

Cross-Contamination in Your Home

Gluten can hide in many places, even in your home. Here are suggestions to help you avoid cross-contamination:

- **Kitchen**

- Thoroughly clean kitchen counters before making a gluten-free product.
- Prepare gluten-free foods first.
- Use clean cooking and serving utensils. Avoid using porous utensils and cookware such as wooden spoons, marinating brushes, and wooden cutting boards. Make sure to clean pots and pans after each use and before cooking gluten-free products.
- Assess your cooking equipment. Equipment that has scratches, small holes or crevices, scratched non-stick surfaces, and shared surfaces can lead to cross-contact.
 - Use a separate colander (strainer) with gluten free pasta.
 - Replace scratched plastic containers.
 - Use foil to create a barrier between food and surfaces like waffle irons, Panini presses, and your grill.
- If you have a convection oven, keep gluten free food covered tightly at all times. Convection ovens use a fan to circulate air which can cause cross-contact.
- Purchase a separate toaster and label it gluten free. If using a toaster oven instead, use foil or a clean tray for gluten-free items.
- Avoid “double dipping” in common condiment jars. Use squeeze containers or purchase separate jars and label them gluten free.
- Be careful with your sponges! Cross-contamination is more likely to occur when using the same sponge. Sponges are also more likely to spread gluten around the kitchen. Keep a separate sponge for gluten free dishes.
- Likewise, dish towels and rags can also trap gluten and cause cross-contamination. Purchase dedicated gluten free towels or let your dishes air dry. Although not a “green” solution, consider using disposable paper towels instead of a sponge or towel to wash/dry dishes and clean kitchen surfaces.

- **Bathroom**

- Medications and supplements can contain gluten. Check all prescription and non-prescription medications and supplements carefully for gluten.
- Toothpaste and mouthwash can also contain gluten. Be sure to double check ingredients and verify with the manufacturer that your products are gluten free.
- Lotions, sunscreen, and shampoo should be gluten free if there is a chance they could come into contact with the mouth.
- Lip care products and cosmetics that can be ingested or come into contact with the mouth should also be checked for gluten.