



*Alluserv*TM

Elevating Meal Service Experiences

**ARE FOOD ALLERGIES
IMPORTANT TO YOU?
THEY SHOULD BE!**

OBJECTIVES

1. Easily identify the top 8 food allergens in the United States.
2. Use best practices when handling food allergy requests.
3. Recognize current labeling laws and exemptions with food allergens.
4. Understand how the *Americans with Disabilities Act of 1990 (ADA)*, *Section 504 Rehabilitation Act of 1973*, and food allergies impact your establishment.

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Featured Speaker:

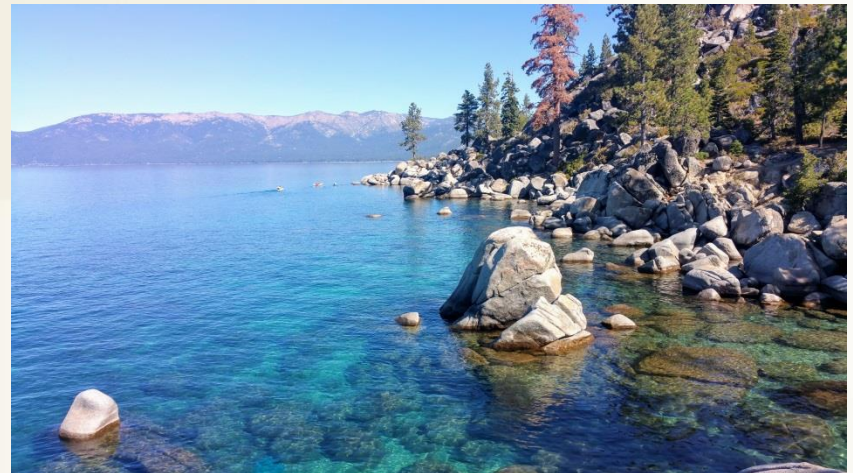
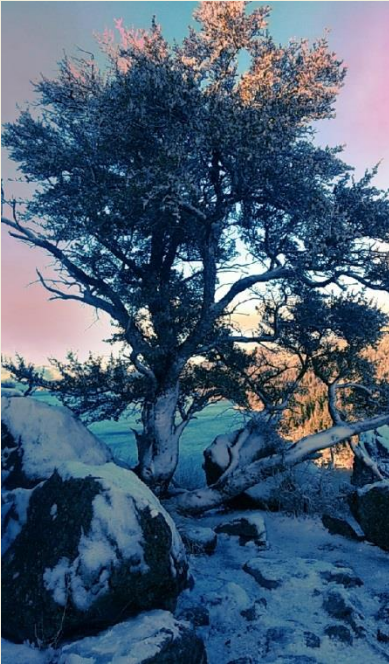
Jordan H. Maeson, M.D.

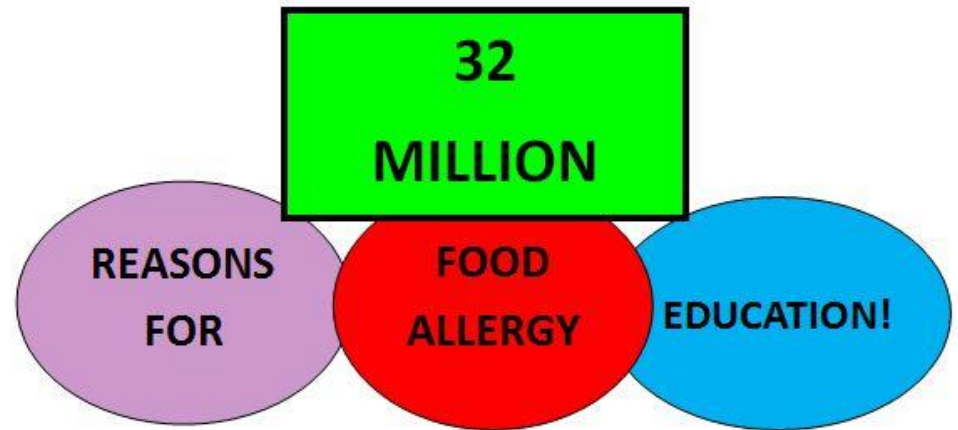
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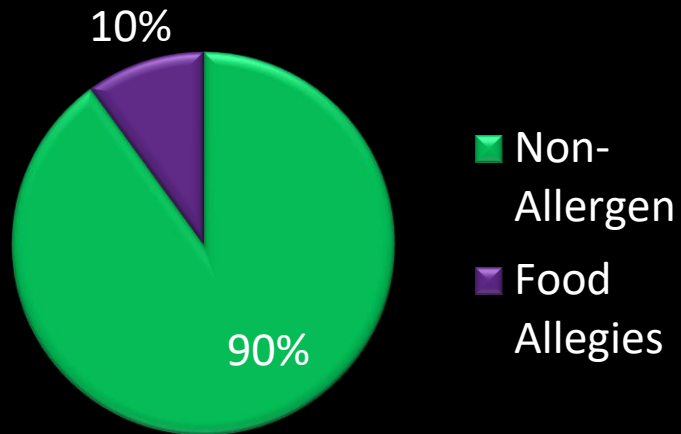




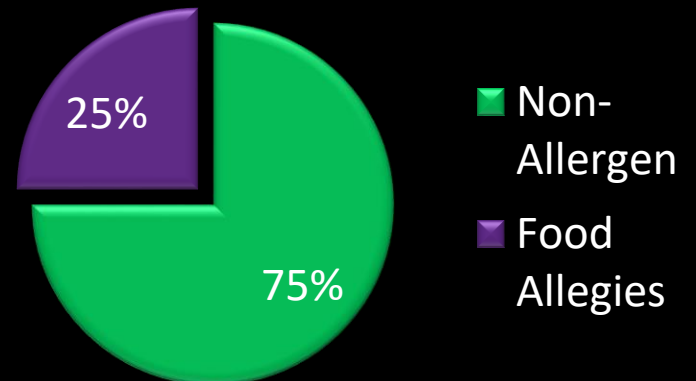




2016 Customers



2019 Customers





**EVERY 3-MINUTES A FOOD ALLERGIC REACTION
SENDS SOMEONE TO THE EMERGENCY
DEPARTMENT!**

THERE IS NO CURE FOR FOOD ALLERGIES!

**FOOD ALLERGY IS THE MOST COMMON
CAUSE OF ANAPHYLAXIS IN THE U.S. FOR
EMERGENCY ROOM VISITS!**



FOOD ALLERGENS



**90% OF ALL FOOD ALLERGENS
IN THE U.S. ARE CAUSED BY
8 FOODS!**

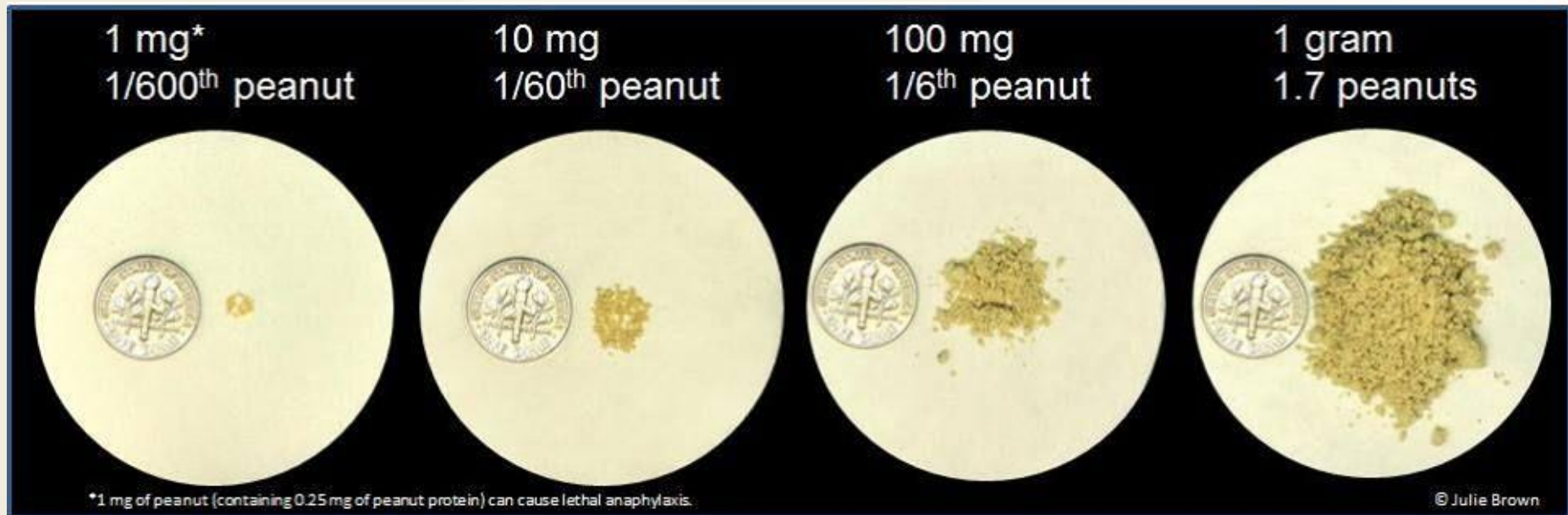
- **EGGS**
- **FISH** (Bass, Cod, Flounder)
- **MILK**
- **PEANUTS** (Legume Family, not to be confused with Tree Nuts)
- **SHELLFISH** (Crustaceans: Crab, Lobster, Shrimp)
- **SOYBEANS**
- **TREE NUTS** (Almonds, Cashews, Walnuts)
- **WHEAT** (Barley, Oats, Rye)

Food Allergies Do Not Have Borders



- Canada (11) recognizes the top 8 in the United States as well as Mustard, Sesame Seeds and Sulfites.
- The United Kingdom (14) recognizes the 11 combined from the United States and Canada, additionally, Celery, Molluscan Shellfish and Lupin.

How Much Can Actually Cause Harm??



Study shows that Peanuts remain in the saliva for up to 3-hours after ingestion. This same study suggests the 3 hour rule include an additional “Peanut –free” meal, brushing of the teeth and chewing gum to become 87% non-reactive. Therefore, sharing utensils, a straw, or even kissing the person your with can be fatal within 3 hours.

Anaphylactic Shock

- Anaphylactic shock is an acute reaction to a food allergy.
 - This shock may be life threatening if not treated immediately.
 - The entire body may react to the allergy at the same time.
 - These severe reactions can occur with only trace amounts of the food or vapors.

Signs and Symptoms of Anaphylactic Shock are:

- | | |
|--|-------------------------|
| • Hives | • Flushing and Redness |
| • Itching | • Chest Tightness |
| • Throat Swelling and/or Tightness | • Dizziness |
| • Difficulty Swallowing | • Headaches |
| • Difficulty Breathing | • Loss of Consciousness |
| • Swelling Lips, Tongue, & the Roof of the Mouth | • DEATH |

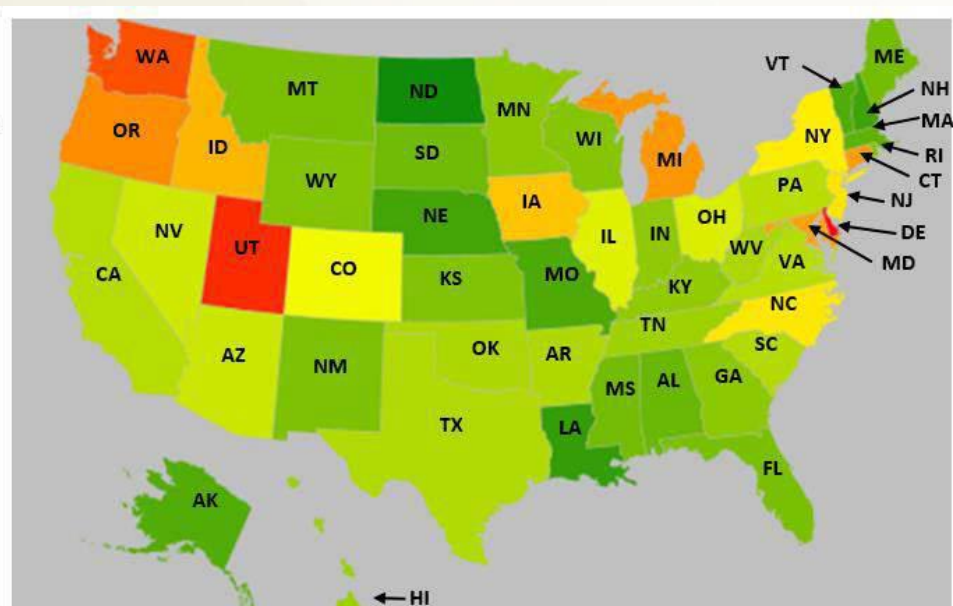
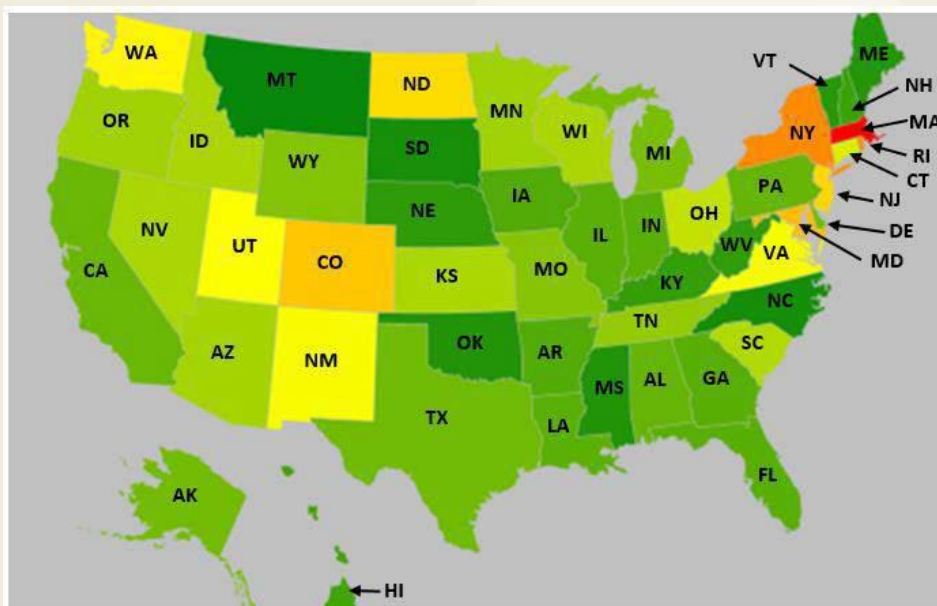
EPINEPHRINE



Frequency of Anaphylaxis Claims in U.S.

2009

2016

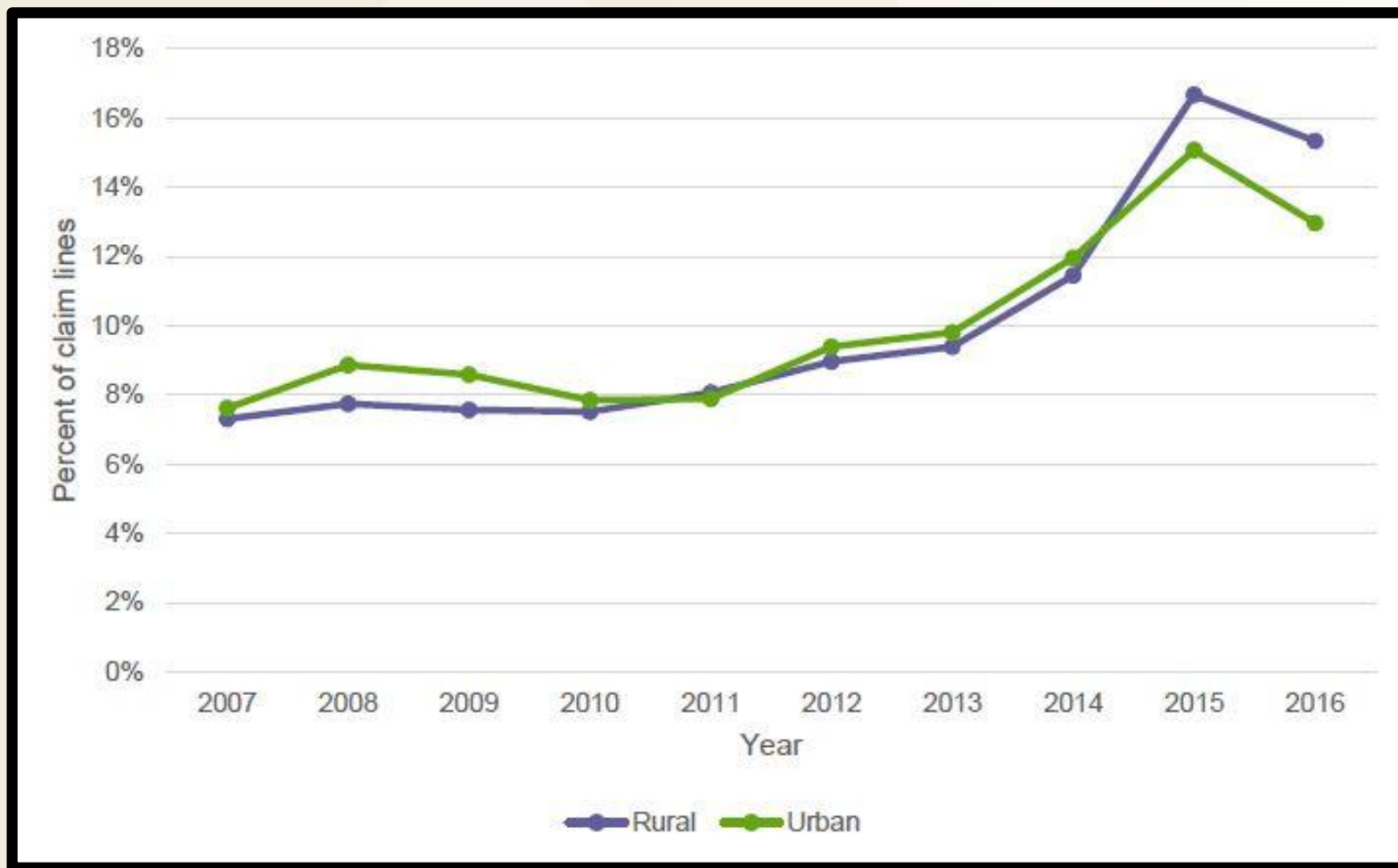


Lowest

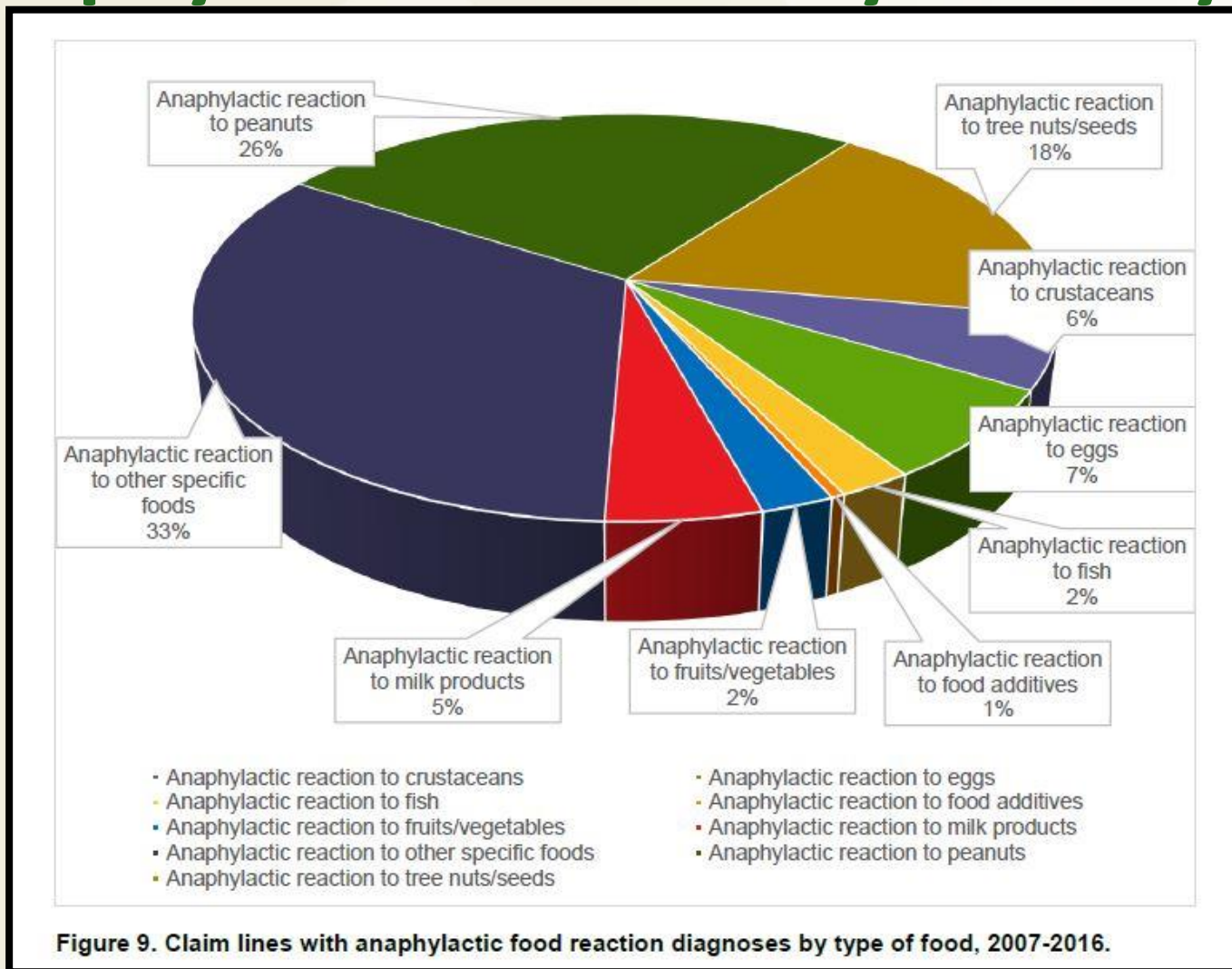
Highest

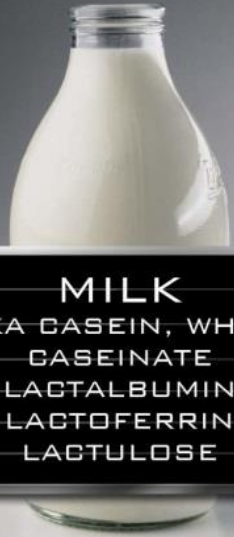


Speaking of Geography



Anaphylaxis Reaction By Food Type





HIGHEST AVERAGE CLAIM COSTS AND SERVICES PER PATIENT IN 2016

MILK is the MOST DIFFICULT to remove, clean, sanitize from any surface.

Also:

- Butter –flavor,-oil, -fat, cheese flavor
- Condensed, Dry, Powder or Evaporated Milk

Commonly found in:

- Chocolate, Custard, Nougat, Luncheon Meats, Hot Dogs, and Sausages

EXCEPTIONS TO THE RULE:

{DOES NOT CONTAIN MILK}

- Cocoa Butter, Coconut Milk, and Cream of Tartar

Milk is the food allergy!

- **Milk is an ingredient, Dairy is a product category.**

Anaphylaxis: Peanuts / Tree Nuts / Other

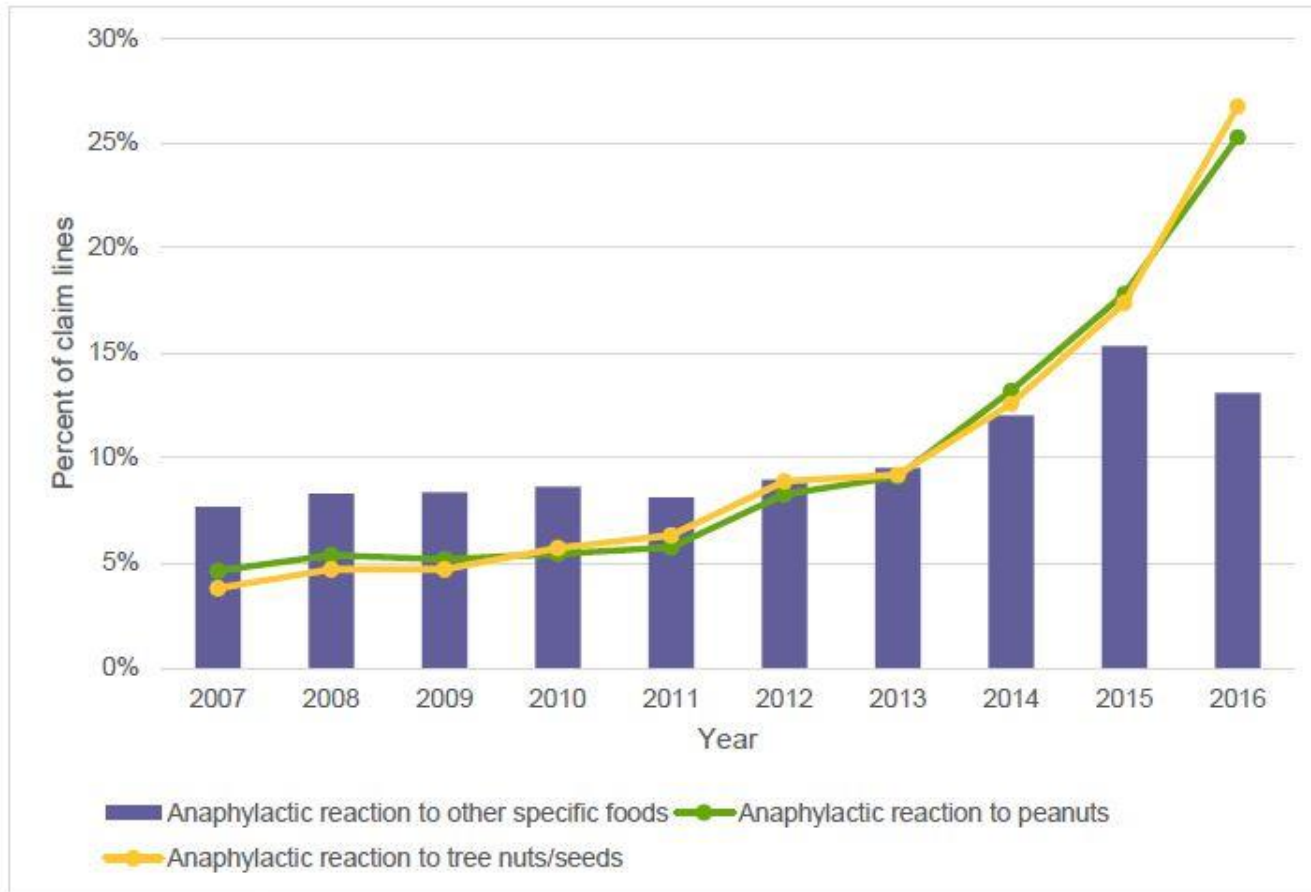


Figure 10. Claim lines with anaphylactic food reaction diagnoses attributed to peanuts, tree nuts/seeds and “other specific foods,” 2007-2016.

Claims: Age and Gender

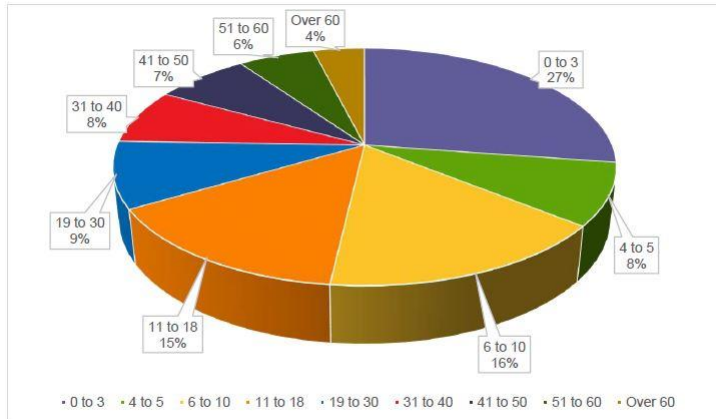


Figure 11. Claim lines with food allergy diagnoses by age group in years, 2007-2016.

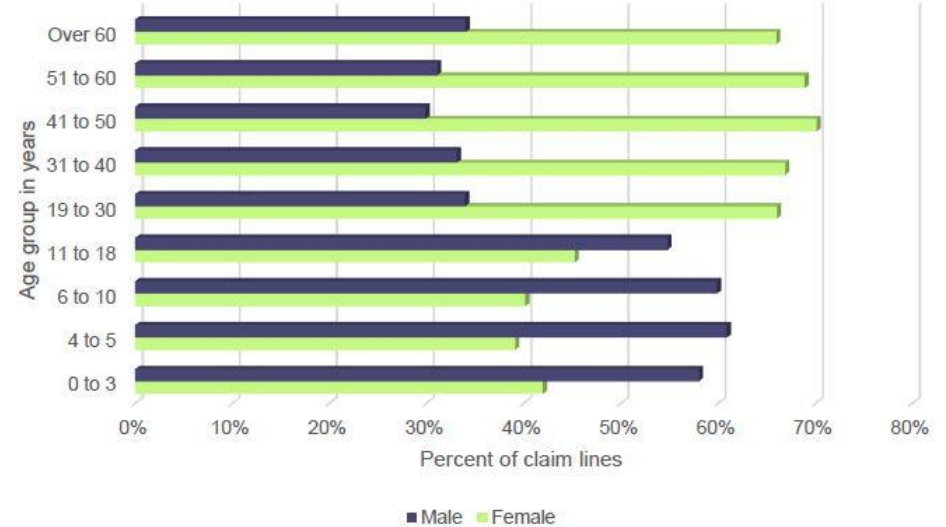


Figure 16. Claim lines with food allergy diagnoses by age group and gender, 2007-2016.

Average Annual Costs Per Patient with ONLY 2 Services

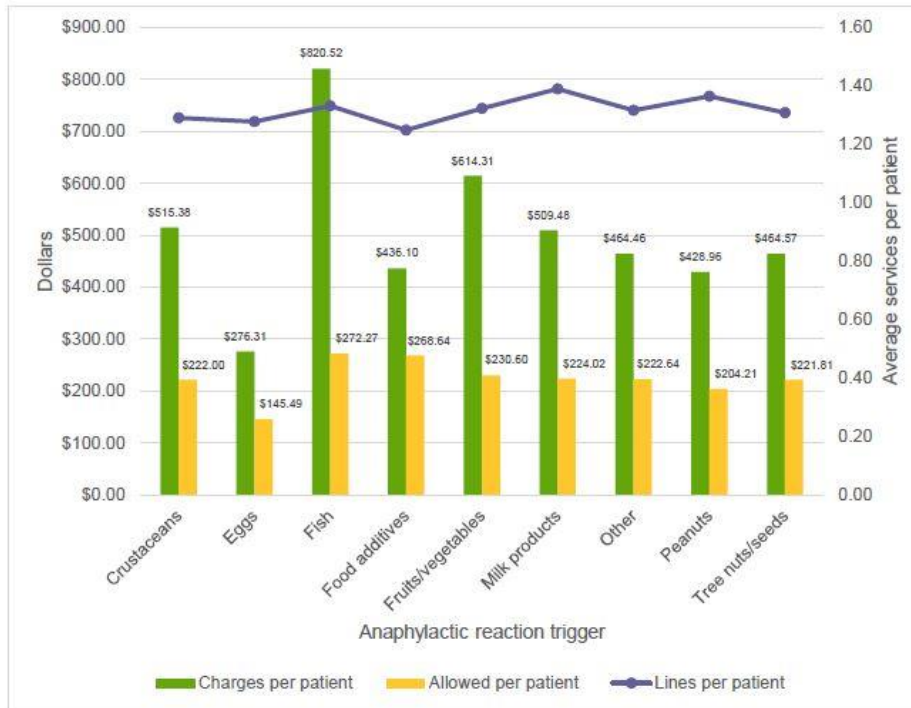


Figure 26. Average annual costs and services per patient diagnosed with anaphylactic food reaction, by trigger, 2016. "Lines" are "services."

Estimated Cost in 2013
\$4.3 Billion

\$503 (Avg. Annual Cost)
x 32 Million (Food Allergic People)
\$16.1 Billion (2016)

In just 3 Years the Estimated Cost
has risen almost \$12 Billion, or
400%

Mitigating Risk: Both Yours and Theirs!



I exercised once,
but found out
I was allergic
to it!
My skin flushed
and my heart raced.
I got sweaty
and short of breath.
Very dangerous!

Food Allergy Incident: Can You Be Sued?

Grocery Chain:
Sold a cookie
w/ Tree Nuts,
child died.



University in NJ :
Violated Americans
with Disabilities Act,
Settlement Reached

Quick-Service
Restaurant:
Grilled Cheese served
w/ Peanut Butter,
Child w/ Anaphylaxis

Brand/Manufacturer:
Non-Compliance of
Labeling Laws (FALCPA)
for a MILK Product

Food Allergy Labeling and Consumer Protection Act of 2004 {FALCPA}

- 1) **Ingredients:** Enriched flour (**wheat** flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey (**milk**), **eggs**, vanilla, natural and artificial flavoring) salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (**soy**), mono-and diglycerides (emulsifier)
- 2) Contains **Wheat, Milk, Egg and Soy**

Ingredients: Granola (whole grain rolled oats, brown sugar, oil, whole grain rolled wheat, soybean oil, whole wheat flour, sodium bicarbonate), rice crisp (whole grain brown rice, sugar, malted barley flour, salt, high fructose corn syrup, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter), (sugar, palm kernel and palm oil, partially defatted peanut flour, salt, vanillin [artificial flavor]), oligofructose, polydextrose, glycerol, sugar, calcium carbonate, salt, soybean oil, natural and artificial flavors). **CONTAINS WHEAT, PEANUT, SOY AND MILK INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS.**

*Sugar Content (on 40 gram basis): Regular Peanut Butter Chocolate Chip Oatmeal

Americans with Disabilities Act And Section 504 Plans



Federal Laws for those with Disabilities

- **Rehabilitation Act of 1973**

- **Section 504:** (29 U.S.C. § 794) is a federal civil rights law and is implemented through federal regulations.
- eliminate discrimination against individuals with disabilities in all programs or activities receiving federal financial assistance.

- **Americans with Disabilities Act**

- also a federal law prohibiting discrimination against individuals with disabilities.
- **ADAA:** The ADA Amendments Act of 2008 (or “ADAAA”) redefined (and expanded) what constitutes a disability under the Act.
- **IDEA:** Individuals with Disabilities Education Act; In light of the ADAAA, even more students and employees will be considered disabled individuals under Section 504 than previously was the case.

Source: <http://www.ada.gov/cguide.htm>

<http://www.mnmsba.org/Portals/0/PDFs/LC2014Handouts/Thursday/2014QRAccommodatingStudentAllergy.pdf>

<http://dredf.org/advocacy/comparison.html>

- **US Department of Education and Office of Civil Rights**
 - The Civil Rights of Students with Hidden Disabilities Under Section 504 of the Rehabilitation Act of 1973
 - The key factor in determining whether a person is considered an "individual with handicaps" covered by Section 504 is whether the physical or mental impairment results in a substantial limitation of one or more major life activities.
 - Hidden disabilities are physical or mental impairments that are not readily apparent to others.
- **US Department of Agriculture Food and Nutrition Services**
 - DEFINITIONS OF DISABILITY AND OF OTHER SPECIAL DIETARY NEEDS (Food Anaphylaxis: Severe Food Allergy)
 - substitutions prescribed by the licensed physician must be made.

Source: <http://www2.ed.gov/about/offices/list/ocr/docs/hq5269.html>
http://www.fns.usda.gov/sites/default/files/special_dietary_needs.pdf

Accidents Happen!

Accidents happen, however, with the right tools, awareness and knowledge you can prevent almost any incident from occurring!



Does the Foodservice Industry Get It?

**10% -
Unaware a Food Allergy
can be fatal!**



**20% of staff
prefer not to
serve a patron
with food
allergies!**

**20% thought
removing an
allergen from a
finished dish made
the meal safe!**

**30% could
only name 3
(three) Food
Allergens!**

**40% believed
some food
allergies brought
up weren't real!**



“Put your people at the center of your decisions.” – Joe Gannotti

HOT SPOTS FOR CROSS-CONTACT

Always Sanitize or Replace Before Preparing an Allergy Order



Gloves



Mixing
Bowls



Cutting
Boards



Storage



Knives



Fryers



Baking
Sheets



Slicers



Utensils



Cooktop &
Workstation

INGREDIENT RESOURCE



MILK: Also known as: condensed milk, dry milk, evaporated milk, powder milk, low-fat milk, nonfat milk, milkfat, skimmed milk, solid milk, whole milk, malted milk, casein and whey

Commonly found in: cheese, cottage cheese, chocolate, cream, custard, nougat, pudding, sour cream, yogurt, luncheon meats, hot dogs, sausages and medications

Note: Cows milk and goats milk are very cross reactive and should be treated equally as an allergy



FISH: Also known as: surimi

Commonly found in: Worcestershire sauce (anchovies), sushi (including artificial crab meat), sea sticks, isinglass (a clarification process for beer & wine using parts of a fish; previously found in beers like Guinness and Newcastle) and fish stock



EGGS: Also known as: dried eggs, powder eggs, egg whites, yolk or solid, meringues, albumin, globulin, lecithin, lysozyme, ovalbumin (OVA) and ovovitellin

Commonly found in: pasta, mayo, salad dressings, meatballs, cereals and baked goods (almost anything with a crust including breads)



PEANUTS: Also known as: alfalfa sprouts, bean sprouts, butter beans, black eyed beans, haricot (string) beans, chick peas, garbanzo beans, lentils, licorice, carob syrup, gum E-414, E-413, red clover, fenugreek, tamarind and tonka bean

(LEGUMES)

Commonly found in: nut butters, hummus, arachis oil (aka peanut oil), chili, peanut flour, nut butter, cereal and granola bars and pet foods (almost all pet foods contain peanuts!)

INGREDIENT RESOURCE



SHELLFISH: **Also known as:** scallops, prawns, crayfish, spiny lobster, mudbugs, langoustine, scampi, abalone, squid, octopus (cockle), oysters, mussels, clams and escargot (snails)

Commonly found in: calamari, sushi and seafood chowders/bisques



SOY: **Also known as:** soy lecithin (used as an emulsifier in almost all processed foods), soy milk, soy flour, soy grits, soy meal, soy sprouts, soy yogurt and soy sauce and MSG (monosodium glutamate)

Commonly found in: granola bars, bouillon cubes, multigrain breads, pancake mix, canned tuna, Vitamin E, miso, edamame, tamari, tofu and tempeh

Fun fact: Most fast food restaurants use soy protein in the hamburger meat, soy flour in buns, and hydrolyzed vegetable protein in their sauces.



TREE NUTS: **Also known as:** cashews, almonds, pecans, walnuts, pine nuts, hazelnuts, chestnuts, macadamia nuts and Brazil nuts

Commonly found in: pesto, nougat, turrón, pralines, marzipan, baklava, gianduja, Nutella, almond extract, wintergreen extract, granola bars, frozen desserts, flavored coffee, marinades and BBQ sauces



WHEAT/GLUTEN: **Also known as:** globulin, gliadin, albumin, modified food starch, vegetable starch, gelatinized starch, hydrolyzed vegetable protein, wheatgerm, wheat bran, wheat malt, wheat sprout, wheat gluten, all-purpose flour, enriched flour, semolina flour, durum flour, spelt, kamut, emmer, bulgur, farina and einkorn

Commonly found in: Soy Sauce, bread crumbs, pasta and couscous

Tools and Resources:



Allergen-Free Utensils & Accessories

In an IDEAL world, separate color coded kitchen equipment would be used for all allergy orders.



Food Delivery and Workstation Options:

B.

Model RS7 

Shown with all-stainless steel exterior (above); Allergen Awareness purple (inset)



Evolution Series Food Counters are also available in Allergen Awareness purple.

Designated and Allergen-Free Workstations; Room Service & Delivery Carts are utilized in both healthcare and hotels!

Model TDC16 

Shown with Royal Blue laminate side panels (left) and Allergen Awareness purple (right)



Action stations, handwashing sinks



Label, Label and Label Again



- Label Everything and list the Ingredients.
- Have a designated area where this information may be found if not available on pre-printed labels.
- If an adjustment was made during prep, then that label is no longer accurate, adjustments must be made to the label or the information available to be given out to a customer.

Take Aways:

- The “Big 8” Food Allergens are: Eggs, Fish, Milk, Peanuts, Shellfish (Crustacean), Soy, Tree Nuts, and Wheat.
- Work with an experienced Food Allergy Consultant!
- Food Allergy Labeling and Consumer Protection Act of 2004
- The Disability Laws are not restricted to K-12.
- Lawsuits are very real, not all publicity is good publicity!
- Food Allergy Training is an effective and marketable tool to keep your patients and patrons safer!
- Reach out to vendors such as Alluserv for food allergy designated equipment and tools!

We'll be happy to answer any questions!



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Contact us if we can help you:

Marsha Diamond, MA, RDN-

New Business Development,

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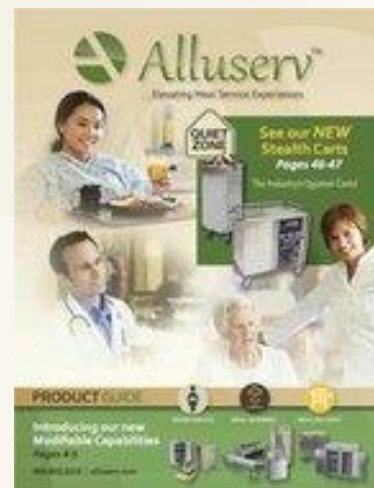
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