



**GLUTEN FREE
GUIDE TO:
*KITCHEN HYGIENE
*SHOPPING**



INTRODUCTION

Gluten and your home

They say good manners start at home, so likewise educating yourself about gluten starts at home and what you are doing in your **own kitchen**.

In the kitchen

If you share a kitchen with people who prepare gluten-containing food:

- Clean your counter space well before and after preparing food.
- Wash hands before handling gluten-free food, especially after other food preparation.
- If possible have your own pantry or portion in the pantry.
- Use separate utensils to stir gluten-free and gluten-containing foods that you are making at the same time.
- Use separate colanders or strainers to drain gluten-free and gluten-containing pasta. Or get into the habit of straining your gluten-free food first. (saves washing up extra things)
- When possible, avoid wooden utensils, cutting boards, and rolling pins that have been used with gluten. Wooden items are porous and hold gluten. Or just have your own set that nobody else is allowed to use!
- Run everything through the dishwasher.
- Bake, grill and fry (all cooking methods) in a separate dish, pot or oven tray.
- Condiments can be a problem if others are sticking their knives in that have gluten on. Getting your own condiments reduces this risk. It may initially be more expensive but if it is just one or two in the house that are gluten free, then it will last long.

The main takeaways: keep your kitchen clean. If at all possible have a dedicated pantry and worktop surface if you can. Avoid using the same utensils for gluten-containing food.

Remember that it is unknown how much gluten is in each crumb of gluten-containing food, sometimes all it takes are a few crumbs to set off an autoimmune response. Therefore you will have to be diligent about this. However that being said, remember there is no need to go to extremes. Living gluten free can be challenging and stressful as it is, it is not necessary to add to the stress by over complicating things or stressing too much. **Do what you can with what you have.** By following the above guidelines, you are already eliminating much of the problems associated with cross contamination. This term will be discussed later on.



INTRODUCTION

Shopping

Shopping can be over whelming and daunting. I remember spending two hours in the shop and coming out with a handful of things and in tears. I had to **LEARN how to shop** all over again. But it was an eye opener. For the first time I started reading **food labels** and I learned so many tips and tricks about shopping in general!

Remember food labels are your **FRIENDS**.

Always read food labels, even if you think you know, ingredients can change.

Shop layout and tips:

Did you know that there is a secret to the way a shop is laid out? A shop layout is designed to maximize profit. A lot of psychology is involved. Learn the secret and you will avoid the traps!

1. A shop layout is designed so that you have to walk through many isles to get to the parts of the store that you really want to get to (for example the fruit and veg section, dairy section, bread section and egg section). If you stick the outskirts of the shop (the perimeter) you can skip all the isles that are unnecessary such as the sweet and chip isle, packaged and processed food isles etc.
2. The Fruit and Veg section is normally located in the front of each store. The dairy and egg sections are normally located in the same area of next to each other but near the back of the shop. The same goes for the Bread or bakery section. If you do not need to shop for anything else except these basic items, then stick to the outside of the store where all these basic requirements are normally located. This saves you time and temptation.
3. Certain shops have a dedicated Health section where they lump together the dairy-free, vegan and gluten-free foods. This can be a huge life saver. Make sure you know which shops have this kind of facility and make it a habit to rather shop there.
4. Remember shopping for fresh fruit and vegetables is also cheaper when it is loose. Packaged or prepared food is always more expensive. Invest in some eco friendly reusable bags (like cotton/mesh) and keep them in your car. Weigh your fresh fruit and vegetables and then put them in the bags. This will save money each month.
5. Only buy what you need for the week. Fresh things have a shorter life span. Start by deciding on a menu and then work out your shopping list and ingredients for what you plan to make. Save time and money and avoid wastage.



INTRODUCTION

Food labels

Food labels protect us the consumer. It is now law that all known allergens need to be listed on food labels and gluten is listed as an allergen. The product either needs to list gluten as one of the ingredients or it needs to say **“gluten-free” or “free from gluten” or “certified gluten-free”** or something along those lines.

Some products say “may contain gluten” or “made in a factory that uses gluten”. These are two of the more riskier labeling methods and need to be weighed by each person.

Normally this is just a way of a company covering themselves “in case”.

Sometimes the word gluten may be camouflaged and it is good to know what other terminology is included in gluten. Look out for :

- Wheat
- Barley
- Rye
- wheat flour
- wheat bran
- wheat germ
- graham flour
- durum flour
- bulgar wheat
- farina
- semolina (couscous)
- spelt
- kamut
- einkorn
- emmer
- farro
- panko
- seitan
- orzo
- atta
- Oats (must be labeled gluten-free)
- Malt
- Brewer's yeast
- Yeast extract
- hydrolyzed wheat
- triticale



INTRODUCTION

There are two terms you will come to hear often that are associated with Gluten intolerance or Celiac Disease, learn these terms and what they mean.

Cross reactivity

The process whereby a protein (e.g.avenin) that is similar in structure to the protein gluten is consumed. Due to this similarity (known as molecular mimicry), the body's immune system reacts to this food as if it were gluten, creating symptoms that a person attributes to gluten consumption.

What is cross contamination?

This is the term to describe when your gluten-free food is contaminated with gluten. This can happen in a number of ways:

The three basic types of cross-contamination that can occur are:
food-to-food, equipment-to-food, and people-to-food.

Food-to-food: gluten free and gluten-containing food elements are not kept separate

Equipment-to-food: the same utensil is used for gluten-containing and gluten-free food or preparing food in the same area without cleaning and sanitizing can mean you can pick up food particles, crumbs that contain gluten. (remember the gluten molecule is not viable to the naked eye and even one crumb of bread can contain a lot of gluten molecules.

People-to-food: hands, or our clothes if we come from an environment where there is gluten-containing food before starting to prepare our own gluten free meals or snacks.

As discussed already, hygiene methods go a long way in preventing cross contamination. Keep foods separate and work surfaces clean. Wash hands before and after preparing food and keep surfaces clean.

This may mean **educating those in your living environment** who are not gluten-free about these things too so that they too can help you take the necessary precautions.