

# 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.

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



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



Dry with a fresh cloth



MILK



WHEAT



EGGS



SOY



SHELLFISH



PEANUTS



TREE NUTS



FISH

## 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.

Source of Cross-Contact	Example:
Hands	<ul style="list-style-type: none"> <li>Handling shrimp and then preparing a salad</li> <li>Touching almonds and then making pasta</li> </ul>
Utensils, cutting boards, baking sheets, pots & pans	<ul style="list-style-type: none"> <li>Using the same spatula to flip a hamburger after a cheeseburger</li> <li>Slicing cheese and then vegetables on the same cutting board</li> </ul>
Preparation and cooking surfaces	<ul style="list-style-type: none"> <li>Preparing different kinds of sandwiches on the same countertop</li> <li>Cooking fish and chicken on the same flat top grill</li> </ul>
Steam, splatter, flour dust and crumbs	<ul style="list-style-type: none"> <li>Steam from cooking fish or shellfish touches nearby foods</li> <li>Baking flour from pancake mix splatters onto bacon</li> </ul>
Refrigerators, freezers and storage areas	<ul style="list-style-type: none"> <li>Ranch dressing drips onto a vinaigrette stored on a lower shelf</li> <li>Milk leaks onto margarine stored on the same shelf</li> </ul>
Deep fryers and cooking oils	<ul style="list-style-type: none"> <li>Making french fries in a deep fryer after chicken tenders</li> <li>Reusing cooking oil to sauté green beans after sautéing fish</li> </ul>
Condiments, nut butters and jelly/jams	<ul style="list-style-type: none"> <li>Dipping a knife used to spread peanut butter into a jelly jar</li> <li>Touching the tip of a squeeze ketchup bottle to a breaded chicken breast</li> </ul>
Shortcuts	<ul style="list-style-type: none"> <li>Picking croutons off a salad</li> <li>Scraping eggs off a plate</li> </ul>

## Proper Cleaning to Remove Allergens



Wash with warm, soapy water



Rinse with clean water



Dry with a fresh cloth

For each new item, use clean:

Hands  
Latex-Free Gloves

Utensils  
Surfaces

Oil and Water  
Pots/Pans/Baking Sheets



MILK



WHEAT



EGGS



SOY



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