



**GLUTEN
INTOLERANCE
GROUP**
of East Central Wisconsin

GLUTEN-FREE COMMUNION GUIDE

<http://bit.ly/GIGECW-Communion>

"How good and pleasant it is when God's people live together in unity" - Psalm 133:1

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The gluten-free recipes and products discussed in this guide are not valid for Catholic Mass, but the cross-contact rules still apply.

To learn more about
Low-Gluten Communion Hosts
<http://bit.ly/GIGECW-LG-Hosts>



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...Gluten-Free Thoughts...

"We have open Communion here at St. Stephen's and invite anyone who would like to receive the body and blood of our Lord to come forward. Our bread is gluten free, and we have both wine and grape juice. Blessings are also possible."

-Pastor Kimberly Stowell

Every time I hear these words, it gives me a warm-fuzzy feeling. They weren't always spoken at St. Stephen's Lutheran Church of Rogersville, WI. They came through education, awareness, and forward-thinking leaders and congregation members.

I remember my first communion after starting my gluten-free journey in 2003. With a racing heart and sweaty palms, I left the safety of my fifth-row pew. Each step toward the altar brought me closer to a destiny that was not of my choosing. *"The body of Christ, given for you,"* said the pastor as she placed a wafer in my out-stretch hand. I was at the point of no return. I raised the wafer to my lips, but couldn't do it. I could not return to the sickness I was desperately trying to escape. Instead of eating it, I palmed the body of Christ. Back in the pew, I passed the host to my wife to eat. This scenario repeated itself several times.

Learning a rudimentary magic trick as a teenager made it easy to make the host "disappear," but the emotional toll of that action was costly. How could I do this to the one who died for me? The growing burden of guilt and shame rapidly trumped my fear and embarrassment. I spoke with the pastor - she was understanding and reassuring. Between our Altar Guild, the pastor, and myself we worked out a system to ensure my host would be gluten-free and remain that way. The 2010 celiac diagnosis of our Pastor Kimberly would set the altar for an entirely gluten-free communion.

I've come to fully appreciate the progressiveness of our little church when visiting other churches or religious events. Gluten-free options for communion are not available in every church. When it's time for the sacrament, feelings of embarrassment, exclusion, and unworthiness bubble to the surface while I remain seated in the pew.

Roughly, one percent of the world's population is affected by celiac disease; non-celiac gluten sensitivity affects another seven percent. There is a good chance someone in your congregation requires gluten-free communion, but they may be frightened or too embarrassed to make their needs known. What a perfect opportunity for church leaders to start an open dialogue.

It is my hope this guide will ease the process of offering gluten-free options to your congregation. If you have questions or would like more help, please reach out to us.

Peace and blessings,

Alan Klapperich
GIG of ECW Branch Leader

Bonus Recipes

gfJules Gluten-Free Flour Gluten Free Communion Wafers Recipe by Jules Shepard

"Growing up in the church, I learned that part of being involved as a member of a church community meant volunteering and helping where you could. One way I have been giving of myself to my church is to periodically bake the loaves for Communion - of course this means that everyone is partaking of gluten-free bread when I'm the bread baker - lucky them!"

Wafer Recipe:

<http://bit.ly/2wkW6eC>

If you are looking to switch things up for a special communion, check out Jules' Artisan Bread Recipe:

<http://bit.ly/2K4jbEr>

How about Pita or Naan Flatbreads?

<http://bit.ly/2HZDp5q>

We've used gfJules flour since 2009 after attending a baking seminar at a GIG gluten-free conference in IL.

Jules is tireless in her advocacy for the gluten-free community.

GIG of ECW receives no compensation from gfJules.

About this GF Communion Guide

Alan Klapperich

GIG of ECW Branch Manager

The purpose of this guide is to give you the necessary tools to safely make, prepare, and distribute gluten-free hosts to your gluten-free members. Attention to detail is critical for success in the gluten-free lifestyle. It is not surprising considering lives are turned upside-down by something measured in parts per million [yes, parts per million]. Please keep an open mind about the information presented here. It can be hard to comprehend that "The Staff of Life" can make someone sick. Science proves it to be true for about 3 million with celiac disease and an estimated 17 million with gluten sensitivities; just in the USA alone.

Gluten-Free Communion Quick Start - If there is only one page you read - please make it this one. This single page will give you some fundamental information on proper handling of gluten & gluten-free communion supplies. Think of gluten as a poison or raw meat/poultry - neither should come in contact with ready to eat foods. Also included are some commercially available gluten-free wafer options. The EnerG company has been creating gluten-free foods since 1978. I used EnerG Communion wafers before our church switched to gluten-free communion.

Pastor Allison's Bread Recipe - This recipe is pure brilliance. The problem with most gluten-free bread is the freezing/thawing process. Re-heating and eating it warm gives the best texture - it's not as dry and crumbly. However, re-heating is not always possible during a church service - unless one has installed an under-altar microwave. DING! *"Come, for the meal is ready."* Pastor Allison's gluten-free "wonder bread" survives the freezing/thawing process amazingly well thanks to molasses and honey. These two ingredients act as humectants - meaning they help retain moisture. We've had excellent results with bread spending four weeks in the freezer. Being able to bake and store ahead is a huge time saver. This bread has become St. Stephen's standard communion bread. The Pamela's Bread Mix and Bob's Red Mill Baking Soda can be found in the gluten-free/natural foods sections of many well-stocked grocery stores, or online. Wisconsin local stores: Festival Foods, Woodman's.

Deacon Tami's Bread Recipe - This recipe not only removes gluten, but it also removes all top 8 allergens (Milk, Eggs, Fish, Shellfish, Tree nuts, Peanuts, Wheat (including all types: durum, spelt, emmer, farina, farro, einkorn), Soybeans. We have not tried this recipe yet.

Guide to Gluten Cross-Contact - Basic kitchen safety rules tell us that we need to separate ready-to-eat foods from raw meats, poultry, seafood, and eggs - and to use separate cutting boards and utensils to reduce the risk of food poisoning. The same rules apply to gluten and gluten-free foods - they must be kept apart. Even though a recipe may use gluten-free ingredients, the food must be prepared appropriately, so it remains gluten-free. This detailed guide will help you to understand and prevent gluten cross-contact.

Wafers available Commercially

Ener-G GF Communion Wafers

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut, low/no sodium

1 3/8 inch Diameter - About 50 per container

<http://bit.ly/2lkHTrx>

CelebrateCommunion.com GF Communion Wafers

Available in two sizes: 1-1/4" round (about 130 per container) and 9/10" round (about 350 per container).

"...wafers are made in a dedicated gluten free bakery. Wafers are safe from exposure from all the major food allergens: Free from gluten, wheat, dairy, yeast, egg, casein, soy, nut, corn and sodium."

<http://bit.ly/2KDMA2T>

Zip-top bags to prevent cross-contact during distribution.

<http://bit.ly/2CtSbwu>

*Oats

Commercial oats [think regular Quaker Oats] have unacceptable levels of gluten due to growing/harvesting/processing practices.

[Gluten-free oats](#) are acceptable for many following at gluten-free diet.

Gluten-Free Communion Quick Start

Alan Klapperich

GIG of ECW Branch Manager

1. What is gluten? Gluten is the generic term for the proteins found in wheat, barley, rye, and most **oats due to cross-contact***. This includes white bread and standard communion wafers.
2. **Crumbs matter - they will make someone sick.** Wash counter space, preparation area, utensils, hands, everything before working with the gluten free host. Have a dedicated gluten-free zone. Gluten-Free hosts must never come into contact with gluten.
3. Prepare gluten free hosts first. Once they have been plated/arranged, cover and move them to a different location before working with gluten hosts. Consider putting hosts in small individual zip-top bags (see left side bar). Tip: Ask gluten-free congregation members if they'd like to help. Many like to be involved and have some control over their hosts.
4. Keep gluten-free hosts covered until they're distributed. Crumbs may get stuck on the linens. Mark the linens so you can differentiate.
5. When distributing gluten-free hosts, do not touch them if you've previously touched gluten hosts. Present the plate/tray to the gluten-free communicant allowing them to pick up host.
6. A common cup/chalice becomes a cross-contact risk when gluten communicants drink from it. Have two, easily identifiable cups/chalices - one for gluten members, one for gluten-free members, or offer individual glasses.
7. Intinction - gluten hosts will come in contact with the wine/juice. Have two, easily identifiable cups/chalices - one for gluten hosts, one for gluten-free hosts.
8. After the service, if cross-contact risks can be eliminated during distribution, it is possible to save the hosts for next time. If cross-contact risks cannot be eliminated, the host will not be safe for the gluten-free members. Consult your church leaders for proper disposal protocol.
9. Wash the gluten-free plate first.
10. Have a sealable container with dedicated, labeled, color coded gluten-free cutting boards, utensils, pans, etc. **Red** is a great color for gluten-free.
11. Store gluten-free hosts in their own labeled, sealable container. Depending on the host, storing them in the freezer is an option. Note: Some types of breads do not survive the freeze/thaw process very well. They become dry and crumbly once thawed.



GLUTEN-FREE COMMUNION BREAD

REVEREND ALLISON R. COBB
HOLMEN LUTHERAN CHURCH - HOLMEN, WI

Ingredients

4 large eggs
2 Tbsp Olive Oil
1 Tbsp + 1 tsp Honey
1 Tbsp + 1 tsp Molasses
½ cup water
1 ½ cups [Pamela's Bread Mix](#) –
firmly packed (very important to
pack)
½ tsp salt
½ tsp gluten-free baking soda
([Bob's Red Mill Baking Soda](#))
Yield: 8 rounds (Each round serves
about 20 people)

Peggy Notes:

- I use a small plate as a template to draw the circles on parchment paper.
- Each bag of Pamela's bread mix will make two batches of bread.

Peggy Klapperich
of GIG of ECW &

St. Stephen's Lutheran Church, ELCA
Rogersville, WI

This bread was used in
worship for the 2018 & 2019
assemblies of the
East Central Synod of Wisconsin, ELCA

#AllAreWelcome

Reverend Allison developed this recipe during her time at
Ascension Lutheran Church, Cheyenne, WI
Reprinted with permission

*If you are making this recipe for a gluten-free guest, please read our
Guide to Gluten Cross-Contact*

<http://bit.ly/GIGECW-Gluten-CC>

Directions:

1. Heat oven to 350 degrees
 2. Line cookie sheet with parchment paper.
 3. Whisk eggs in large bowl. Add and whisk with eggs the olive oil, honey, molasses and water.
 4. Sift dry ingredients together (I use a strainer over a bowl). Add to wet ingredients a quarter at a time. Whisk well after each addition.
 5. Spoon 8 equal amounts of batter onto each circle. Spread to about ¼ inch thickness. The dough will rise slightly when baking. (they will not spread while baking – desired size is about 6 inches across)
 6. Bake 14 minutes (may have to add 1 more minute if not done). When done use a spatula to transfer the rounds to a wire rack or a cookie sheet lined with three layers of paper towel.
 7. Wrap cooled rounds individually in plastic wrap. Place 3-4 wrapped rounds in large baggie. Put a piece of paper inside the baggie with date of baking on it.
 8. Store in refrigerator for 1-2 days or freeze until ready to use. If possible, set out for an hour or so before using.
- (Note: We created a cardboard circle pattern so bakers could draw eight circles on the parchment paper for size).





GLUTEN-FREE EGG-FREE COMMUNION BREAD

DEACON TAMI GROTH

Ingredients

[Bob's Red Mill \(BRM\) GF Brown Rice Flour](#): 1 ¼ cup

[BRM GF Tapioca flour](#): 1 ¼ cup

[BRM GF Teff Flour](#): ½ cup

Sugar: ¼ cup

Baking soda: ½ tsp

Baking powder: 1 tsp

Salt: ½ tsp

Psyllium husks (whole): 6 T.

Oil: ¼ cup (and bit more for on top of loaves)

Apple cider vinegar: ½ tsp.

Water: 2 cups

- If you want to be sure the bread is completely CORN FREE as well, you will need to use a corn free baking powder (or make your own)

- The Psyllium husks are essential to this recipe, and even ingredients with similar properties, such as flax seeds, have not given the same texture.

Gluten-Free Communion Bread ... a beginning

Deacon Tami offers provides an excellent resource for gluten-free communion bread options.

<http://bit.ly/2w5GuM0>

Deacon Tami developed this recipe free from the Top 8 allergens during her time at Wartburg Seminary.

Her blog: <http://bit.ly/2w5GuM0>

Reprinted with permission

If you are making this recipe for a gluten-free guest, please read our Guide to Gluten Cross-Contact

<http://bit.ly/GIGECW-Gluten-CC>

Directions:

1. Preheat oven to 350 degrees, and prepare baking pan by lining with parchment paper
2. Mix all dry ingredients in large mixing bowl. Mix well with a whisk, and leave a well for mixing in wet ingredients.
3. Mix wet ingredients (oil, vinegar, water) in together and pour into dry ingredients.
4. Mix well by hand for a couple of minutes until it comes together as a thick sticky batter.
5. Divide into roughly 4 equal portions and shape into round loaves on the prepared pan. If you want the loaves scored with a cross, do so now and very lightly coat with oil
6. Put in oven for about 12 minutes (time may vary by oven or if you are baking multiple pans at once)
7. Remove from oven to again coat lightly with oil and re-score the cross if desired. TURN OVEN UP to 400 degrees and bake approximately 12 more minutes.
8. Remove from oven and place the loaves directly on cooling rack. COOL COMPLETELY.

This makes 4 loaves that are about 6 inches in diameter depending on how flat you make them.





**GLUTEN
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GUIDE TO GLUTEN CROSS-CONTACT

Gluten Basics

What is gluten? Gluten is the generic term for the proteins found in grains. The proteins found in wheat, barley, rye and commercial oats (think Quaker Oats) are not acceptable for those who are gluten-free. Certified GF oats are acceptable for some.

Where is gluten found?

Just about everywhere! Bread, pizza, cake, cookies, crackers, pasta, cereal, soups, sauces, beer - just to name a few foods. Many processed foods contain gluten in some form or another. It's very prevalent in the Standard American Diet.

What does gluten do?

Gluten provides the structure, the framework - it holds everything together. It gives that chewy texture that is desirable in many foods like bread & pizzas. It also makes a lot of people sick.

Basic kitchen safety rules tell us that we need to separate ready-to-eat foods from raw meats, poultry, seafood, and eggs - and to use separate cutting boards and utensils to reduce the risk of food poisoning.



The same rules apply to gluten and gluten-free foods - they must be kept apart.

Even though a recipe may use gluten-free ingredients, the food must be appropriately prepared, so it remains gluten-free. If you are making meals for a gluten-free guest, you must be mindful of gluten cross-contact.

This guide will help you to understand and prevent gluten cross-contact.

Cross-Contact and Cross-Contamination Aren't they the same thing?

We often use the term "gluten cross-contamination" when speaking with foodservice professionals about the preparation and handling of our gluten-free foods.

Cross-contact and cross-contamination appear to mean the same thing, but there is a subtle difference according to the FDA. Cross-contamination was a commonly used term for allergens, however, **allergenic proteins are a normal component of food and not considered a contaminant**. As a result, the agency began differentiating the conditions two years after the Food Safety

How Much?

Think of gluten as a poison.
How much arsenic would you like in your food?

Not only must the food be gluten-free, but it also must not come in contact with any gluten.

The concept of *"a crumb will hurt you"* is hard for people to understand because it involves minuscule amounts.

How small? Literally, a small crumb.

A [multicenter, double-blind, placebo-controlled, randomized study](#) has shown that some celiacs can safely consume up to 10 milligrams of gluten per day. (10mg = [1/8th of a teaspoon of flour.](#))

Yes, crumbs matter!



An average grain of rice weighs 28 mg. 1/3 of a grain is just under 10 mg.

BUT - For many, even 10 mg is too much.

ZERO gluten is the goal!

Modernization Act (FSMA) of 2011 became law.

Let's explore the differences a bit more.

Cross-contamination happens when biological contaminants (bacteria or viruses) transfer from one food (or surface) to another.

Example: using the same cutting board & utensils for raw meats and ready to eat ingredients. Killing bacteria by heating the food to a recommended temperature makes the food safe to eat. Of course, we know this is not possible for gluten (or any allergenic proteins), however this may give the wrong impression to a foodservice professional.

Cross-contact happens when allergenic proteins transfer from one food (or surface) to another.

Example: using the same cutting board to cut gluten and gluten-free bread. While we expect our food to be biologically contaminate-free, cross-contact is what we're concerned about with gluten.

Using the appropriate terminology with foodservice professionals will help clearly and accurately reflect our needs.

To learn more, please read
"Avoiding Cross-Contact"

Food Allergy Research & Education (FARE).

<http://bit.ly/FARE-avoid-cc>

Hints & Tips



- ♦ Store gluten-free foods on the top shelf of pantry or fridge. Gluten will not fall into gluten-free food.
- ♦ Store GF items in well marked, sealed containers.
- ♦ Do not purchase food from bulk food bins. High cross-contact risk.
- ♦ Purchase only GF Certified grains & flours. Including oats - no commercial oats (think Quaker Oats).
- ♦ Flour particles can remain airborne for up to 24 hours. Only prepare gluten-free foods after a thorough cleaning and before gluten foods.

Condiments (spreadable) - jars of peanut butter, mayo, butter, margarine, jelly, etc. These containers are large gluten magnets due to "Double Dipping."

- Purchase and use new products. Dispose of compromised products or clearly label as not gluten-free.
- Double dipping is strictly prohibited. Master the fine art of "Gob Dropping" or using a couple of spoons & knives to accomplish the task.
- Purchase squeezable containers when possible.

Any foods like flours, starches, white or brown sugars, etc. that frequently use shared utensils with gluten.

- Do not re-use a measuring cup after it contains gluten flour/ingredient. Thoroughly wash it, or use a clean one.
- Same goes for stirring and serving. Always use a clean utensil for gluten-free foods.
- Have dedicated utensils for only GF use.
- Purchase and use new products. Dispose of compromised products or clearly label as not gluten-free.

Brown sugar has another risk factor. Some people will put a piece of bread in their container to keep the sugar soft. Breadcrumbs compromise the sugar.

- Purchase and use new products. Dispose of compromised products or clearly label as not gluten-free.

Helpful Links



GIG of ECW's Gluten-Free Diet Boot Camp

[bit.ly/
GIGECW_GFBootCamp](http://bit.ly/GIGECW_GFBootCamp)

Gluten-Free Diet Boot Camp is an extensive collection of resources for those just starting their journey to gluten-freedom.



GIG of ECW's Educating Family & Friends About Gluten-Free

[bit.ly/
GIGECW_EducatingFamilyFriends](http://bit.ly/GIGECW_EducatingFamilyFriends)

Information to help educate others.

Deep fry oil or pasta water.

- Do not deep fry gluten-free foods in oil that previously fried gluten-full foods. Use fresh oil, or fry GF foods in fresh oil before frying gluten-full foods.
- Do not boil gluten-free pasta in water that previously cooked gluten-full pasta. Use fresh water for GF pasta.

Silverware drawers - take a look in there - lots of crumbs!

- Clean out the entire drawer and re-wash the utensils. Do the same for any other drawers too.

Kitchen surfaces - whenever preparing gluten-free food, make sure work areas, and hands are clean and free of crumbs.

- Dry wipe the crumbs first with a paper towel. Use hot soapy water to wash then rinse with fresh, clean water. Bleach will not do anything to gluten to make it safe.
- It's best to designate a gluten-zero prep area where no gluten is allowed.

Toasters - if you've ever toasted gluten products in it, there is no way to clean it effectively.

- Do not use a toaster that has contained gluten. Purchase a new one.
- Toaster bags are an option.
- Toaster Ovens with Fixed racks – line with foil. Works well for heating, baking, but not good for toasting.

Research

The Amount of Accidental Gluten Consumption

A group of researchers from Immunogenx and Biomedical/ Glutenostics recently published the results of their study - quantifying the amount of gluten being consumed by a selected group of patients with celiac disease. Indeed this was a first-of-its-kind, ground-breaking study. [See below for link to the actual study]

What did the study find?

People with celiac disease are inadvertently consuming more gluten than they realized.

Keep in mind, medical experts recommend gluten consumption be kept below 10 mg per day (a crumb approx. 1/3 of a grain of rice).

Participants were (on average) consuming between 15 and 40 times the recommended limit. 244 mg is approx. 8.5 grains of rice.

While these numbers might explain why an estimated 30% to 70% of celiac patients still experience celiac-related symptoms while following a gluten-free diet, it raises many more questions.

How much gluten is coming from cross-contact?

Continued on next page

- Toaster Ovens with Removable racks – purchase and mark new rack for GF use. Foil existing rack or clean. Do not use a glutened toaster. Purchase a new one.

Ovens & Convection Ovens

- If you can not bake gluten-free items separately from gluten items, always place gluten-free items on the top rack - above gluten items.
- Either turn off the convection feature (circulated air) or make sure you have a tight-fitting lid on your gluten-free dish.

Cake pans - these pans typically have a lot of very deep cuts/grooves in them.

- Purchase new or use disposable aluminum cake pans. Gluten can get stuck in deep cuts.

Cookie Sheets

- Line with parchment paper when baking GF cookies.
- Have dedicated GF cookie sheets.

Cast iron skillets - the "seasoning" develops from years of use. Is definitely something to stay away from

- Replace. Some people re-seasoned their old skillets by heating them to 600-700 degrees for 30 minutes to burn off any residue.

Non-Stick Pots & Pans

- Replace if there are any cuts or scratches on the surface, do not use it, gluten can get caught. As long as it can be well cleaned, it should not be a problem.

Research

"Determination of gluten consumption in celiac disease patients on a gluten-free diet"

By Jack A Syage Ciarán P Kelly
Matthew A Dickason Angel
Cebolla Ramirez Francisco Leon
Remedios Dominguez Jennifer A
Sealey-Voyksner

<http://bit.ly/2lrYKRF>

"Significant Study Published on the Amount of Gluten Eaten by Folks with Celiac Disease on a Gluten-Free Diet"

By Tricia Thompson, MS, RD
March 12, 2018

<http://bit.ly/2tNKFL0>

"The study, "Determination of gluten consumption in celiac disease patients on a gluten-free diet" was recently published in the American Journal of Clinical Nutrition. In the opinion of Gluten Free Watchdog this is one of the more significant studies published on celiac disease and the gluten-free diet in recent memory. It is the first study that attempts to analytically determine the actual amount of gluten consumed by a sub-group of individuals with celiac disease."

Any utensil, pot, pan, dish, etc. that has come in contact with gluten. They must be clean before gluten-free use.

- Do not reuse these items for gluten-free foods without thoroughly washing them or grabbing a clean one. For example: Don't use the gluten pasta salad spoon to serve the gluten-free pasta salad.
- Those living in a mixed house should have dedicated gluten-free utensils, cutting boards, colanders, etc. It helps to have them color coded. Consider using the color red for gluten-free.

Colanders/Strainers/Flour Sifters - Since pastas/ gluten often get stuck in the small little holes and slits, cleaning them properly is a nightmare if not impossible.

Wooden utensils/boards/rolling pins - Porous items can harbor gluten.

Cutting boards [plastic or wood] - due to the deep cuts and grooves, it's best to get a new one.

- Purchase new colanders, wooden items, cutting boards.

Ceramic bake or cookware (Pizza Stone) - it's porous.

- Foil it or purchase new. Cleaning porous items is difficult.

Notes:

"Gluten-Free Foods in Shared Fryers"

*By Tricia Thompson, MS, RD
Sept. 24th, 2020*

Gluten-Free Watchdog presented their first-of-kind study to the Association of Official Analytical Collaboration (AOAC) International. This study measured the amounts of gluten found in gluten-free foods when cooked in fryers that previously fried gluten-containing foods.

Gluten-Free Watchdog shows that gluten cross contact in shared fryers is problematic for individuals with gluten-related disorders.

For more information (including PowerPoint presentation, video, and white paper):

<http://bit.ly/GFWD-French-Fry-Study>

**Frontiers in Nutrition
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Authors: Tricia Thompson, MS, RD, Trisha B. Lyons, RDN, LD, Amy Keller, MS, RD, LD, Nancee Jaffe, MS, RDN, and Luke Emerson-Mason, MS.

<https://bit.ly/3ubwIB5>

Dishtowels/sponges/dishrags.

- Use paper towels to do initial clean up. Then use clean/unused items to finish cleaning.
- Sponges - dedicate one for gluten-free cleaning.
- Change them often

Grill Grates

- Cleaning them may be a messy job. It might be time to replace the grates.
- If cleaning or replacing isn't an option - grill gluten-free items on aluminum foil.

Shared bowls or bags of your favorite gluten-free snack food. Shared dips & sauces. They are crumb magnets.

- Snacks must be poured out into an individual bowl before cross-contact.
- Have a marked & dedicated gluten-free chip dip bowl.

TV Remotes, Phones, Keyboards, Mice...anything that has been touched by glutened hands.

- If you have touched gluten - wash your hands before touching anything else.
- Clean them the best you possibly can.

Notes:

Family-style or Buffet-style service - A gluten-free nightmare! Inevitably someone will grab a spoon from the pasta salad bowl for the gluten-free coleslaw.

- If 100% GF buffet-style isn't possible, separate gluten-free foods from the gluten foods. Color coded containers & utensils help lessen the cross-contact risks. Have a "Gluten-Free" sign posted.
- If no room for separate GF/NGF foods, hold back some of the gluten-free foods before they are placed out for service. Tell your GF guest where to find these items.
- Invite GF guests to go through the line first - before any of the GF dishes have a chance to get compromised.

Can you destroy gluten by heat?

- A study appearing at the International Celiac Symposium 2017 India, shows it's quite difficult to destroy gluten with temperatures used in customary cooking methods. And when it is destroyed [requires temperatures in excess of 392F for extended period of time], it's not safe to eat [not that gluten is safe to eat in its un-carbonized state for someone with celiac disease or another gluten-related disorder]

Read more: <http://bit.ly/GIGECW-Heat-Destruction>

Notes:**More information on cross-contact.**

- ***“Tools to Replace in Your GF Kitchen”***
[Gluten Intolerance Group of North America](#)
<https://fal.cn/3erh8> (PDF)
- ***“Producing Gluten-Free Products in a Non-dedicated Kitchen”***
[Gluten Intolerance Group of North America](#)
<http://bit.ly/2Wii9ea> (PDF)
- ***“7 Tips for Avoiding Gluten Cross-Contact at Home”***
[Gluten Intolerance Group of North America](#)
<https://bit.ly/2SpCttO> (PDF)
- ***“A Day in the Life: Living in a Mixed House”***
[GIG of East Central Wisconsin](#)
http://bit.ly/GIGECW_MixedHouse
- ***“Gluten-Free Diet Boot Camp”***
[GIG of East Central Wisconsin](#)
http://bit.ly/GIGECW_GFBootCamp
- ***“Educating Family and Friends about Gluten-Free”***
[GIG of East Central Wisconsin](#)
http://bit.ly/GIGECW_EducatingFamilyFriends