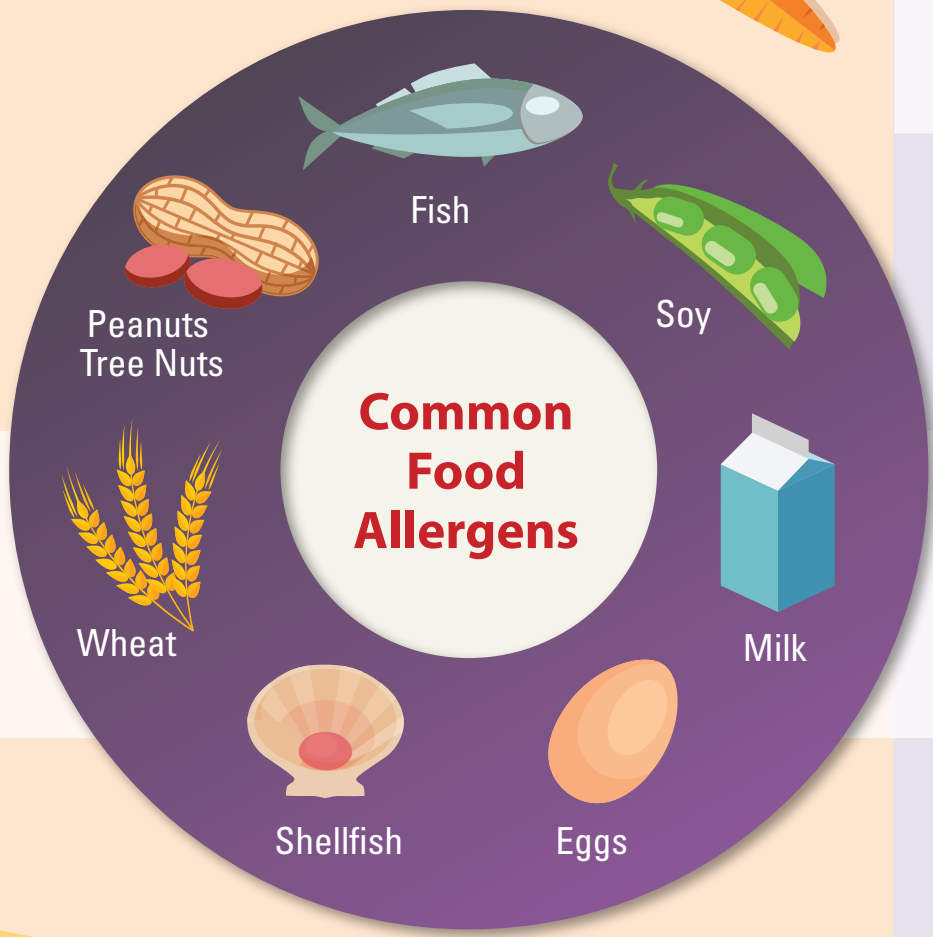


Be Safe in Your Kitchen

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



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



Don't eat or drink while cooking

- Cross-contamination occurs when touching glasses or eating food



Kitchen Safety



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

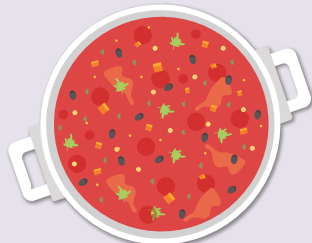


Wash your hands – after handling potentially hazardous foods, coughing, sneezing, smoking, restroom breaks, eating, drinking; before eating and handling foods; before grabbing food out of a container

8 Ways to Avoid the Dangers of Cross-Contamination



1 Properly sanitize dishes and utensils after each use.

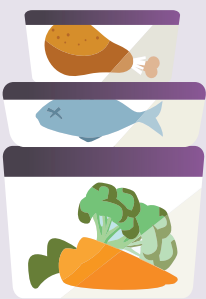


2 Don't cook items side-by-side to avoid food splatter.



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 Use soap and water to clean kitchen surfaces.



8 Store nuts separately from other food.

