



# TIPS FOR AVOIDING FOOD ALLERGENS CROSS-CONTAMINATION

1. Wash all utensils with soap and hot water immediately after preparing food with allergens.
2. Store food with allergens separately and label them. I use a sharpie marker and write "NUTS" but you can also purchase labels or make them yourself.
3. Eat allergen foods in one area and clean up immediately after eating.
4. Do not prepare meals with allergens while preparing meals without allergens.
5. Wash hands thoroughly with soap and hot water before and after preparing foods with allergens.
6. Do not leave food with allergens unattended especially if a young child is allergic and may grab and eat it.
7. Educate all family members, guests and your children on them and their sibling food allergies.
8. If your children have different food allergies, designate special dishes, cups etc for them. For example, my daughter has all Doc McStuffins dishes, cups etc. while my son has Spiderman. They never use each other's cups or dishes.

**PS: ALWAYS CONSULT TO YOUR CHILD'S ALLERGIST BEFORE INTRODUCING EXPOSURE. I AM NOT A DOCTOR.**