



A Word about Virginia's Updated Food Regulations

Thursday, August 25, 2016

FOOD ALLERGEN AWARENESS FOR VIRGINIA FOOD ESTABLISHMENTS

Did you know Virginia has included food allergy training requirements into Virginia's Food Regulations?

Recently Virginia updated the Food Code which requires at least one person at each food establishment to obtain a Certified Food Manager's certification from an accredited course but also requiring food allergy awareness to be a component of employee training. Many courses offered cover basic food safety principles, critical control points for managing a restaurant and food allergy training. Training guidance for restaurant employees in food allergy awareness means a better sense of ease for Virginia consumers who have food allergies.

Click on the links below for more information:

[Virginia Department of Health Food Allergen Toolkit](#)

Here are tools and resources to educate your staff and better establish guidelines for all employees to follow. You will find a Food Allergen Toolkit that includes many resources.

- [Food Allergy Basics](#)
- [Training Programs for Restaurant Employees](#)
 - These courses assist your staff in better understanding food allergens and the public's needs regarding allergen safety. Plus, you'll get the gold star from the food allergy community!
- [National Restaurant Association](#) tips for allergy-friendly practices
- Download [Food Allergy Alert Cards](#) for your establishment
- Print out a poster to place in your kitchen and bring awareness to your staff

- Food Allergy & Anaphylaxis Network [poster](#)
- FARE/ MenuTrinfo poster- [English](#) / [Spanish](#)

Restaurant Employee Checklist:

- ✓ **Make yourself aware of food allergens, the symptoms of a reaction and what you can do to help avoid food allergic reactions for your customers**
- ✓ **Have a print-out in a highly visible spot for your staff to see allergen info**
- ✓ **Ask your patrons if they have any of the major food allergens**
- ✓ **Give specific instructions to your chef/ cooks about food allergens in each party- use Food Allergen Alert Cards**
- ✓ **Be careful not to cross-contaminate food**
 - **Sanitize the cooking utensils/ food contact surfaces before touching non-allergen food**
 - **Do not use the same grill as an allergen was prepared**
 - **Clean tables and seats between guests**
 - **Wash hands and use new gloves between touching ready to eat food especially after touching a food allergen**
- ✓ **Treat them as your guests because they are!**

What to do if there is a food allergy reaction?

- 1. Get the food item away from the individual**
- 2. Make sure their breathing is controlled and airway is open**
- 3. Call 9-1-1 for emergency assistance**
- 4. Have the individual administer their epinephrine auto-injector (EpiPen) if available & signs of anaphylaxis are present**
- 5. Continue to keep breathing under control and minimize panic**
- 6. Get them to medical care immediately**

If you need more information, do not hesitate to contact your Director of Government Affairs Petrina Jones at 804-643-0605.

PS. Don't Forget!!! VRMA's Annual Meeting is coming up on September 29, 2016. We want to see you and talk about your business concerns at Petrina's Workshop "Keeping Virginia Business Friendly". Also, we have a great lineup for speakers! Randy Sparks will present a training session called HR101 and

the DOL's Overtime Rules. Bob Holsworth will talk to us about politics during lunch. We have a silent auction to raise money for the political action committee and we will be presenting an award to our Legislator of the Year!

Click here to sign up : [VRMA Annual Meeting](#) or go to www.virginiaretail.org.

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