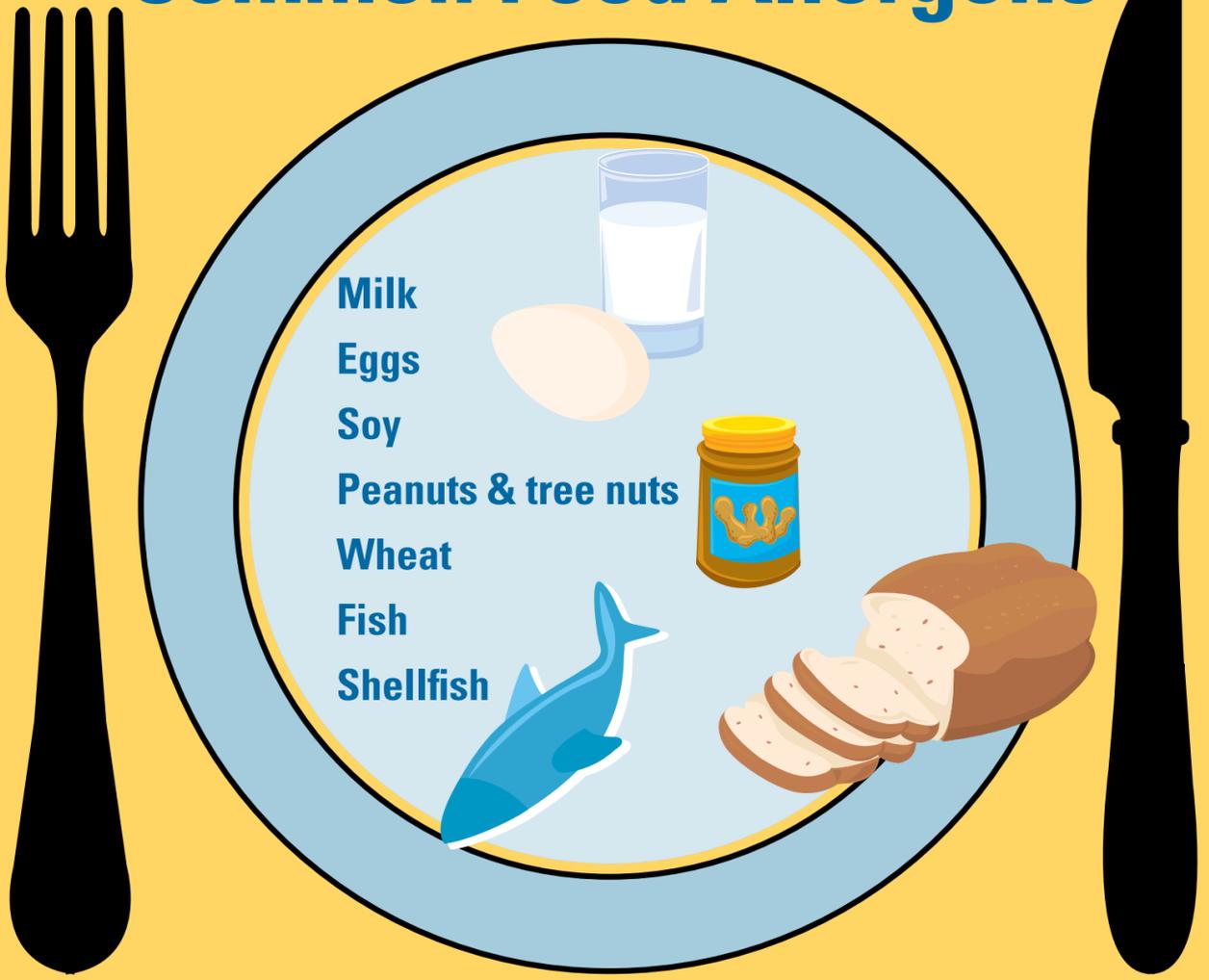


Be Safe in Your Kitchen

How to avoid cross-contamination of foods and food allergy triggers

Common Food Allergens



Kitchen Safety



Don't eat or drink when cooking – cross-contamination occurs when touching glasses or eating food



Use one cutting board for each food group – raw beef, raw poultry, produce, dry goods; wash thoroughly after each use

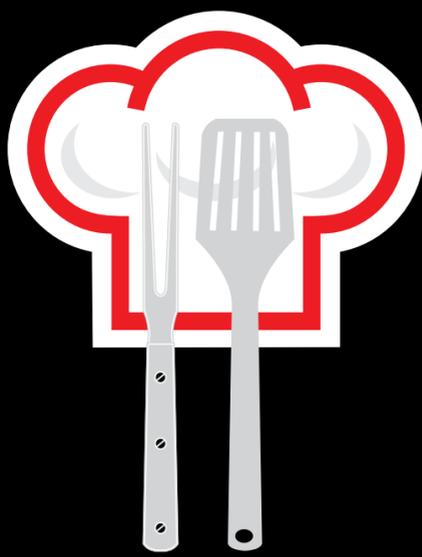
Protect your fridge – use a drip tray when thawing meat and place on lowest shelf possible so juices don't drip on other foods

Use lots of towels – disposable are best; one for hand wiping, one for wiping countertops, and don't wipe hands on aprons

Wash your hands – after handling potentially hazardous foods, coughing, sneezing, smoking, restroom breaks, eating, drinking; before eating and handling foods; before grabbing food out of a container



Cooking for Food Allergies



Don't cook items side-by-side. Food may splatter and cross-contaminate.

Store foods individually wrapped and sealed.

Store nuts separately from other food and buy only what you need.

Use specific color-designated knives and cutting boards for each allergenic food.

Properly sanitize dishes to avoid contamination and designate specific dishes to be used only by the food-allergic person.

Clean equipment thoroughly – all pots and pans should be cleaned, dried and stored properly.

Clean kitchen surfaces – don't forget front edges of countertops and drawer handles/knobs.