

## Avoiding Cross-Contamination in the Home



One of the greatest challenges for celiac patients is avoiding cross-contamination. Just because you prepare food on your own doesn't mean that it's safe. With the right precautions you can eliminate your chances of accidentally ingesting gluten in foods made in your own kitchen.

### What Is Cross-Contamination?

Cross-contamination occurs when gluten-free food comes into contact with gluten, making the food unsafe for celiac and gluten-sensitive individuals to consume.

### Guidelines:

- ❖ Have your own designated gluten-free toaster, cookware, and utensils, especially wooden (porous) cooking utensils and a cutting board.
- ❖ Designate a particular countertop as gluten-free. If this isn't possible, always clean the countertop before preparing gluten-free foods on it.
- ❖ Wash your hands after preparing gluten-containing food and before you touch any gluten-free utensils, cookware, or food.
- ❖ When shopping at the deli counter, make sure your gluten-free items are cut on clean counter spaces and handled with clean utensils.
- ❖ Bake gluten-free items first, then wrap up and store them before you move onto using gluten-containing flours. Regular flour dust in the air can settle onto gluten-free food making them unsafe to eat.
- ❖ Remind your family to use clean utensils for condiments and containers of foods such as peanut butter to prevent them from becoming tainted with gluten.
- ❖ When cooking lentils, pick them over very carefully to make sure there are no oats or wheat kernels, which can unintentionally get mixed in.

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Your Dependable Celiac and Gluten-Free Resource Guide

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