

Preparing gluten free foods

Food Smart Schools • another naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

Schools may wish to include gluten free options in their school food and drink supply. This fact sheet presents some tips to help you confidently prepare healthy gluten free foods.



Choose products that are naturally gluten free:

- All fresh fruit and vegetables
- Eggs
- All unprocessed lean meats, fish and poultry - processed meats may contain gluten
- Unprocessed nuts and legumes
- Milk
- Gluten free grains - corn, maize, rice, tapioca, soy, buckwheat, millet, amaranth, sago, sorghum, quinoa and arrowroot.

Choose products that are labelled gluten free:

- Any product labelled gluten free must contain no detectable gluten.
- Always remember to continue to re-check the label each time you buy an item - just in case ingredients or manufacturing processes change.
- By swapping a gluten containing brand to a gluten free brand you may be able to convert many recipes you already use to gluten free quite simply.



Products labelled with, 'may contain gluten/wheat', 'may contain traces of gluten/wheat', or 'manufactured on the same line as gluten/wheat containing products' are **not suitable**.

Reading ingredients lists – identifying if a product is gluten free:

- If a product is derived from wheat, rye, barley or oats it must be declared on the label.
- If you do not see the words 'wheat', 'rye', 'barley' or 'oats' in the ingredients list and there are no 'may contain' or 'manufactured on the same line' statements then the product should be gluten free.
- Be aware of 'hidden' gluten in processed foods, such as, processed meats, stocks, sauces, dressings, icing sugar, flavoured milks, yoghurt and corn flour.

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Gluten free products can become contaminated with gluten from other foods during storage, preparation and service.

Tips for preventing gluten cross contamination

Store gluten free products in clean, clearly labelled containers.

Prepare gluten free products in a clean area, before other items are prepared.

Wrap gluten free sandwiches entirely in baking paper before putting into a sandwich press to avoid contamination. An alternative is to have a sandwich press/ toaster dedicated only to gluten free products.

Use separate utensils, chopping boards, cooking equipment and trays for gluten free products. Clean and sanitise all equipment after use.

Store gluten free products in specific areas in the pantry and fridge.

When cooking gluten free products in the oven, ensure they are placed on a clean, lined tray on the top shelf of the oven.

Use separate margarine and condiment containers.

For more detailed information see the Food Smart Schools fact sheet *Catering for Food Allergies and Intolerances at School* or visit the Coeliac Australia website - <http://www.coeliac.org.au/>.