



calgary health region

**Southeast Community
Portfolio**

Centre 15

Environmental Health

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Allergies

Be aware of the ingredients in your dishes. Keep ingredient labels of products that are prepared off site. Provide consumers with all the information you have, and let them decide if they believe the item is safe for them.

If a person with allergies is eating at your establishment, be sure to inform the cooking staff. They will need to ensure all utensils are cleaned before preparing food. Hand washing will be critical. Make sure one ingredient isn't contaminated with others.