

AMY'S FOOD SAFETY SPOTLIGHT

July 2024



UPCOMING SERVSAFE® CLASSES

July 8th – Louisville

July 22nd – Louisville

August 6th – Louisville

August 20th – Louisville

UPCOMING EVENTS:

Golftoberfest – Monday
October 7th Persimmon Ridge
Golf Club. Register at
www.kyra.org under the
events tab!

AMY'S FOOD SAFETY SCOOP

The Big Nine

Anyone out there with food allergies? If so, then you know the importance of having knowledge when it comes to food allergens.

33 million Americans live with food allergies, 1 in 10 adults and 1 in 13 children. 74% of food allergen related incidents arise from restaurants.

The Kentucky food code currently states that “The person in charge is responsible for ensuring the staff is properly trained in food safety, including food allergen awareness as it relates to their assigned duties “. But in the 2022 updated FDA food code, the language is a bit more specific. Here is what it states: In order to protect your customers, you and your staff should know:

- The signs of an allergic reaction and what to do when one occurs
- The types of food that often cause an allergic reaction

Some states have recently passed regulations that food establishments must adhere to when it comes to allergen awareness. A few examples are; **Connecticut** restaurants must post on their menus a request for customers to notify their server of any food allergens before they place their order, an informational poster must be displayed for front and back of the house that contains information about the Big 9 allergens, actions servers should take when a customer notifies them about a food allergy, ways in which the kitchen staff and servers can prevent cross contact of foods, and the need to contact 911 if a customer has an allergic reaction while on the premises. **Texas** also requires a food allergen poster be displayed with



the information outlined in the 2022 Food Code and requires that the Certified Food Protection training program includes allergen awareness training information. **New York** requires food service establishments also display a poster containing information on food allergens as outlined in the 2022 Food Code and each food establishment must provide on their menu either a notice asking the guest to inform the server about their food allergy or a message that informs the customer about the allergy information for each prepared food item or items on the menu. They must also provide for online orders a method by which the customer may indicate a food allergy or provide a food allergy message that informs the customer about the allergy information for each prepared food item on the menu.

As of now, Kentucky does not have any of these mandates, but that may or may not change when Kentucky adopts the 2022 Food Code or some version of it.

I have attached a few different allergen posters that you can use when training your team on food safety and allergen awareness. Posting these in your team member area will help your employees become more knowledgeable and confident when it comes to taking care of your guests with food allergies.

While more than 170 food items can cause allergic reactions, just 9 account for 90% of all the allergic reactions in the United States. They are known as the **Big Nine: Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, and Wheat.**

Which one of these is connected to the most fatalities? Milk

Learn more about the **Big Nine allergens** and other risk factors to your food by signing up for a ServSafe® manager class with the Kentucky Restaurant Association.



Registered ServSafe Proctor
& Certified ServSafe Instructor

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