

Gluten Free Pizza Cross Contamination and Safe Handling Guidelines

Your commitment requires that all staff follow basic and consistent procedures.

- 1 Ensure that all utensils used are free from wheat flour. Set aside separate clean trays each shift for Gluten Free (trays do not need to be oiled). **Note:** *Even if you place designated pizza cutters, shovels and trays aside for Gluten Free, it is safer to train all staff to automatically wash cutters, shovels, and trays every time. It only requires a very busy shift and someone places the cutter in the wrong area for a mistake to happen.*
- 2 Take Gluten Free bases straight from the freezer and place on a tray, they are par cooked and will defrost in minutes. **Note:** *All bases that have been kept in the cool room and are not used at the end of the day, should be put back into the freezer to avoid splitting & breakage.*
- 3 Place tomato sauce and serving spoon in a separate container for Gluten Free, the same can be applied with pureed garlic. *This ensures that under pressure during busy periods staff will not use the same sauce and spoon used on normal wheat bases.*
- 4 Create a basic procedure by placing an olive in the middle of the pizza to indicate at a glance that this is a Gluten Free pizza. **Note:** *Follow this procedure until it becomes part of normal preparation for all staff to recognise the visual difference to Gluten Free & Normal Wheat pizza's when cooked.*
- 5 Use separate labeled containers for all items and ingredients that are used for Gluten Free production.
- 6 Be aware when making any orders that include Gluten Free pizza's to have a clean wet cloth within easy access to consistently wipe your hands. This ensures that when you are handling lots of different ingredients any wheat flour contamination is greatly reduced. **Note:** *When you are making a lot of orders and placing cheese on each base Gluten Free/Wheat Flour wipe your hands on the wet cloth between each base as a matter of procedure.*
- 7 Mark all take away boxes **GLUTEN FREE**, to avoid confusion on large orders with similar toppings.
- 8 It is important to check with your smallgoods suppliers about which products do and do not contain Gluten so the appropriate items can be ordered.
- 9 When taking phone orders keep the process simple, people with coeliac disease are aware of the foods they can and can not eat, whilst you can guarantee that your pizza bases are 100% Gluten Free they will know based on your menu what toppings they can have.

Wood Fired Ovens

Trays must be used to ensure that Gluten Free Bases do not touch any wheat flour. Place base on tray and precook for a few minutes, remove, add sauce, cheese and toppings. Place back in oven until cooked.

What is Gluten and why must it be avoided in a Gluten Free diet

Gluten is a protein which is found in wheat, rye, barley, oats and the ingredients derived from these grains. The majority of people who follow a Gluten Free diet have been diagnosed with coeliac disease, an auto immune disorder that causes the body's immune system to attack its own tissues, which results in a permanent intestinal intolerance to dietary gluten. With this condition even the smallest amount of gluten can cause illness and bowel damage, and the only effective treatment is a life long Gluten Free diet.

A Gluten Free diet is not a choice, but a necessity for those people with coeliac disease.



These guidelines have been prepared by Julian's Pizza Bases in the interest of safe food handling and preparation to prevent cross contamination of Gluten Free Pizza's. For further information **Phone: 02 9482 9317**