

Cross Contact is when an allergen is inadvertently transferred from a food containing that allergen to a food that doesn't contain it. In restaurants, hospital/school cafeterias and/or bakeries that offer both gluten free and gluten containing products like gluten free pizza, pastas or baked items, cross contact can be problematic.



Toothpick Flag

Take the following steps to Gluten Free Safety & enjoy Healthier, Happier Customers.

#### Commercial Kitchen Tips to Reduce Cross Contact

**Tags** - Attach these dishwasher friendly, oven safe (up to 500° F) tags to the gluten free designated items like strainers, cutting boards, pots, pans, utensils, pizza cutter, scale platforms, shelves, cabinets and more.



Tag

#### Letting Staff and Customers Know



Toothpick Flag

**Toothpick Flags** - Wave off impending gluten contaminants by flying these flags when serving gluten free meals so gluten free foods can be easily identified.



Round Label Roll

**Round Label Rolls & Petite Labels** - Label takeout containers, to-go boxes or bags "gluten free" with our labels so gluten free food can be easily identified.

Preparing gluten free meals?  
If so, this brochure is a MUST read!

## 5 Ways to Prevent

## CROSS CONTACT of GLUTEN

*with products to  
give your  
Gluten Free Customers  
Peace of Mind*



Round Label Roll

To place an order check out:

glutenfree  
labels.com

or call 267.281.4932



## 1. Designate a Gluten Free Area

Use a separate preparation and/or work surface so potential issues like airborne contaminants (i.e., flour) don't become a hazard. Label your area "gluten free" with a label.



## 2. Use Separate Equipment

Pots, pans, cutting boards, and utensils should be designated and labeled "gluten free" with tags or labels.



## 3. Use Fresh

Use new water for boiling and steaming as well as fresh frying oil to prepare gluten free items such as French fries, so cross contamination does not occur (i.e. non gluten free breaded chicken that was cooked previously in the oil). Make sure to label "gluten free" appropriately so staff members are aware and do not contaminate it.



Round Label Roll

## 4. Flag Foods & Label To-Go

Set gluten free food apart by using key markers like: placing a "gluten free" labeled toothpick flag in prepared gluten free meals or placing "gluten free" labels on your to-go containers or pizza boxes prior to sending out of the kitchen, so all staff gives gluten free food the proper safe handling it needs.

## 5. Clean & Sanitize

Wash hands, change to new gloves, or use designated pot holders & aprons when switching from gluten to gluten free food handling. If you don't have separate equipment for all items such as scale platforms, broiler racks, flattop grills, and skillets; equipment must be cleaned with hot, soapy water before being used to prepare gluten free foods. Even a micro-trace of glutenous food can contaminate a meal and cause an allergic reaction.

