Cross-Contact

Potential Sources
- Dirty hands
- Splashed or spilled food
- Tables and chairs

Ways to AVOID
- Know what foods your friend can or cannot have
- Practice good hand washing or use hand wipes
- Use clean spoons, forks and dishes
- NO food sharing or trading
- Always check labels

IT IS IMPORTANT to have an adult check the food label.

Hidden Allergens
- Eggs: egg substitutes, mayonnaise, baked goods, noodles
- Fish/Shellfish: seafood flavorings
- Milk: cheese, bread/buns, soup/gravy, hot dogs, deli meat
- Wheat: flours, soup mixess, snacks
- Soy: baked goods, bread/buns, candy
- Peanut/Tree Nuts: candy, ice cream, baked goods, salads, salad dressing, barbecue sauce, cereal/granola bars

IN CASE OF AN ALLERGIC REACTION TELL AN ADULT THEN CALL 911