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
- Occurs when an allergen is unintentionally transferred from one food to another.
- Can cause food allergy reactions.
- Proper cooking does NOT reduce or eliminate the chances of a food allergy reaction.

### Cross-Contamination
- Occurs when microorganisms like bacteria contaminate food.
- Can cause foodborne illnesses.
- 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**

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**Top 8 Allergens**

But over 170 foods have caused food allergy reactions.

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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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</thead>
<tbody>
<tr>
<td>Hands</td>
<td>• Handling shrimp and then preparing a salad</td>
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<tr>
<td></td>
<td>• Touching almonds and then making pasta</td>
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<tr>
<td>Utensils, cutting boards, baking sheets,</td>
<td>• Using the same spatula to flip a hamburger after a cheeseburger</td>
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<tr>
<td>pots &amp; pans</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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<td></td>
<td>• Baking flour from pancake mix splatters onto bacon</td>
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<tr>
<td>Refrigerators, freezers and storage</td>
<td>• Ranch dressing drips onto a vinaigrette stored on a lower shelf</td>
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<tr>
<td>areas</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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<td></td>
<td>• Reusing cooking oil to sauté green beans after sautéing fish</td>
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<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>
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</tbody>
</table>

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

Top 8 Allergens

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

But over 170 foods have caused food allergy reactions