



Questions for restaurants:

- *What do you normally recommend that celiac diners order?*
- *What ingredients will be used to make my order?*
- *How do you know if these ingredients are really gluten free?*
- *Have any of the ingredients been marinated?*
- *In what sauce? What are the ingredients of the sauce?*
- *What spices (good), seasonings (suspect) or soy sauce (bad) will be used to make my meal?*
- *How do you thicken sauces & dressings?*
- *Can my selection be cooked on a surface that no other foods have touched?*
 - *Separate or scrubber frying pan? • Griddle? • Pot? • Colander? • Fresh aluminum foil?*
- *Are deep fried items cooked in oil that has been used to deep fry breaded, battered gluten food items?*
- *Will my food be prepared in an area separate from the regular flow of the kitchen?*
- *If not, what precautions will be taken to minimize / prevent cross contamination?*
- *Will your staff wash their hands / wear fresh gloves when they begin or resume preparing my meal?*

Questions for bakeries & pizza places offering GF versions of regular items:

- *Are the items you offer gluten free or just wheat free?*
- *How do you know if the ingredients you use to make the item are gluten free?*
- *Do the ingredients come from a supplier that also processes / packages gluten items?*
- *How are the kitchen staff alerted to a GF order?*
- *Do they wash their hands / change gloves / change aprons before / in between preparing GF food?*
- *How do you ensure that all utensils used in preparations are free of traces of gluten?*
- *Are GF utensils distinguished from regular utensils?*
- *What measures are taken to ensure that the preparation area is free of gluten?*
- *Are your GF items prepared*
 - *in a separate area of the kitchen? • in a regular area that is cleaned prior to production? • off site?*
- *When are your GF items prepared?*
 - *during regular operations? • early, before regular production? • during downtimes / days?*
- *Could the ingredients / toppings become contaminated while they are waiting to be used?*
- *Could the finished product become contaminated with gluten during storage? When served?*
- *Is your deep fryer used to cook gluten containing foods?*
- *Do you have a separate oven for GF items? If not, how do you prevent cross contamination?*
- *What prompted your interest in serving GF options?*
- *What training / education / certification do you or your staff have in preparing safe meals for celiacs?*
- *Are you or a member of your staff gluten intolerant?*
- *Do you or any of your staff belong to or work with a celiac support group?*
- *Have you ever had a customer experience symptoms of gluten ingestion from the food served?*
- *What measures were taken to investigate and remedy?*