MSG
South Asian	Vegetable Samosa	+	+			+	+	+		
	Vegetable Pakora	+				+		+		
	Dahi Ke Kebab		+					+		
	Ragda Pattice						+	+		
	Tandoori Chicken							+		
	Chili Cheese Naan		+					+		
	Paneer Chandni Sheekh	+				+		+		+
	Murgh Ke Khaliyah	+	+					+		+
Italian	Chicken Fingers		+					+		
	Buffalo Wings									+
	Mozzarella Sticks	+					+			
	Zucchini Sticks	+					+			
	Garlic Bread	+					+			
	Eggplant Rollatini	+					+			
Chinese	Vegetable Spring Roll						+			
	Sesame Bean Curd							+		+
	Pork Fried Rice					+				
	Chicken Noodle Soup									
Drinks	Pepsi									
	Sprite									
	Miller Lite								+	
	Corona								+	

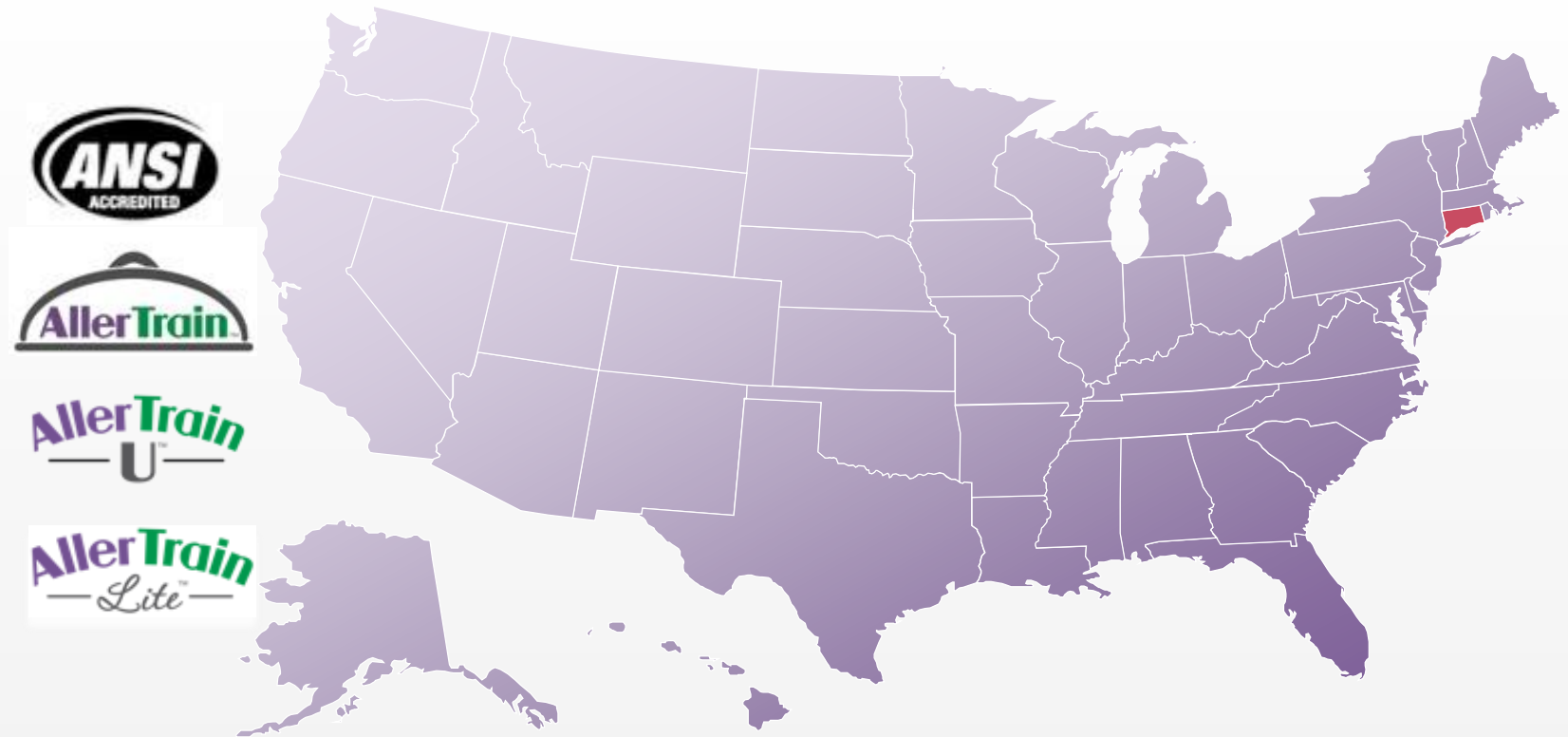
SAMPLE

Disclaimer can be written

Connecticut

HB5158

- At least one Certified Manager on duty who has taken Allergen Awareness Training program approved by the commissioner of public health
- Enforcement January 1, 2019

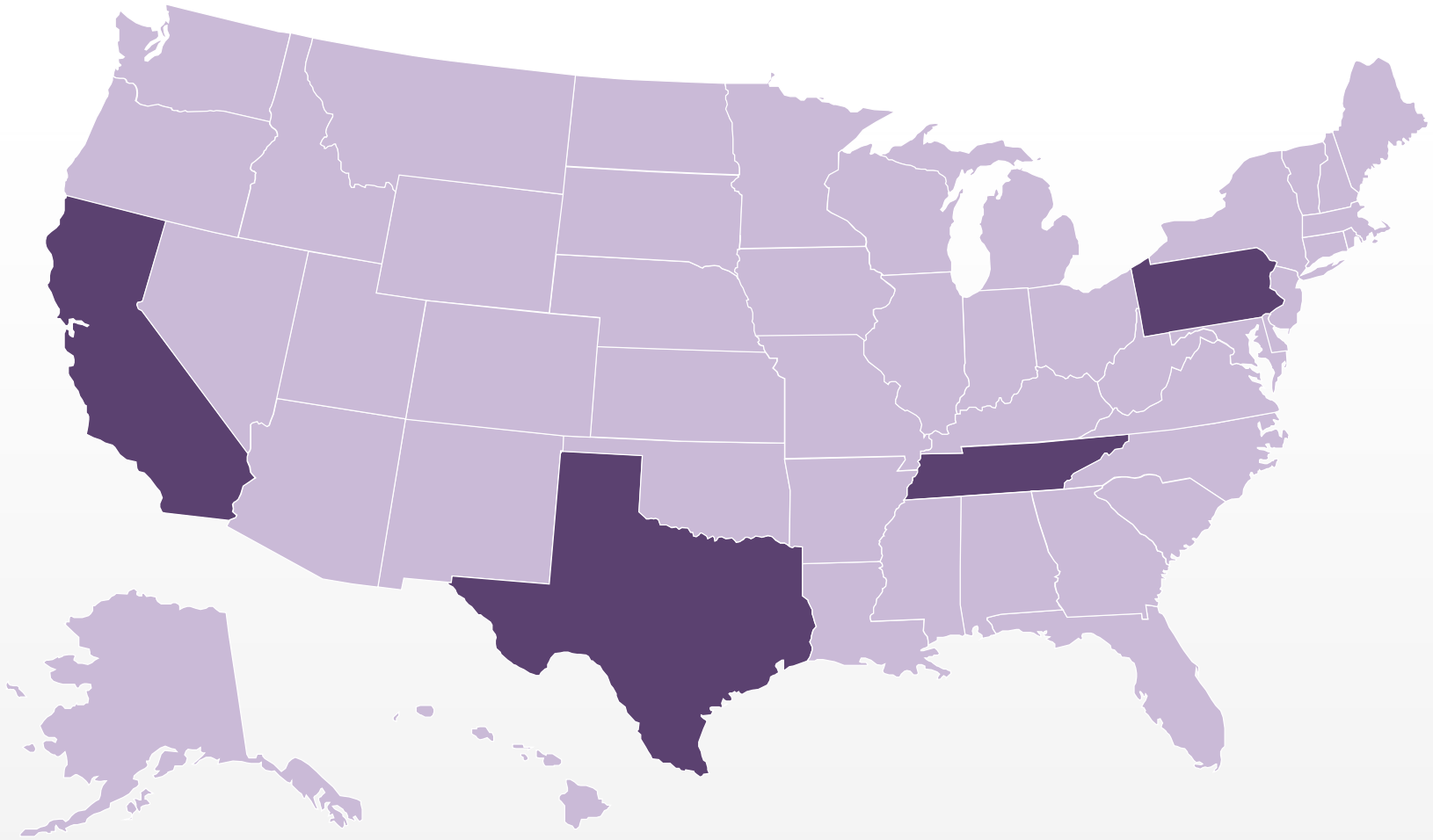


LOOKING TO THE FUTURE



What state is next?

At least 4 states have seen food allergy legislation for food service introduced and/or discussed in the last 18 months.



Tennessee ?

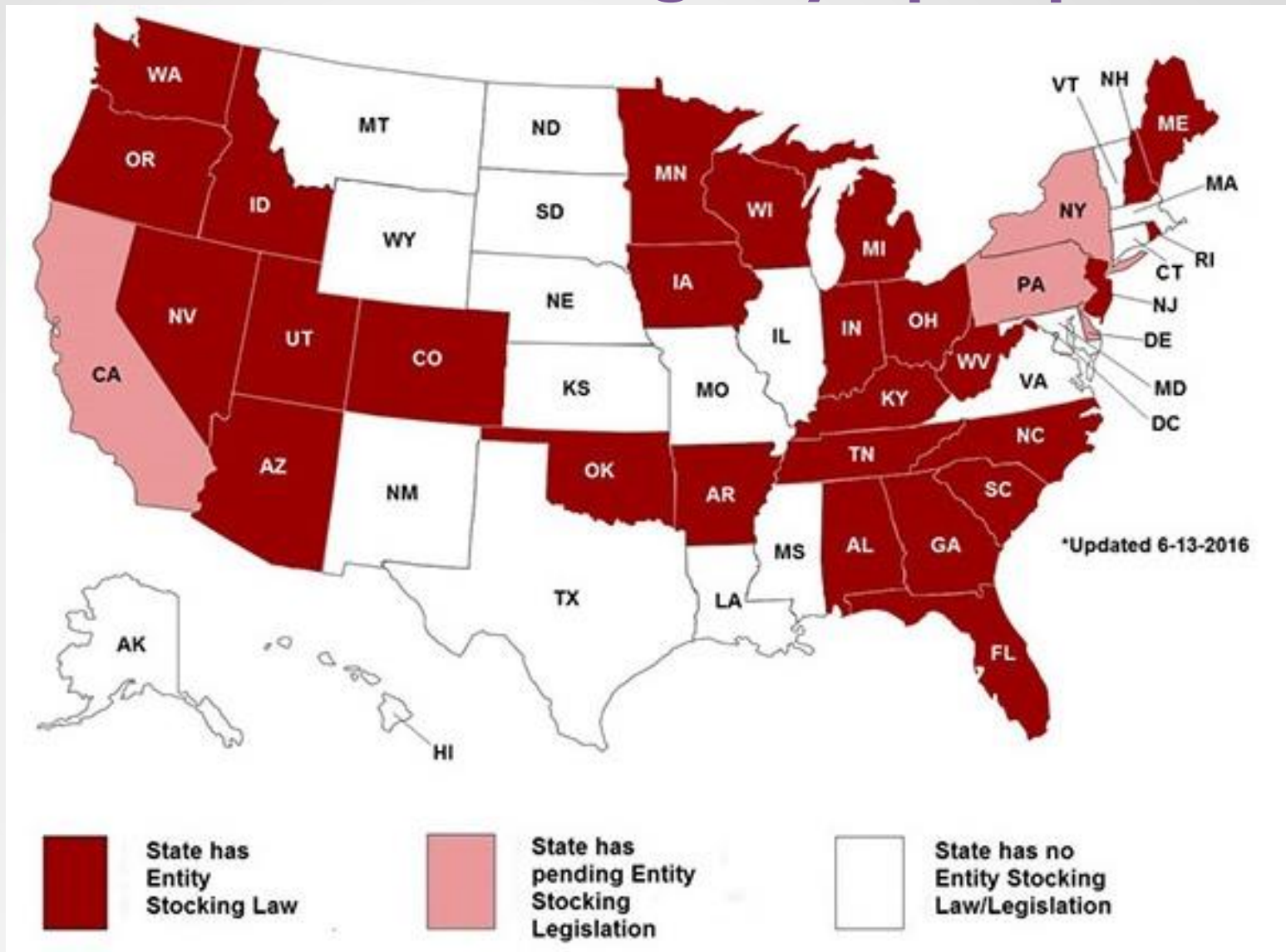
Just 12 words added to the Tennessee Food Code could make dining out safer for those with food allergies. And a Murfreesboro teenager is lobbying to make that happen.

As part of her Girl Scout Gold Award project, Central Magnet School junior Molly Gilliland will meet with officials from the **Tennessee Department of Health** to plead her case.



Molly Gilliland

Non-School Access to Emergency Epinephrine Act



Credit:
www.aafa.org

LEGAL IMPACT FOR FOOD SERVICE



Current and Settled Cases Relating to Food Allergies

- Restaurant in Colonial Williamsburg
- Grocery Store in the Southern US
- Bakery in MA
- Pret A Manger in London

Pret a Manger: Second person dies from allergic reaction

By Livvy Doherty, CNN

Updated 9:43 AM ET, Sun October 7, 2018



More from CNN



End of an era
Tsukiji fish ma



Kenya's \$800
market is seei
thanks to...

Please seek help from your attorney if you have legal questions

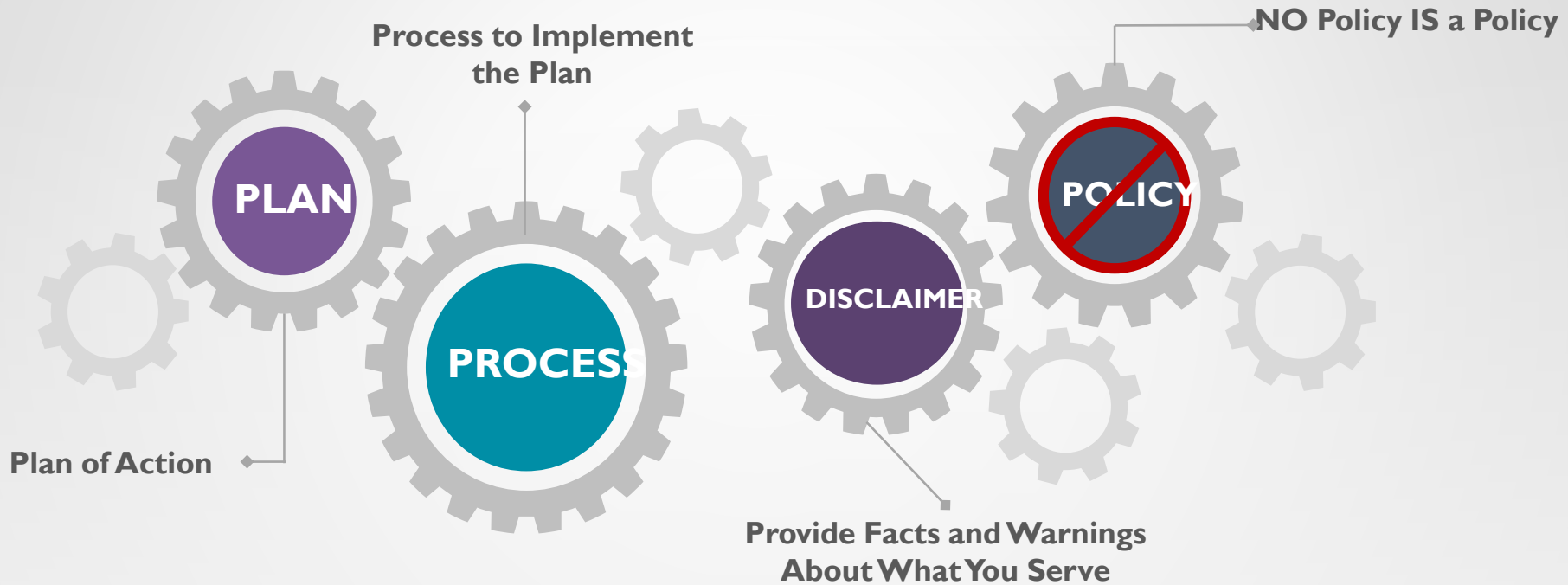
Out of GREAT tragedy comes huge awareness and education



When are you “On Notice”?



POLICY



TRAINING

One Size DOES NOT Fit All

Master Trainers
Online
Mindful of Due Diligence
Complete Solution



Thank You!



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970-295-4370

Extras

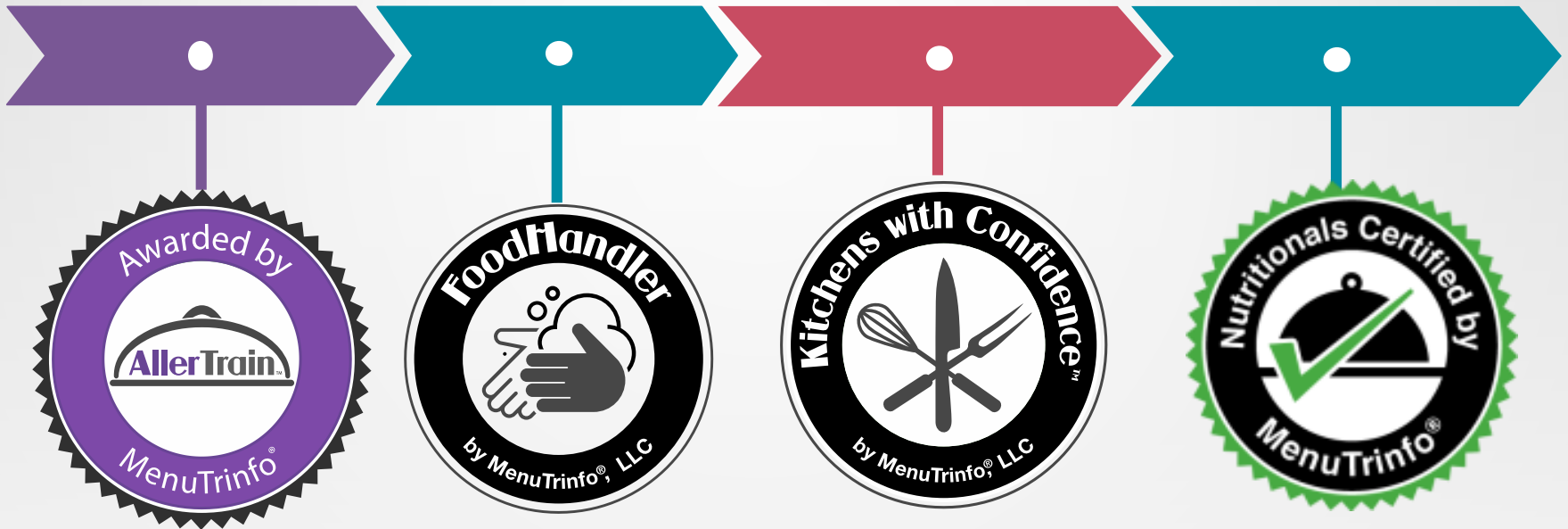
The Power to Protect and Save Lives

Allergen
Training

Food Handler
Training

Kitchen
Audits

Nutritional Help
Desk



IN THE NEWS

- In January 2016 incident.....July 2017 Sent to Jury Trial....Still Pending
-



TOOLS FOR YOU AND YOUR TEAM



Where do consumers go to pick a restaurant?



www.allergyeats.com

Most allergy-friendly large chains:

[Maggiano's Little Italy](#)(4.76 rating)

[Chipotle Mexican Grill](#)(4.45 rating)

[Bertucci's Italian Restaurant](#)(4.43 rating) **

[Mellow Mushroom](#)(4.37 rating)

[Longhorn Steakhouse](#)(4.28 rating) **

Most allergy-friendly small chains:

[Burtons Grill](#)(4.83 rating)

[Flatbread Company](#)(4.77 rating)

[Legal Sea Foods](#)(4.58 rating)

[Weber Grill](#)(4.52 rating) **

[I 10 Grill](#)(4.43 rating) **

** Denotes restaurant chains that are new to the list this year

Did a gluten-allergic boy break the law taking food into Colonial Williamsburg tavern?

July 2017 Gluten Allergy

“The Americans with Disabilities [Act] provides that places of public accommodation cannot discriminate on the basis of disability,” wrote Vargas. “A disability is defined by the law as a substantial impairment to a major life activity. Eating and breathing are major life activities. A person with a serious autoimmune response to ingesting gluten...has a substantial impairment to major life activities including eating, breathing and standing.”

As for state health code that governs compliance with food laws (section 5-421-270 of Virginia Code), it does contain a provision that prevents restaurants from using or selling food prepared in an un-inspected home kitchen.



**2 in 10 Diners Request a
Special Meal~ Why?**

15 million w/ Food Allergies

3 million w/Celiac Disease

**7.5% of the population
w/Intolerance**

1 in 13 Children

Approximately 6 million have food allergies

