

Food Allergy

A serious and potentially life-threatening medical condition. A food allergy happens when your immune system overreacts to a harmless food protein – an allergen. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.

Celiac Disease

An autoimmune disease in which the small intestine is hypersensitive to gluten (wheat, barley and rye), leading to difficulty in digesting food. This leads to damage in the small intestine. Being gluten-free may be a health choice or health requirement. Gluten-free foods includes rice, corn and quinoa.

Food Sensitivity/Intolerance

Occurs when the body can't fully digest a type of food. It is not life-threatening but can be uncomfortable or painful. It may be necessary to avoid a group of food (e.g. milk/lactose).

Cross Contact

Occurs when an allergen is unintentionally transferred from one food to another. This can cause allergic reactions. Proper cooking does NOT reduce or eliminate the chances of a food allergic reaction.

To avoid cross contact:

- Always wash hands and change gloves between preparing different menu items
- Clean and sanitize surfaces between every menu item; countertops, cutting boards, grills, etc.
- Prepare meals on top of barriers like cutting boards, foil, deli paper, etc.
- Remember: If a mistake is made, you must start over and remake the allergy-friendly meal.

Proper Cleaning to Remove Allergens

- Wash with warm, soapy water
- Rinse with clean water
- Sanitize and air dry

