

Think C.R.U.M.B.S.

To Prevent Gluten Cross-Contamination

Cookware

Use separate, clean cookware such as pots, pans, & colander. Avoid toaster unless it is designated gluten free.



Restaurants

There is high risk of gluten exposure from foods prepared in restaurants.



Utensils

Do not share utensils. Use separate, clean utensils to prepare and serve gluten free items.



Manufacturing

Read labels & use caution when choosing foods that may contain traces of gluten through the manufacturing process.



Butter

Avoid using butter, peanut butter, jam, & condiments contaminated with gluten.



Surfaces

Avoid contaminated surfaces including your own hands. Keep surfaces clean & wash hands frequently.



Find more helpful material at theglutenfreementor.com.

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