



# SUTTER COUNTY

## DEVELOPMENT SERVICES DEPARTMENT

Building Inspection  
Code Enforcement

Engineering/Water Resources  
Environmental Health/CUPA

Planning  
Road Maintenance

### Food Allergens

Many people have allergic reactions to food, some of them life-threatening. If a person with a food allergy eats, or comes into contact with, a food they're allergic to they can have a serious, life-threatening reaction called anaphylaxis.

California Retail Food Code (section 113947) requires the person in charge, and all food employees, to have adequate knowledge of, and be properly trained in, food safety as it relates to their assigned duties. This includes knowledge of major food allergens.

By code, major food allergens are defined as:

- Milk
- Eggs
- Fish, including, but not limited to, bass, flounder and cod
- Crustacean shellfish, including, but not limited to, crab, lobster, and shrimp
- Tree nuts, including, but not limited to, almonds, pecans, and walnuts
- Wheat
- Peanuts
- Soybeans
- A food ingredient that contains protein derived from any of the above listed food



Symptoms may occur within a few minutes to two hours after a person has consumed or contacted a food they're allergic to.



Symptoms may include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in mouth
- Face, tongue or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing/wheezing
- Dizziness/lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness
- Death