

My Cross-Contamination Checklist

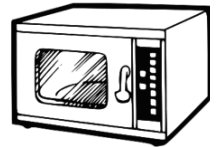


At home



Do I:

- Educate the people I live with about the importance of avoiding cross-contamination?
- Store gluten-free products (grains, flours, baking mixes, etc.) in labelled containers OR in a separate cupboard/drawer?
- Have my own:
 - Toaster (or place gluten-free bread in special toaster bags in regular toaster)
 - Cutting boards
 - Colander/ strainer
 - Flour sifter
- If using a shared (toaster) oven, ensure the rack is cleaned thoroughly?
- If using a shared convection oven, ensure that the fan is turned off?
- Avoid using wooden spoons, cutting boards and rolling pins?
- Keep my gluten-free cooking items in a separate drawer/cupboard?
- Make sure pots and pans are thoroughly scrubbed and rinsed before use, OR have my own designated gluten-free pots/pans?
- Use clean dishcloths or disposable wipes to clean the counter before preparing gluten-free foods?
- Clean the microwave between uses OR cover my gluten-free food in the microwave?
- When doing dishes in the sink, thoroughly wash and rinse items?
- Have my own gluten-free condiments, jam, peanut butter, etc. OR ensure there is a "NO double-dipping" rule?
- Use squeezable condiments (e.g. ketchup, mustard, mayo) whenever possible?
- When preparing lentils, check for and remove any foreign kernels; rinse lentils well with cold water before cooking?
- When using the BBQ, cook on a designated gluten-free surface OR place items on tinfoil?

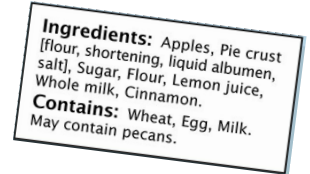




Away from home

When grocery shopping, do I:

- Check and read the ingredient list of all products to ensure there are no gluten-containing ingredients?
- Look for a gluten-free label whenever possible?
- Avoid products with a 'may contain' or 'contains' warning for wheat, barley or rye?
- Avoid purchasing food from bulk bins? (risk with scoop mix-up and flour dust)
- Avoid purchasing imported foods that may not have the same gluten-free standards as Canada?
- At the deli counter, do I confirm that the gluten-free deli item I am purchasing is cut with freshly cleaned utensils on a clean surface?



At restaurants, do I:

- Ask specific questions about how food items are prepared, ingredients used, and how they can ensure my food is free of cross-contamination?
- Ask to ensure that gluten-free fried foods are not fried in the same oil as battered foods?
- Ensure that meat/poultry/fish is cooked on a freshly cleaned or separate grill?
- Confirm that my gluten-free pasta or risotto is cooked in water that was not used for regular pasta, and that a separate clean strainer was used to drain the pasta?
- Ensure that my rice or vegetables are cooked in gluten-free soup broth or fresh water?
- Confirm that the seasonings used on foods are gluten free?
- Confirm that my scrambled eggs or omelets do not contain any pancake batter?
- Avoid imitation crab and tempura?
- Avoid buffet lines and salad bars? (risk with swapping utensils, spilling of food)



At social gatherings, do I:

- Let my host know ahead of time about my gluten-free needs?
- Offer to bring a gluten-free menu item(s) for myself and other guests?
- Ask that I can be served first before the food items can potentially be contaminated by others?

