

Follow These L.A.W.S. To Prevent Gluten Exposure

Label

Designate and label gluten free items that cannot be shared such as peanut butter, butter, and toaster. Read food nutrition labels and avoid foods containing wheat, barley, malt, and rye.



Area

Prepare gluten free food in a separate area of the kitchen. Create a separate space for gluten free items such as a pantry shelf, or cupboard.



Wash

Wash hands frequently when simultaneously preparing gluten free foods and foods containing gluten. Also, keep kitchen cookware, utensils, countertops, and surfaces clean.



Surfaces

Cover surfaces of pans with parchment paper, foil, or cupcake liners. Keep surfaces clean and free of crumbs and debris.



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