



MAJOR FOOD ALLERGENS

Effective July 1, 2026, a food facility that is subject to the federal disclosure provisions for nutrient content information must provide allergen information on its menu or in an accessible digital format (e.g. QR code).

California Retail Food Code section 113820.5 (a) was amended to add sesame to the existing eight major food allergens, now making it nine, and continues to require the Person-in-Charge to comply with the following:

- Demonstrate adequate knowledge of the 9 major food allergens: **milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame**. This includes foods identified as major food allergens as well as the symptoms that food allergens could cause in a person who has an allergic reaction.
- Educate all employees at the food facility regarding the information described above.

The 9 Major Food Allergens

- Milk
- Eggs
- Fish
- Shellfish
- Tree Nuts
- Peanuts
- Wheat
- Soybeans
- Sesame



Signs and Symptoms of Food Allergies:

- Rash/Flushed Skin
- Face, Tongue, Lip Swelling
- Tingling/Itchy Mouth
- Dizziness/Difficulty Breathing
- Loss of Consciousness
- Swelling Throat/Vocal Cords
- Coughing/Wheezing
- Vomiting/Diarrhea

What Can Food Facilities Do to Prevent Cross-Contact When Using These 9 Major Allergens?



LISTEN TO ALL FOOD ALLERGEN REQUESTS

Clearly communicate allergens and repeat when asked. Know allergens and processes to avoid reactions.



STORE ALLERGENIC FOOD SEPARATELY

Keep allergenic foods away from other foods and prepare separately.



AVOID CROSS-CONTACT FROM THE START

Properly clean and sanitize equipment between uses.



PROPERLY WASH HANDS

Ensure anyone handling food properly washes their hands.



USE ONLY ALLERGEN-FREE INGREDIENTS

Always check all ingredients and labels on foods.



CONSIDER AN ALLERGEN-FREE AREA

Designate a space in the kitchen for storage and preparation of allergen-free meals.

Food Allergens Can Be Life-Threatening

While most symptoms from food allergies are mild and limited to skin or digestive discomfort, some may progress to severe, life-threatening allergic reaction called **anaphylaxis**.

This can lead to:

- Constricted airways in the lungs
- Severe lowering of blood pressure and shock **“anaphylactic shock”**
- Suffocation by swelling of the throat and larynx

If you or a loved one has food allergies, use these 3 tips to help reduce your risk of getting sick.

1. Ask to see the menu or scan the QR code to read the list of ingredients
2. Learn to recognize early symptoms of an allergic reaction, in case of accidental ingestion.
3. Know what to do in case an allergic reaction occurs. **Call 911 and/or seek medical care.**