

Welfare Tip – Cross Contamination

As little as 50mg gluten (equivalent to 1/100th of a slice of standard wheat bread) can damage the small intestine of a person with coeliac disease. It is essential to avoid cross contamination with foods containing gluten to maintain a strict gluten free diet once diagnosed with coeliac disease.

Simple procedures for gluten free food preparation remove the risk of cross contamination:

- Store gluten free products and ingredients in separate sealed containers, and clearly label all foods in the pantry, refrigerator and freezer once they have been removed from original packaging.
- Separate butter and condiment containers may be necessary if you find that gluten containing crumbs are being left in the condiment.
- Thoroughly clean bread boards, knives and other cooking utensils used in food preparation or have dedicated cutting boards, cooking utensils, knives etc for the Coeliac.
- Ensure appliances such as toasters, sandwich makers and grills are clean before preparing gluten free foods.
- Use separate water in a clean pot for cooking or re-heating gluten free pasta. Use a separate strainer for gluten free pasta or strain it first.
- Do not dust meats or fish with flour prior to cooking.
- Do not dust cake tins with gluten containing flour (including wheaten cornflour).
- Icing sugar mixture commonly contains wheat. Keep this in mind when dusting cakes and slices. Gluten free icing sugar mixture is available.
- Clean oil should ideally be used when deep frying. If sharing with the family, make sure the gluten free item is fried first and then the gluten containing items.

Food eg butter, spread, sauce etc need to be kept separate and clearly labelled as no one else can use these

Food needs to be prepared and cooked separately from everyone else, using own chopping boards and utensils.

BBQ needs to be washed down thoroughly with hot soapy water after every use, not just wiped over because as previously mentioned a single crumb can make a child very sick. Alternatively a designated frying pan and saucepan.