Cross-Contact

Potential Sources

• Dirty hands
• Splashed or spilled food
• Tables and chairs
• Spoons, forks, and dishes
• Dirty cleaning cloths
• Pots/pans

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 mixes, snacks
• Soy: baked goods, bread/buns, candy
• Peanut/Tree Nuts: candy, ice cream, baked goods, salads, salad dressing, barbecue sauce, cereal/granola bars
• Sesame: hummus, baked goods, protein and energy bars, dressings, bread crumbs

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

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