

Safe Food

WORKSHOPS

Step

1

RECOGNIZE

- Do you have the complete list of all the campers with allergies?
- Can you identify the signs and symptoms of an allergic reaction?

Step

2

RECIPE

- Have you picked a simple recipe?

Step

3

REPLACE

- Have you used the ingredient substitution charts?

Step

4

REVIEW

- Have you gone over the list of ingredients?
- Have you selected foods that pose no threat to the campers with allergies?

Step

5

RUB & SCRUB

- Have you thoroughly cleaned all the surfaces and utensils?
- Have you washed your hands properly?

Step

6

RE-EXAMINE

- Have you defined an area for the campers with allergies?
- Did you handle the non-allergenic foods before those containing allergens?
- Did you remember to not wipe your hands on your clothes?
- Have you avoided sharing food and utensils?

