



Excerpt from the Canadian Celiac Association, New Member Kit

Cross-Contamination

While many foods are gluten-free, you will also need to make sure that they have not been “contaminated” accidentally by coming into contact with gluten. This can happen almost anywhere – in your home, in a restaurant, in a bulk food store or in a commercial bakery that makes regular as well as gluten-free baked products.

Here are some tips to help avoid this problem:

At home:

- Do gluten-free baking before regular baking; (wheat) flour dust in the air could settle on gluten-free products and contaminate them
- Make sure the kitchen counter is freshly washed to remove crumbs and flour dust
- Scrub pots, utensils, and baking pans well before cooking gluten-free foods
- It is best to have separate sets of wooden spoons for gluten-free cooking
- Be extra cautious when guests are helping in the kitchen
- Some foods, especially snack foods, may be produced on a line containing gluten, either from other products, or by flour on the conveyor belt to prevent sticking. Call the manufacturer to confirm gluten-free status of production methods.
- Use a separate toaster, as well as separate containers of jams, jellies, peanut butter, margarine, and butter

Away from home:

- Bulk food store products can become contaminated by using scoops from other bins. Be very cautious when purchasing these foods
- Deli counter foods may be sliced with equipment used for cutting gluten containing products. Ask if it can be cleaned before slicing gluten-free meats
- Buffet lunches also provide many opportunities for cross-contamination. It's better to order from the menu, if possible
- French fries may be cooked in oil where battered foods have been fried. Ask your server or restaurant manager before ordering
- When ordering grilled meat, ask that the grill be wiped clean before your order is prepared