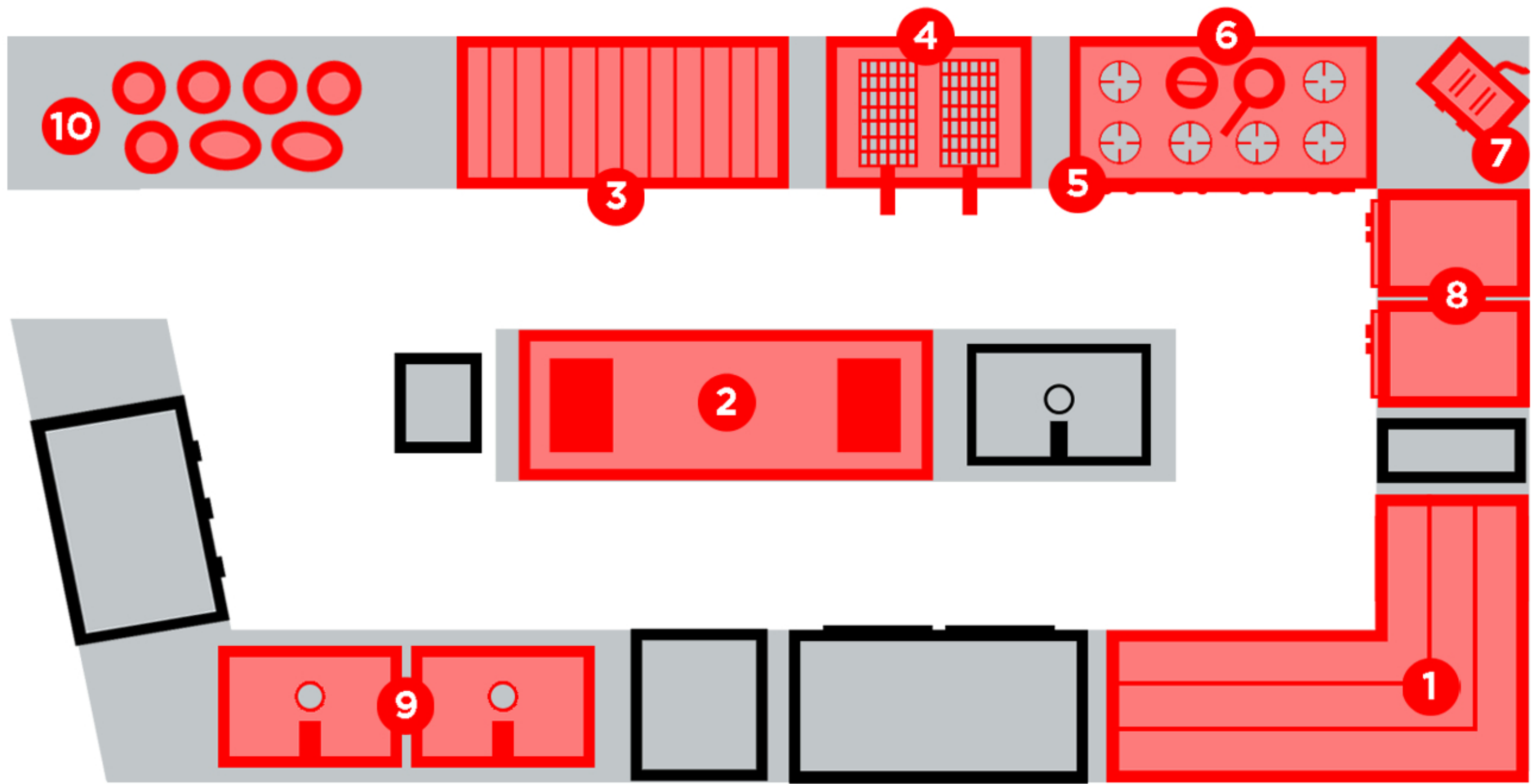


HOT SPOTS in the RESTAURANT



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- 2 work surfaces**
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- 4 fryer**
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storage



Wheat flour should be stored in a completely different area, away from the gluten-free items. Boxes of mixes and sacks of flour can create flour dust that can fall on the gluten-free products.

work surfaces



Counters, food preparation stations and cutting boards are used for every meal the kitchen serves up. The kitchen should either have a designated gluten-free prep area or use cutting boards specifically for gluten-free food prep.

grill



Heat cannot kill gluten particles. If the restaurant does not have a dedicated gluten-free flat grill, they should use a sauté pan or carefully create a barrier between the grill and food with tin foil.

fryer



Cross-contact can occur in frying oil. The same oil used to make breaded foods cannot then be used to make gluten-free foods.

cooktop



Restaurants keep a pot of water boiling constantly so they can throw in pasta or vegetables when orders come in. A separate, fresh pot and water must be used before boiling any gluten-free foods, or cross-contact can occur.

pots & pans



Kitchens do not need cookware or utensils exclusively for gluten-free food. Porous utensils, like wooden spoons, must be dedicated gluten-free. Many kitchens choose to use colored handles or equipment for gluten-free or other special diet preparation.

toaster



A separate toaster must be used for all gluten-free bread products because there is no effective way to clean or remove crumbs from a toaster between uses.

oven



Convection ovens use a fan to circulate air around food. Gluten-free food must be tightly covered with tin foil or parchment paper.

sink



Proper cleaning is essential for removing any traces of gluten on cooking equipment or serving plates. Pots, pans, utensils, cutting boards, cups and plates must be thoroughly cleaned with soap and hot water.

plate pass



Once prepared, a gluten-free meal should be checked by the staff. Cross-contact may occur if the cook or waiter adds garnishes or condiments that contain or have touched gluten before serving you.