

## GUIDELINES FOR PREVENTING GLUTEN AND ALLERGEN CONTAMINATION IN A PIZZERIA OR RESTAURANT THAT MAKES GLUTEN-FREE PIZZAS:

### **Dough/Pizza Crust:**

Option A: Use pre-made pizza crust. Check that the ingredients are gluten-free.

OR

Option B: Make your own pizza crust and freeze it.

- In a separate space or at a different time (e.g., in the morning before other work start).

Considerations:

- Wear clean work clothes/protective apron.
- Use clean surfaces, utensils, etc. Wipe surfaces with a new, unused tablecloth.
- Wash hands.
- Store the crust separately in the freezer, well-protected and labeled as gluten-free.

### **Toppings:**

For toppings placed directly on the pizza:

- Always use unopened packages of gluten-free toppings (e.g., ham, cheese, olives) with clean utensils.
- Verify that the toppings are gluten-free (read ingredients).

For pre-measured toppings:

- Measure/dispense gluten-free toppings from unopened packages using clean utensils into a clean container. Cover it. Label as gluten-free. Store separately in the refrigerator.

Tomato Sauce:

If using **ready-made sauce:**

- Check the sauce ingredients.
- Open a separate jar for gluten-free pizzas, using a dedicated ladle. Label the sauce as gluten-free and store it covered or otherwise protected.

If using **homemade sauce:**

- Make a separate gluten-free tomato sauce. Check the gluten-free status of ingredients, including spices. For example, don't use same oregano if oregano has been stored in open container, because it could be contaminated.
- Use always a dedicated, gluten free or otherwise clean ladle for the sauce and store it separately, well-labeled.

### **Pizza Assembly, Baking, and Serving:**

- Before assembling a gluten-free pizza, ensure the cleanliness (absence of wheat flour) of work clothes. Change or protect clothes if needed. Wash hands or use clean disposable gloves.
- Take the pizza crust from the freezer, place it on a clean surface (e.g., foil tray), and fill it with gluten-free toppings following the above guidelines.
- Exercise caution during filling to avoid contamination. Always place the gluten-free pizza in the oven on its tray (e.g., foil tray), not directly on the rack, stone, etc., used for regular pizzas.
- If baking in the same oven with regular pizzas, ensure no contact between the pizzas. Do not clean regular (non-hot air convection) ovens before baking gluten free pizza, because flour dust can contaminate the gluten free pizza.
- If using an oven with forced hot air or convection, spray the oven with water or remove flour dust otherwise before baking a gluten-free pizza so gluten-containing flour dust don't contaminate the gluten free pizza.
- If taking the pizza to-go, use a box that is either directly from the packet or has been kept away from flour dust. Do not use a box stored in an area exposed to flour dust. Label the box as gluten-free.
- Do not cut the pizza or use a clean cutter if needed.
- If eaten at the restaurant, transfer the pizza directly from the baking tray to a clean plate using clean utensils. Alternatively, serve the pizza in its baking tray, and let the customer transfer pieces onto their own plate.

**NOTE:** To avoid wheat flour dust contamination, use gluten-free flour for handling **all** pizza crusts. Coarse rice flour, for example, can be a suitable substitute for wheat flour, even when working with wheat-based pizza crusts/dough.