

# Managing Food Allergies

- Follow a Food Allergy Management Plan.
- Separate allergen-free ingredients in storage and preparation to avoid cross-contact.
- Read labels before preparing allergen-free food.
- Use designated or color-coded utensils and equipment for allergen-free foods.
- Wash hands before preparation.
- Use clean aprons, potholders, and oven mitts.
- Wash, rinse, and sanitize all utensils, equipment, and food contact surfaces before and after each use.
- Prepare allergen-free foods first, wrap and label them.



MILK



TREE NUTS



WHEAT



SOY



CRUSTACEANS



EGGS



FISH



PEANUT



SESAME SEEDS



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