

How to set up your shared kitchen

It is not always possible to have a dedicated gluten-free home. Some people do not want to have to eat gluten-free if they do not have to.

It can also be costly to have your whole family gluten-free if you don't need to.

I have successfully shared a kitchen for 9 years in my family. My daughter and I are Celiac and my husband and son are not.

Since this is the most common way people live, I am sharing my top tips on living with a shared kitchen space:

- If you can have a small dedicated area that is ideal, otherwise clean your counter space with clean hot cloth well before preparing food. Rinse cloths well.
- Wash hands before handling gluten-free food, especially after gluten food preparation. If possible have your own pantry or use a top shelf in the pantry.
- Label your food and keep it in airtight containers.
- Use a top shelf in the fridge for your gluten food.
- Use separate utensils to stir gluten-free and gluten-containing foods that you are making at the same time, in separate pots.
- 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 for 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. Gluten-free always on top.

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- Condiments can be a problem if others are also using them for food that has gluten like bread. 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.
- Make sure everyone in the home knows to use your gluten-free items, equipment etc. Label things if necessary.
- Have your own condiments to avoid double dipping.
- Avoid using convection.
- Have your own air fryer.

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.