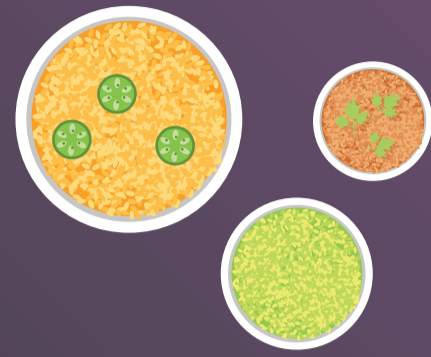
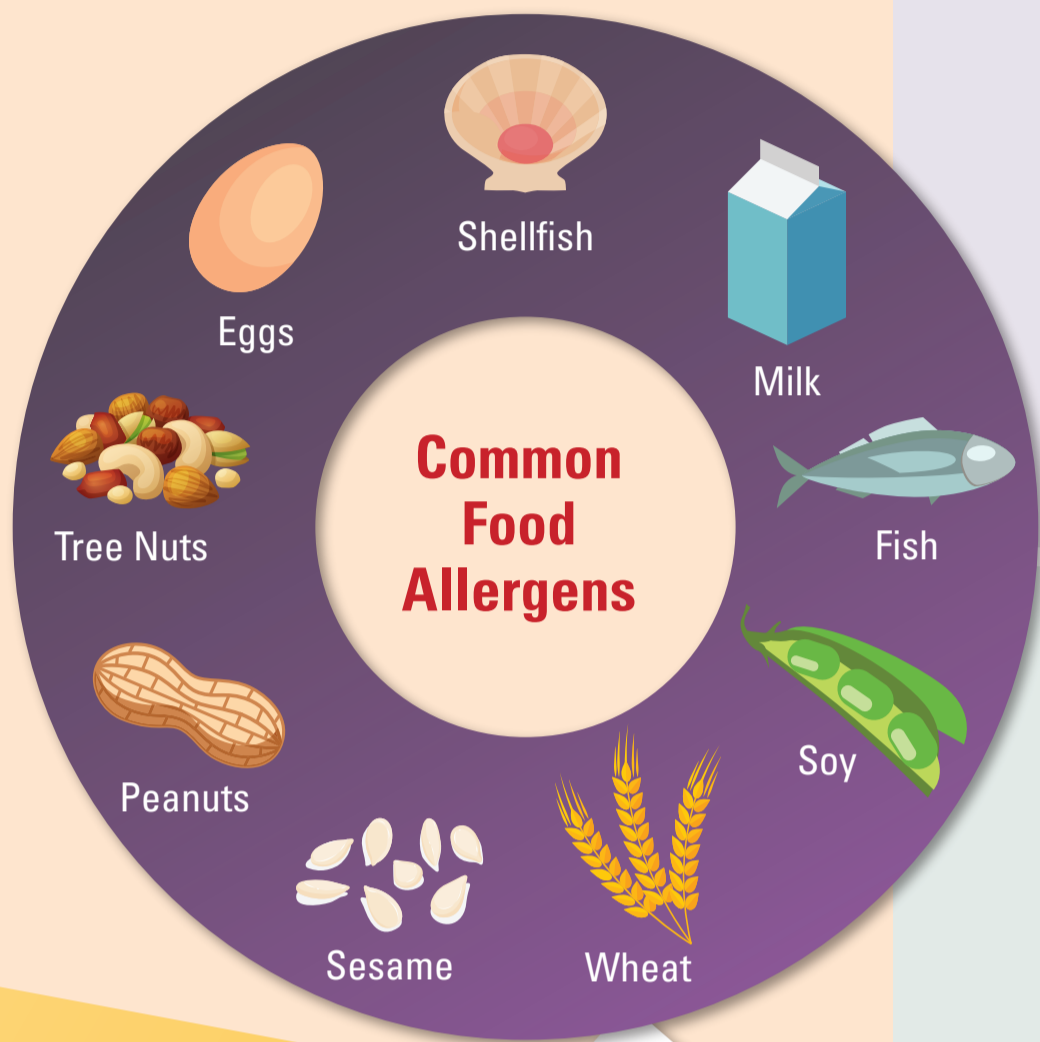


Cooking and Food Allergies



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



Clean hands with soap and water before preparing/serving

- Clean surfaces with soap/water or cleaning agents. Hand sanitizer is not effective for removing allergens.



Don't eat or drink while cooking

- Cross-contamination occurs when touching glasses or eating food



Cross-Contact



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



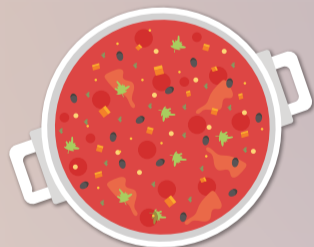
Wash your hands – after handling potentially hazardous foods, coughing, sneezing, smoking, restroom breaks, eating, drinking; before eating and handling foods; before grabbing food out of a container

! Cross-contact occurs when when an allergen comes into contact with a food that is otherwise safe. When this happens, even tiny, invisible amounts of the allergen can transfer to that food. Although you may not be able to see it, those small traces can still trigger an allergic reaction.

7 Ways to Avoid the Dangers of Cross-Contamination



1 Properly sanitize dishes and utensils after each use.



2 Don't cook items side-by-side to avoid food splatter.



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

4 Store food individually wrapped and sealed.



5 Clean all cooking equipment and dishes thoroughly with soap and water.



6 Designate specific dishes to be used only by the food-allergic person.



7 Clearly label allergenic foods and consider storing separately from other foods.

