

TOP 10 KEY POINTS FOR CATERING GLUTEN FREE



1 Check ingredients lists for cereals containing gluten (**wheat, barley, rye** and **oats**) and avoid using products with a 'may contain' disclaimer. Never guess, always check.



2 Choose ingredients that are by nature gluten free or gluten free alternatives where possible.



3 Keep gluten free and gluten containing ingredients and foods separate.



4 Store gluten containing ingredients below gluten free ingredients.



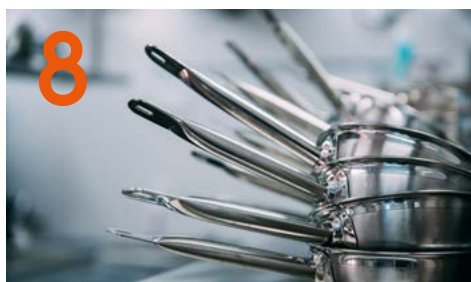
5 Make sure all ingredients are in lidded and labelled or easily identifiable containers.



6 Clean hands, utensils and equipment prevents gluten cross contamination.



7 Keep clean and dirty items separate to prevent cross contamination.



8 Use dedicated utensils and preparation equipment for gluten free food or clean non dedicated ones well before use.



9 Make sure you're able to provide information on any allergens, including cereals containing gluten, in all dishes served, including those prepared in an off-site kitchen.



When preparing gluten free food, minimise cross contamination:

- **boiling** – use fresh water
- **deep frying** – use a dedicated, clean fryer and clean oil
- **grilling** – have a dedicated grill or part of the grill
- **toasting** – use a dedicated toaster or use toaster bags
- **basting** – use separate gluten free basting brushes and clearly label
- **cutting and slicing** – use dedicated knives and chopping boards or clean thoroughly before use
- **oven baking** – place gluten free foods on clean baking trays and not directly on oven racks.
- **pastry and dough** – take care when handling cereal flours to prevent cross contamination and avoid potential issues by separating through time, distance and/or equipment.