

# Some ways cross contamination happens

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It would be impossible to list all the possibility's, but these are the most common ones

1. sharing preparation surfaces and utensils.
2. anything wooden, like breadboards and wooden spoons. this is because wood is porous.
3. Cooking equipment like a fryer, grill, oven trays, pizza baking stone, strainers, sandwich maker etc.
4. kitchen sponges and clothes.
5. cupboards and the fridge can be potential hazards.
6. food you buy at the store that are stored in open bins or containers.
7. food labeled gluten-free
8. gluten-free food that is made in the same kitchen or facility, as gluten containing food.
9. some types of food are more potentially hazardous than others
10. cooking methods
11. Gluten flour in the kitchen.
12. the way food is grown and manufactured.