

# Tips on how to avoid cross contamination

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1. Have your own **preparation surface and utensils**. If you can't do that, ensure they are wiped down with hot soapy water and a clean cloth before you use it.
2. Don't share **wooden** bowls, spoons, chopping boards. Have your own.
3. Consider having your own **dedicated equipment** especially air fryer.
4. Change and clean **kitchen sponges and clothes** often or have your own.
5. Keep your food in **airtight containers**, labelled and on the **top shelf** of the cupboard and fridge. Don't let anyone else use your stuff.
6. Don't buy food from **open bins** at supermarkets.
7. Don't share **cooking equipment** during cooking. (as in using the same pan, dish, etc as gluten food)
8. Don't use the **same utensils** to dish up, serve, stir, etc.
9. Have your **own condiments** to avoid double dipping.
10. You can share things like pots and pans but make sure they are washed thoroughly and clean before you use them.
11. Don't keep Gluten flour in the kitchen.
12. Don't use the **same water or oil** to cook in that had gluten in.