



# Proper Procedures for Allergies & Cross-Contamination VS Cross-Contact

A food allergen is a protein in a food or ingredient to which some people are sensitive.

These proteins occur naturally:

- When enough are eaten, an allergic reaction can occur
  - The immune system mistakenly considers the protein harmful
  - The immune system attacks the food protein
- Initially, symptoms can be mild
- In severe cases, death can occur
  - Anaphylaxis- a severe allergic reaction-can occur
  - Call the emergency number when this occurs
  - Anaphylaxis can lead to death

Proper Procedures for allergies:

- Food Labels are important
  - “Big Eight” allergens must be clearly identified on labels of manufactured food by one of these methods:
    - Including it in the common name of the food
    - Showing it in parentheses after the ingredient
    - Showing it in a “contains” statement

Service staff should help prevent allergic reactions by:

- Describing dishes and telling customer how items are prepared
- Identify ingredients and let customer know if food they are allergic to is in the item and identify secret ingredients
- Suggest items to customer of items that do not contain the allergen
- Clearly marking the order as an allergen to inform the kitchen of the allergy
- Confirm the food with the kitchen that it’s the allergen dish and no allergens have touched the plate
- Hand deliver the allergen food separately from other food



# Proper Procedures for Allergies & Cross-Contamination VS Cross-Contact

**Kitchen staff can avoid cross-contact by:**

- **Checking recipes and ingredient labels to confirm allergens are not present**
- **Making sure the allergies does not touch anything for customers with food allergies**
  - Including food, beverages, utensils, and equipment
- **Using separate fryers and cooking oils when frying food for customers with food allergies**
- **Labeling food packaged on-site for retail sale**
  - Name all major allergens on the label and follow any additional labeling requirements

**Cross-Contaminations VS Cross-Contact:**

- **Cross-Contamination is when pathogens are transferred from one surface or food to another**
  - Examples are Ready-to-eat food touched a contaminated surface
  - Contaminated food touches or drips fluids onto cooked or ready-to-eat food
  - Contaminated ingredients are added to food that receives no further cooking
  - A food handler touches contaminated food then touches ready-to-eat food
  - Contaminated wiping cloths touch food-contact surfaces.
- **Cross-Contact is when allergens are transferred from food or food-contact surfaces containing an allergen to the food served to the customer**
  - Examples are cooking different types of food in the same fryer oil
    - Shrimp allergen can be transferred to the chicken being fried in the same oil
  - Putting chocolate chip cookies on the same parchment paper that was used for peanut butter cookies can transfer some of the peanut allergy