



TAKE CARE

WHEN COOKING GLUTEN-FREE MEALS

You can prepare food and pastries with and without gluten in the same kitchen as long as you ensure that the gluten-containing ingredients do not get mixed in with gluten-free ingredients.

- Thoroughly familiarise new and temporary workers with the preparation of gluten-free food.
- Only use and observe standardised food preparation instructions. Always notify the rest of the staff if you need to deviate from standardised instructions.
- Ensure that the ingredients are gluten-free, read the contents from the packages and know the ingredients.
- Store gluten-free ingredients and finished products in closed containers separate from conventional products.
- Before preparing gluten-free meals and pastries:
 - ♦ Clean the surfaces that will come into contact with gluten-free products.
 - ♦ Ensure the cleanliness of the kitchenware to be used.
 - ♦ Ensure that rice, sugar, potato flour, etc. cannot get contaminated by gluten-containing flour, crumbs, etc. Store ingredients in containers or packages.
- Where possible, prepare the same food for coeliacs as for everyone else, or at least using similar ingredients – for example, gluten-free macaroni casserole or gluten-free pasta bolognese.