

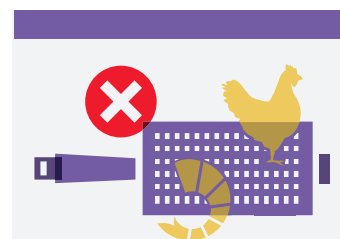
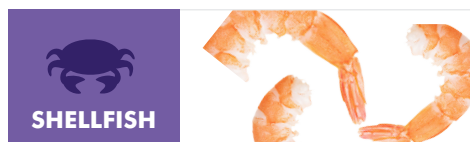
# The Big 8 and Cross-Contact

AVOID A REACTION  
BY  
TAKING ACTION

FoodSafetyMonth.com

A food allergy results when the immune system mistakenly attacks a food protein (food allergen). While more than 160 food items can cause allergic reactions, just 8 of those account for 90% of all reactions. These 8 food items are known as the "Big 8."

## The Big Eight



**FOR EXAMPLE**  
Don't fry shrimp and breaded chicken in the same fryer oil.

Cross-contact can occur in many ways, such as cooking different types of food in the same fryer oil, not washing hands correctly after handling food that contains an allergen, putting food on surfaces that have touched an allergen, and not correctly washing, rinsing, and sanitizing utensils.

**CROSS-CONTACT:** The transfer of an allergen from a food containing the allergen to a food that does not contain the allergen.



One of the most important ways you can keep guests with food allergies safe is by preventing cross-contact.

## STEPS TO AVOID CROSS-CONTACT

- Wash, rinse, and sanitize cookware, utensils, and equipment after handling a food allergen.
- Wash your hands and change gloves before prepping food.
- Use separate fryers and cooking oils when frying food for guests with food allergies.
- Prep food for guests with food allergies in a separate area.



©2013 National Restaurant Association Educational Foundation (NRAEF). All rights reserved. ServSafe is a registered trademark of the NRAEF, used under license by National Restaurant Association Solutions, LLC. The logo appearing next to ServSafe is a trademark of the National Restaurant Association.

NATIONAL  
**FOOD  
SAFETY**  
MONTH  
September 2013



## Activity 1: What's Wrong Here?

AVOID A **REACTION**  
BY  
TAKING **ACTION**

FoodSafetyMonth.com

In the space provided, describe what is wrong with each of these images. Then describe how each situation should have been handled correctly.



Using the same spoon to scoop peanuts and greens at a salad bar. What's wrong here?

---

---

---

---



Chocolate chip cookies baked on the same baking sheet as peanut butter cookies. What's wrong here?

---

---

---

---



Handling a banana nut muffin and a chocolate chip muffin with the same pair of gloves. What's wrong here?

---

---

---

---





WEEK

1

## Activity 2: Find the Big 8

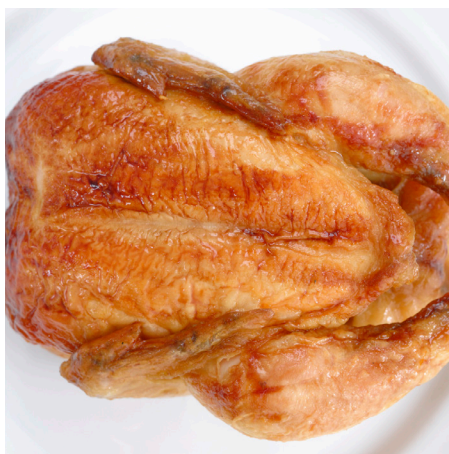
AVOID A **REACTION**  
— BY —  
TAKING **ACTION**

FoodSafetyMonth.com

Circle the images that depict some of the Big 8 Allergens.



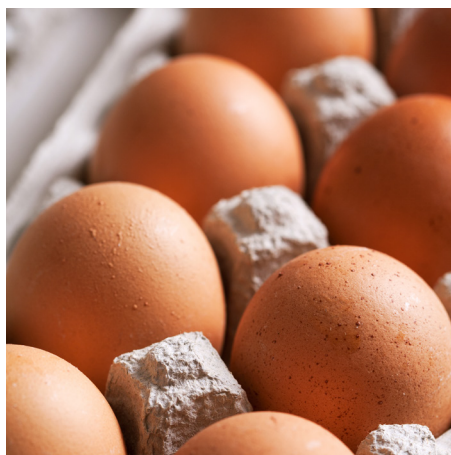
**Milk**



**Turkey**



**Ground Meat**



**Eggs**



**Lettuce**



**Fish**



©2013 National Restaurant Association Educational Foundation (NRAEF). All rights reserved. ServSafe is a registered trademark of the NRAEF, used under license by National Restaurant Association Solutions, LLC. The logo appearing next to ServSafe is a trademark of the National Restaurant Association.

NATIONAL  
**FOOD  
SAFETY**  
MONTH  
September 2013

