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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<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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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

Top 8 Allergens

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

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

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

But over 170 foods have caused food allergy reactions

MILK  WHEAT  EGGS  SOY  SHELLFISH  PEANUTS  TREE NUTS  FISH

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