

SHARED KITCHEN SAFETY GUIDE

Reference Guide for
Households with
Gluten-Free Needs

What's Inside:

- ✓ List of items to keep separate or duplicate
- ✓ Safe sharing practices
- ✓ Storage organization tips
- ✓ Cleaning protocols
- ✓ Checklist for daily use

Perfect For:

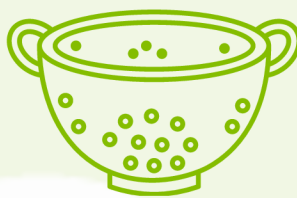
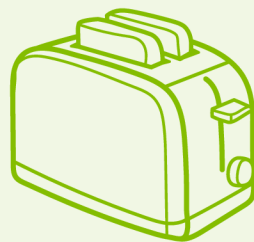
- ✓ Families with celiac disease or gluten sensitivity
- ✓ Roommates sharing kitchen space
- ✓ Anyone learning to cook safely in a gluten-free household

DEDICATE OR DUPLICATE

**THESE ITEMS HAVE HIGH CROSS-CONTACT POTENTIAL.
WE RECOMMEND USING A DEDICATED GLUTEN-FREE VERSION.**

TOASTER

Get your own dedicated toaster or use toaster bags every time. Gluten crumbs stick inside regular toasters and can't be fully cleaned out. Even one use with glutenous bread makes a toaster unsafe for gluten-free items.



COLANDER/ STRAINER

Pasta water and flour-based foods contaminate these items.

The fine mesh traps gluten particles that regular washing can't always remove. Invest in a dedicated gluten-free strainer.

SUGAR/FLOUR

Keep separate containers for all sugars and flours. Flour dust from baking can settle on shared containers and measuring spoons. Store gluten-free baking supplies in a separate area away from regular flour.

CONDIMENTS/ SPREADS

Never allow double-dipping with glutenous bread knife (even tiny crumbs contaminate the entire jar). Label containers clearly as "GF ONLY" and educate everyone about the risk of cross-contamination.

CUTTING BOARDS

Use color-coded or clearly labeled cutting boards for gluten-free items only. Wood and bamboo boards are porous and absorb gluten particles into the surface, and plastic boards can develop knife cuts that harbor gluten.

WOODEN UTENSILS

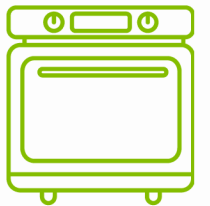
Keep your own set of wooden spoons, spatulas, and cutting tools. Porous wood can absorb gluten and can't be fully sanitized with normal washing. Replace any wooden utensils that have been used with gluten-containing foods.

SHARE SAFELY

THESE APPLIANCES CAN BE SHARED WITH PROPER PRECAUTIONS AND/OR CLEANING BETWEEN USES.

OVEN SAFETY

Use separate baking sheets or line shared ones with aluminum foil or parchment paper for extra protection. Clean oven racks between uses. Bake gluten-free items separately from gluten-containing items.



TOASTER OVEN



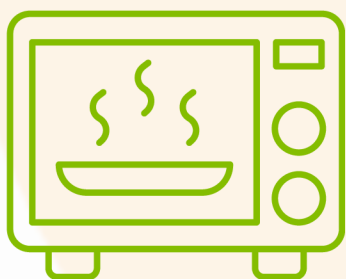
Line the bottom and sides with aluminum foil before each gluten use to catch falling crumbs, or toast gluten-free food in tinfoil. Use the top rack to avoid crumb fallout from previous gluten items.

AIR FRYER

If you can't have two air fryers, line the basket with aluminum foil each time you cook. The mesh design traps particles that regular washing can't fully remove. Run an empty cycle between gluten and gluten-free cooking to help remove residual particles.



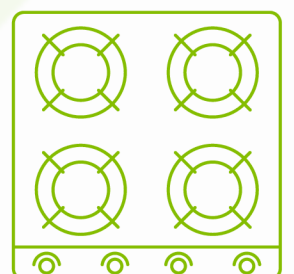
MICROWAVE



Cover food with a microwave-safe plate to prevent splattering. Clean the turntable and interior walls regularly—pay special attention to the ceiling where splatters accumulate. Use separate dishes instead of sharing plates that may have been used for gluten items.

STOVETOP

Always boil gluten-free pasta in fresh, clean water and use separate pots when possible. Clean burner grates thoroughly after messy cooking, especially with flour-based items. Wipe down the entire stovetop surface before cooking to remove any flour dust or crumbs that may have settled.

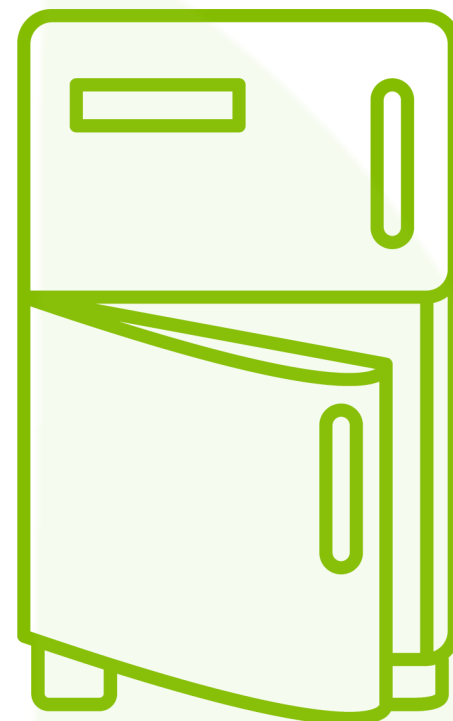


STORE SAFELY

PROPER ORGANIZATION PREVENTS CROSS-CONTACT.

REFRIGERATOR ORGANIZATION

- **Top Shelf:** Store all gluten-free items on the highest shelf of the refrigerator and freezer so no gluten crumbs can fall from shelves above.
- **Separate Condiments:** Designate one door shelf of the fridge for gluten-free condiments and sauces.
- **Sealed Containers:** Always use containers with tight-fitting lids to prevent cross-contact from airborne particles or spills.
- **Label Everything:** Include the date and "GF" marking on all containers and items using bright stickers or colored tape.



PANTRY ORGANIZATION

- **Top Shelf:** Keep all gluten-free items on the highest shelf to prevent gluten crumbs and flour particles falling onto them.
- **Sealed Containers:** Transfer all opened gluten-free products into airtight containers immediately after opening.
- **Separate Baking Supplies:** Keep gluten-free flour and baking supplies in a completely different cabinet or area from regular flour.



CLEANING TIPS

ESTABLISH CLEANING ROUTINES THAT KEEP EVERYONE SAFE!

BEFORE COOKING GLUTEN-FREE:

- Wipe down all surfaces with soap and water
- Check sponges and replace if used for gluten cleanup
- Wash hands thoroughly (20 seconds minimum)
- Use clean dish towels—grab fresh ones

AFTER COOKING WITH GLUTEN:

- Clean surfaces before starting your meal
- Wash dishes or run dishwasher
- Replace kitchen towels if heavily used
- Check for flour dust on counters and appliances

REGULAR MAINTENANCE:

- Replace sponges regularly
- Wash dish towels frequently
- Wipe down shared surfaces after each use
- Keep cleaning supplies accessible

**REMEMBER: SOAP AND WATER IS SUFFICIENT. YOU CAN'T "KILL" GLUTEN.
NO HARSH CHEMICALS NEEDED!**

SHARED KITCHEN TIPS

- "Clean as you go" policy for everyone
- Establish cleaning standards together
- Ask before using GF-specific items
- Replace items if contaminated
- Create gluten-free zone if possible
- Respect designated GF zones
- Share this guide!

KITCHEN SAFETY CHECKLIST

*PRINT THIS CHECKLIST, LAMINATE IT, AND KEEP IT
VISIBLE IN YOUR KITCHEN FOR EASY REFERENCE!*

ONE-TIME SETUP

- ☐ Designate separate toaster or buy toaster bags
- ☐ Label cutting boards and utensils
- ☐ Buy separate condiments
- ☐ Organize pantry with GF items on top shelf
- ☐ Designate GF shelves in the refrigerator and freezer
- ☐ Create separate baking supply area
- ☐ Post kitchen safety guidelines for all household members

DAILY MAINTENANCE

- ☐ Wipe down surfaces after cooking
- ☐ Use gluten-free specific sponges and dish towels
- ☐ Clean shared appliances between uses
- ☐ Check for flour dust on counters
- ☐ Wash hands before handling GF items

WEEKLY MAINTENANCE

- ☐ Replace sponges
- ☐ Wash kitchen towels
- ☐ Deep clean shared appliances
- ☐ Restock separate condiment containers as needed
- ☐ Check labels and dates on stored items and discard as needed

NOTES AND REMINDERS