

Tips for Sharing a Kitchen with Gluten

Clean well & often



Cutting boards (plastic or glass) and counter tops



Microwave walls, door, plate, and ceiling



Use dishwasher to clean share utensils, dishes, pots, pans, etc.



Measuring cups and spoons



Potholders



Baking pans

Use separate



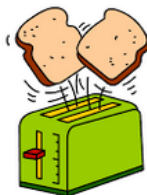
Dish rags, towels, and sponges (or clean often)



Strainers and colanders



Cooking utensils (do not share wooden utensils or wooden cutting boards)



Toaster oven and bread machines

Store separate



Store GF food in airtight containers on a separate shelf in cabinets and refrigerators. Keep them above gluten products.



Use containers that are freezer- and microwave-safe for easy reheating.



Keep GF flours and baking mixes in freezer.

Other tips to prevent contamination:

1. Buy separate peanut butter, jelly, butter, condiments, etc. and label as **Gluten-Free**.
2. Buy condiments in squeeze bottles.
3. Use single-dipping rule: dip the knife or spoon only once.
4. Use stickers or color-coding to label items that are exclusively **Gluten-Free**.
5. Use cast iron or foil packets for cooking on shared grills.