

# FOOD ALLERGENS

Food allergies occur when the ingestion of food results in the immune system mistakenly attacking a food protein. This triggers the sudden release of chemicals, including histamine, that then produces the symptoms of an allergic reaction. The symptoms may be mild (rashes, hives, itching, swelling, etc.) or severe (trouble breathing, wheezing, loss of consciousness, etc.) and can be potentially fatal. It is estimated that approximately 12 million Americans suffer from food allergies.

Individuals can be allergic to any food. Only eight foods (milk, eggs, peanuts, tree nuts, fish, shellfish, wheat, and soy) cause 90% of food-allergic reactions.

## Food Allergen Ordinances – Requirements

The City of St. Paul has enacted a food allergen related ordinance.

- The first ordinance requires all restaurants to display the approved allergen awareness poster in the staff area (kitchen).

## Allergen Awareness Poster Ordinance – Restaurants (Effective 10/1/10)

### Sec. 331A.12. - Allergen awareness.

- (a) Allergen awareness poster: Every establishment holding a restaurant license under this chapter shall prominently display in the staff area a poster approved by the department of safety and inspections relative to food allergy awareness. Such poster shall be at least eight and one-half (8½) inches by eleven (11) inches. The poster shall be made available for free download and approved by the department of safety and inspections.

[City of Saint Paul Approved Allergen Awareness Poster](#)