



## Gluten Free Me

A handy KITCHEN GUIDE



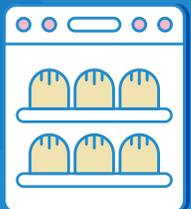
### TIP ONE

Don't just toast me!  
Pop me in a **Gluten Free**  
toaster bag



### TIP TWO

Cook with separate  
**Gluten Free** utensils



### TIP THREE

**Gluten Free** products must  
always be placed above  
products which contain gluten



### TIP FOUR

Cook **Gluten Free**  
in separate dishes



### TIP FIVE

Store in a closed  
**Gluten Free** container



### TIP SIX

Always wash down surfaces  
before preparing **Gluten Free**