



The Celiac Scene™

Guides for the **Gluten Free**

Starting the Conversation on Celiac-Friendly Dining

Communication

- *What items do you normally recommend to diners who request a GF meal?*
- *How are kitchen staff alerted to a GF order?*

Ingredients

- *What ingredients will be used to make my order?*
- *How do you know if these ingredients are really gluten free?*
 - *Says so on labels?* • *Checked product website?* • *Called the manufacturer?* • *Checked with the CCA?*
- *Could GF ingredients / toppings become contaminated while they are waiting to be used?*
- *Will you use pure spices, prepared seasonings or soy sauce made from wheat to make my meal?*
- *Are deep fried items cooked in oil that has been used to deep fry breaded, battered gluten food items?*
- *How do you thicken sauces & dressings?*

Procedures

- *Do you wash your hands / change gloves / change aprons before or in between preparing regular food?*
- *How do you ensure that all utensils used in preparing my food are free from traces of gluten?*
- *What other precautions do you take to minimize / prevent cross contamination?*
 - *Separate or scrubbed frying pan?* • *Griddle?* • *Pot?* • *Colander?* • *Fresh aluminum foil?*
- *Will my food be prepared in an area separate from the regular flow of the kitchen?*

Pizzas Places & Mixed Bakeries

- *When are GF items prepared?*
 - *During regular operations? Before regular production? During downtimes / days?*
- *Could the finished product become contaminated with gluten while waiting to be served?*
- *How do servers confirm with the kitchen that the order they are collecting from them is GF?*
- *How do servers confirm with the customer that the order they are providing is GF?*

Personal

- *What prompted your interest in serving the gluten free?*
- *Do you receive input from the local Chapter of the Canadian Celiac Association?*
 - *A dietitian? Someone familiar with celiac disease and the gluten-free diet?*
- *Do you or a staff member have celiac disease? On a GF diet?*