

Food Allergen Pocket Card – Reorder #RF0350

SYMPTOMS ASSOCIATED WITH A FOOD ALLERGY REACTION

(Symptoms 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 MIC and notify 911. Refer to your Fresh Department's Reference & Procedures Guides for more information.

RF0350

Front of pocket card

2 WHAT YOU NEED TO KNOW ABOUT FOOD ALLERGENS

Our in-store processes involve the use of many common wholesome food allergen 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.)
- EGG
- PEANUT
- TREE NUT (walnut, cashew, etc.)
- FISH
- SHELLFISH
- SOY
- WHEAT

Publix.

Back of pocket card