

# GF MEAL PREPARATION GUIDELINES FOR FOOD SERVICES

In addition to avoiding wheat, barley, rye and contaminated oats when serving someone who follows a gluten-free (GF) diet, it is essential to avoid all contact with gluten.

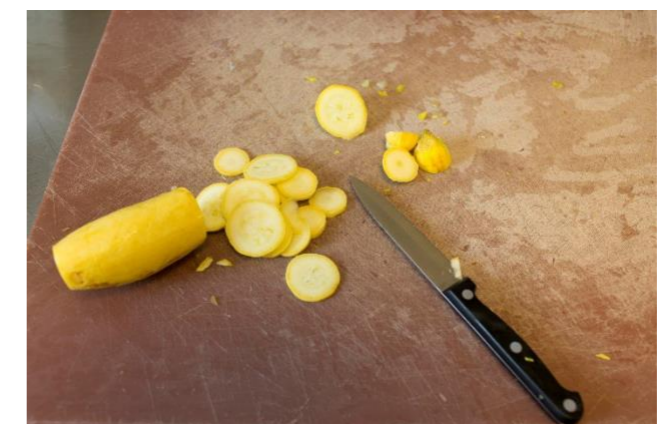
- Train all staff in GF procedures and re-train whenever there is a change in staffing or management.
- Assign one staff member to prepare GF meals at each shift.
- Where possible, establish a dedicated GF station in the kitchen.



- Clean all surfaces, including counters and cooking surfaces, before preparing GF food.
- Staff should wash hands, re-glove and wear a clean apron before starting a GF order.
- Read all labels to determine GF status of ingredients used.
- Use clean equipment, utensils and tools. Using dedicated color-coded equipment preferred.



- Difficult to clean items e.g. colander, sieve, and equipment made from porous materials such as wooden utensils. MUST be dedicated
- Use aluminum foil when toasting or grilling on non-dedicated equipment.



- Cook GF items separately in the oven and turn convection feature off.
- Use a dedicated fryer with clean oil when deep frying.
- Do not steam or warm vegetables in pasta water or over pasta pots.
- Store GF items separate from and above gluten-containing foods.



- Serve GF food on different shaped or colored plate.
- Clearly mark containers and bags for delivery.