Prevent Cross-Contact

Keep diners with food allergies safe. Even a tiny amount of an allergen can cause a severe and potentially life-threatening allergic reaction.

<table>
<thead>
<tr>
<th>Cross-Contact</th>
<th>Cross-Contamination</th>
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</thead>
<tbody>
<tr>
<td>Occurs when an allergen is unintentionally transferred from one food to another</td>
<td>Occurs when microorganisms like bacteria contaminate food</td>
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<tr>
<td>Can cause food allergy reactions</td>
<td>Can cause foodborne illnesses</td>
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<tr>
<td>Proper cooking does NOT reduce or eliminate the chances of a food allergy reaction</td>
<td>Proper cooking may reduce or eliminate the chances of foodborne illness</td>
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</tbody>
</table>

Always wash hands and change gloves between preparing different menu items

Clean and sanitize surfaces between every menu item: countertops, cutting boards, flat-top grills, etc.

Always use clean kitchen tools for food preparation: pots, baking sheets, utensils, cutting boards, etc.

Prepare meals on top of barriers like cutting boards, foil, deli paper, etc.

**Remember:** If a mistake is made, you must start over and remake the allergy-friendly meal

**Proper Cleaning to Remove Allergens**

- Wash with warm, soapy water
- Rinse with clean water
- Air dry

Top 8 Allergens
But over 170 foods have caused food allergy reactions
Sources of Cross-Contact

Cross-contact occurs when an allergen is unintentionally transferred from one food to another. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.

<table>
<thead>
<tr>
<th>Source of Cross-Contact</th>
<th>Example:</th>
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<tbody>
<tr>
<td>Hands</td>
<td>• Handling shrimp and then preparing a salad</td>
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<td></td>
<td>• Touching almonds and then making pasta</td>
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<tr>
<td>Utensils, cutting boards, baking sheets, pots &amp; pans</td>
<td>• Using the same spatula to flip a hamburger after a cheeseburger</td>
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<tr>
<td></td>
<td>• Slicing cheese and then vegetables on the same cutting board</td>
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<tr>
<td>Preparation and cooking surfaces</td>
<td>• Preparing different kinds of sandwiches on the same countertop</td>
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<tr>
<td></td>
<td>• Cooking fish and chicken on the same flat top grill</td>
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<tr>
<td>Steam, splatter, flour dust and crumbs</td>
<td>• Steam from cooking fish or shellfish touches nearby foods</td>
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<tr>
<td></td>
<td>• Baking flour from pancake mix splatters onto bacon</td>
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<tr>
<td>Refrigerators, freezers and storage areas</td>
<td>• Ranch dressing drips onto a vinaigrette stored on a lower shelf</td>
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<tr>
<td></td>
<td>• Milk leaks onto margarine stored on the same shelf</td>
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<tr>
<td>Deep fryers and cooking oils</td>
<td>• Making french fries in a deep fryer after chicken tenders</td>
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<tr>
<td></td>
<td>• Reusing cooking oil to sauté green beans after sautéing fish</td>
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<tr>
<td>Condiments, nut butters and jelly/jams</td>
<td>• Dipping a knife used to spread peanut butter into a jelly jar</td>
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<td></td>
<td>• Touching the tip of a squeeze ketchup bottle to a breaded chicken breast</td>
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<tr>
<td>Shortcuts</td>
<td>• Picking croutons off a salad</td>
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<td></td>
<td>• Scraping eggs off a plate</td>
</tr>
</tbody>
</table>

Proper Cleaning to Remove Allergens

Wash with warm, soapy water
Rinse with clean water
Air dry

For each new item, use clean:

- **Hands**
  - Latex-Free Gloves

- **Utensils**
  - Surfaces

- **Oil and Water**
  - Pots/Pans/Baking Sheets

**Top 8 Allergens**

- MILK
- WHEAT
- EGGS
- SOY
- SHELLFISH
- PEANUTS
- TREE NUTS
- FISH

But over 170 foods have caused food allergy reactions