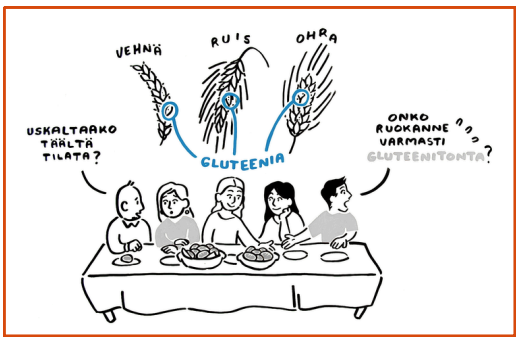
How to prevent gluten contamination

- [ ] I wash my hands carefully before handling gluten-free food or use clean disposable gloves.
- [ ] My work clothes do not have flour or crumbs that contain gluten on them.
- [ ] I clean the work surface with a clean kitchen cloth before handling gluten-free food.
- [ ] I use clean tools, cutting boards and dishes.
- [ ] I take ingredients with a clean measuring tool so that gluten-free and gluten-containing ingredients do not mix.
- [ ] I store gluten-free ingredients separately. For example, I keep gluten-free products in closed containers or placed above products that contain gluten.
- [ ] I cook gluten-free pasta in its own water and deep-fried foods in their own oil. *
- [ ] I arrange food and baked goods so that products containing gluten cannot mix with gluten-free foods. For example, wheat croutons cannot mix with gluten-free dishes.





*You can prevent contamination from a griddle or grill by cleaning the equipment or by using clean baking paper or foil around the gluten-free product.

Heating does not destroy gluten.

- [ ] If we use wheat, barley, or rye flour in our kitchen for baking, we make sure that flour from surfaces or from a convection oven does not contaminate gluten-free food. A safe distance from the baking area is at least two meters.
- [ ] If I serve food in a self-service line, I place a separate serving utensil for each dish.
- [ ] If I sell food for takeaway or delivery, I pack the portions in clean containers and clearly mark them as gluten-free.

