

Can Utensils



Make You Sick?

Food allergy reactions can be triggered by cross-contamination from a very small amount of food.

Here's what you need to know.

How Cross-Contamination Happens



Food-to-Food



Food-to-Object



Food-to-Saliva

13 Ways to Avoid the Dangers of Cross-Contamination

1 Wash your hands with soap and water



before handling, cooking and eating foods.

2 Don't eat or drink while cooking.



3 Use one cutting board for each food group.



Properly sanitize dishes and utensils after each use.



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



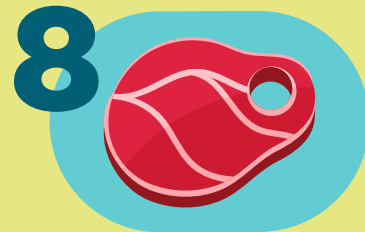
6 Store food individually wrapped and sealed.



Store nuts separately from other food.



Place raw meat on a drip tray to thaw in the refrigerator.



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



Use disposable towels to clean countertops and wipe hands.



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



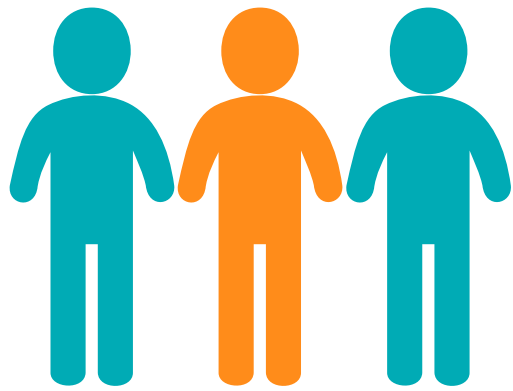
12 Clean all cooking equipment and dishes thoroughly with soap and water.



Use soap and water to clean kitchen surfaces.



Facts



Nearly 1/3 of children with food allergies have multiple food allergies.

The Most Common Food Allergens

- Milk
- Egg
- Soy
- Peanut
- Tree Nuts
- Wheat
- Fish
- Shellfish



Hand Sanitizers Do Not Remove Food Allergens