

# Cross-Contact

## Potential Sources

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

## 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 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

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