

Cross Contact and Shared Kitchens When Following a Gluten-Free Diet

What is Cross Contact?

Cross contact with gluten happens when gluten-free (GF) foods come in contact with gluten-containing foods. You can have a shared kitchen when on a GF diet, but follow a few simple steps to avoid cross contact with gluten.

Steps to Avoid Cross Contact

Pots, pans, plates, glasses, cups, silverware, utensils: Wash gluten from these with dish soap and water. Use a clean brush or sponge. Or wash the items in the dishwasher.

Surfaces: Clean with soap and water until surfaces, including kitchen counters, are free from crumbs and debris.

Spreadable condiments: To avoid contamination with crumbs, use separate spreadable condiments (butter, peanut butter or others).

- Use squeeze bottles for condiments such as mayonnaise, mustard and jelly
- An alternative is to establish and keep a “no double dipping” policy in the household

Toasters:

- **Drop-in toasters:** Use separate, dedicated toasters, as these cannot be cleaned.
- **Toaster ovens:** Always clean the rack or tray. Or use aluminum foil when toasting.

Other Tips

Stickers: Use colored stickers to indicate GF items such as dedicated condiments.

All GF meals: Make communal meals (that are eaten together) all GF.

Making both GF and gluten-containing foods: Making a GF *and* a gluten-containing recipe for the same, shared meal? Make the GF recipes or foods first. Then make the gluten-containing foods.