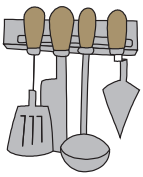
KEEP GLUTEN-FREE FOODS GLUTEN-FREE

PREVENTING CONTAMINATION AND CROSS - CONTAMINATION OF GLUTEN-FREE MENU SELECTIONS

When preparing a gluten-free meal, it is important to prevent contamination of the gluten-free foods with particles and residues from gluten-containing foods. Even small amounts of gluten can result in continued intestinal damage for people with Celiac Disease and Dermatitis Herpetiformis. **Care must be taken to ensure that gluten-free foods remain gluten-free.**



THE KITCHEN AND EQUIPMENT

- Select a preparation area that is separate from other food preparation areas.
- Air-borne flour and other gluten-containing food particles can cause contamination of gluten-free foods. Minimize the use of fans during gluten-free food preparation. Cover all open food containers.
- Ensure all food preparation surfaces, cooking surfaces and cooking utensils have been thoroughly cleaned. This includes the counter top, meat slicer, grill surface, cutting boards, bowls, knives, utensils, thermometers and cleaning cloths.
- Use dedicated pots, pans, utensils and cutting boards whenever possible to minimize the risks of cross-contamination.
- Rolled edge pans are easier to clean and ensure easier removal of gluten-containing particles.

Scrub with soap and water to ensure total removal of gluten-containing particles. Disinfect according to current standards of practice.

THE STAFF

- Wash hands thoroughly before handling gluten-free foods and ingredients.
- Use sanitary gloves for food preparation and change them before handling gluten-free foods and ingredients.
- Ensure that the powder used in the gloves does not contain gluten. Even powder-free gloves can have trace amounts of powder. Check with the suppliers for any gluten content.
- Become knowledgeable about gluten-free and other special needs diets and menu selections.

Educational programs are offered through many of the the local Chapters of the Canadian Celiac Association.

THE FOODS AND FOOD PREPARATIONS

- Ensure all ingredients are gluten-free.
- **Check product ingredients regularly.** Manufacturers can change ingredients without notice.
- Ensure anti-caking and flow agents are gluten-free. Be aware that these agents may not be identified in the list of ingredients. Check with suppliers.
- Use boldly labeled, separate, airtight containers for all food products designated as gluten-free.
- Prepare gluten-free meals before other menu selections.
- Clean utensils must be used for each condiment, butter, sauce and all other items. Do not use any utensil in more than one food item. The thermometer must be cleaned before checking temperatures and between use in each different product.
- Use individual portions and/or squeeze bottles for condiments to prevent contamination.
- Deep fryer oil previously used for gluten-containing foods is unsafe for gluten-free cooking.
- Fresh water must always be used for boiling, poaching or steaming.
- When oven space is shared, use the top oven racks for cooking gluten-free foods. This helps to prevent gluten-containing particles from falling or dripping into gluten-free foods.
- Use caution with or avoid the use of convection ovens because of the risk of air-borne gluten-containing particles.
- Use toaster bags to prevent contamination of gluten-free bread products in toasters and toaster ovens.

OTHER CONSIDERATIONS

- Arrange buffet tables with gluten-free selections first and separated from the gluten-containing selections. Label the gluten-free foods. This minimizes the risk of serving spoons being interchanged amongst containers which can result in the contamination of the gluten-free selections.
- Bulk bins can be a source for cross-contamination. Scoops may have been interchanged, carrying gluten-containing particles and residues with them.

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