

# AVOID A REACTION BY TAKING ACTION

**FoodSafetyMonth.com**

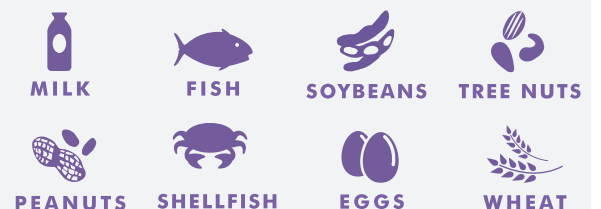
A food allergy results when the immune system mistakenly attacks a food protein (food allergen). One of the most important ways you can keep guests with food allergies safe is by preventing cross-contact. Cross-contact occurs when one food comes in contact with another food, and their proteins mix. It can also occur when the same equipment and utensils are used to prepare or serve food.

## WEEK

1

### THE BIG 8 AND CROSS-CONTACT

**Eight food items account for 90% of food-allergic reactions. These eight food items are known as the “Big 8.”**



## WEEK

2

### READING LABELS

**It's important to check the labels of the food items you are using when serving people with food allergies, and it's important to know what to look for.**



## WEEK

3

### PREVENTING CROSS-CONTACT IN THE FRONT OF THE HOUSE

**Cross-contact does not only occur in the back of the house, it can also occur in the front. Be sure to correctly clean work stations, laminated menus, tables, and salt and pepper shakers and other condiments before seating guests who have food allergies.**



## WEEK

4

### PURCHASING AND TRANSPORTATION

**Special care should be taken to read labels and prevent cross-contact when purchasing and transporting food. Vendors can change the recipes of their food items without notice, and food that does not contain allergens can be contaminated by food that does contain allergens while being transported.**



## WEEK

5

### SEPARATION IN EQUIPMENT AND STORAGE

**Use separate equipment and utensils when preparing food for people with food allergies, and store food containing food allergens separately from other food.**



**Talk to your manager for more information on how to keep guests with food allergies safe in your operation.**



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