

# ALLERGIES & INTOLERANCES QUICK GUIDE

**For Personal Chefs & Their Clients**

*Become A Personal Chef™ Resource Library*

## SECTION 1 — Top 9 Major Allergens

- Milk
- Eggs
- Fish
- Shellfish
- Tree nuts
- Peanuts
- Wheat
- Soy
- Sesame

## SECTION 2 — Allergy Procedure (For Chefs)

1. **Document** all allergies in client file
2. **Confirm** before every weekly menu
3. **Separate** cutting boards + knives + tools
4. **Cook allergen-free dishes first**
5. **Clean + sanitize** after each task
6. **Label everything clearly**
7. **Never assume** any product is safe — check labels

## SECTION 3 — Cross-Contact Rules

- Separate utensils
- Color-coded boards
- Allergens stored **below** allergen-free food
- Replace sponges and towels immediately

## SECTION 4 — Hidden Allergen Sources

- Packaged sauces
- Spice blends
- Dressings
- Processed meats
- Bouillon cubes
- Baked goods

## SECTION 5 — Client Responsibility

Clients should disclose:

- Severity of allergy
- Cross-contact sensitivity
- Past reactions
- Medications or EpiPen availability
- Doctor's recommendations