

Store Location: _____

KEEP GLUTEN-FREE CRUST “GLUTEN-FREE”

When preparing a gluten-free pizza, it is important to prevent contamination of the gluten-free foods with particles and residues from gluten-containing foods. Even small amounts of gluten can result in continued intestinal damage for people with Celiac Disease and gluten allergies. Care must be taken to ensure that gluten-free foods remain gluten-free.

Cross contamination occurs when gluten-free food comes in contact with food containing gluten, making it unsafe for use in the gluten-free diet. Special care must be taken in the preparation of gluten-free foods. All hands, utensils, pans, appliances, counters, cooking surfaces, and cutting boards must be absolutely clean and free from gluten. Care must be taken to prevent airborne gluten particles from reaching gluten-free foods.

Please follow these important preparation guidelines:

THE KITCHEN AND EQUIPMENT

- If possible, try to select a preparation area that is separate from other food preparation areas.
- Air-borne flour and other gluten-containing food particles can cause contamination of gluten-free foods. Minimize the use of fans during gluten-free food preparation. Cover all open food containers.
- Ensure all food preparation surfaces, cooking surfaces and cooking utensils have been thoroughly cleaned. This includes the counter top, cutting boards, spoodles, cutters, and cleaning cloths. The best solution is to dedicate cooking utensils and cleaning cloths for gluten-free preparation. Be sure to label these utensils to avoid cross-contamination.
- To remove gluten-containing particles, scrub utensils and preparation areas with soap and water. Disinfect according to current standards of practice.

KITCHEN STAFF

- Wash hands thoroughly before handling gluten-free foods and ingredients.
- Use sanitary gloves for food preparation and change them before handling gluten-free foods and ingredients.
- Ensure that the powder used in the gloves does not contain gluten. Even powder-free gloves can have trace amounts of powder. Check with the suppliers for any gluten content.
- Become knowledgeable about gluten-free and other special needs diets and menu selections. The internet has many informational sites including www.gluten.net.

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THE FOODS AND FOOD PREPARATIONS

- Ensure all ingredients are gluten-free.
- Check product ingredients regularly. Manufacturers can change ingredients without notice.
- Use boldly labeled, separate, airtight containers for all food products designated “gluten-free”.
- Clean utensils must be used for each condiment, butter, sauce and all other items. Do not use any utensil in more than one food item.
- When oven space is shared, use the top oven racks for cooking gluten-free foods. This helps to prevent gluten-containing particles from falling or dripping into gluten-free foods.

OTHER CONSIDERATIONS

- Arrange buffet tables with gluten-free selections first and separated from the gluten-containing selections. Label the gluten-free foods. This minimizes the risk of serving spoons being interchanged amongst containers which can result in the contamination of the gluten-free selections.
- Bulk bins can be a source for cross-contamination. Ensure that utensils are not interchanged, carrying gluten-containing particles or residue into gluten-free products.

The accidental ingestion of gluten does not create the profound anaphylactic response that is common with peanuts and other allergens. Though many individuals with gluten allergies or celiac disease will experience immediate intestinal or other types of symptoms, the effects of these symptoms are cumulative and can lead to other medical conditions.

I have read and understand these important guidelines for the preparation of gluten-free pizza at my Cottage Inn Pizza location. I will ensure that my staff is trained to properly prepare gluten-free pizza.

Franchise Owner

(Print Name)

Store Manager