

# Cross Contamination:

## Raw Meats and Ready to Eat Foods



- **ALWAYS AVOID CROSS CONTAMINATION**
- Cross contamination is when the bacteria from one type of food is transferred to another type of food
  - Example: The transfer of harmful bacteria from raw chicken to lettuce
- Cross contamination can cause food borne illness when harmful bacteria from raw meat/eggs contaminate ready to eat (RTE) foods that are then consumed
- **DO NOT** use the same utensils to handle raw meat/eggs and then use the same to handle RTE foods unless those utensils have been washed, rinsed and sanitized between use
- Bacteria can travel by way of the utensils which will then contaminate the food you prepare afterwards
  - Example: When you use a cutting board to cut raw meat and then you use it to cut lettuce for a salad. Now, that lettuce has been contaminated with the harmful bacteria found in the raw chicken. Since that lettuce will not be cooked, the bacteria will remain alive on the lettuce
- This contamination can also occur when hands are not washed and new, clean gloves are used between handling raw meat/eggs and RTE foods