I have **Coeliac Disease**. I can become very ill if I consume even the smallest amount of gluten.

✗ I **cannot** consume any foods containing flours or grains made of **wheat, rye, barley or oats.**

✓ I **can** consume all kinds of fruit and vegetables (including potatoes) meat, fish, eggs, cheese, rice, quinoa - as long as no wheat, barley, rye or oats are used in their preparation.

It is important my gluten free food does not come into contact with any gluten containing foods during preparation, cooking or serving – *see overleaf for further info.*
Thank you for taking my gluten free dietary request seriously.

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Tops Tips For Preparing Gluten Free Meals

★ Wipe down surfaces before preparing gluten free food

★ Clean pots, pans and utensils with soap and water before using for gluten free foods

★ Use separate chopping boards and bread boards to prepare gluten free food

★ Use a separate toaster or a clean grill to toast gluten free bread

★ Use clean oil or a separate fryer to fry gluten free foods

★ Use different butter knives and jam spoons to prevent breadcrumbs getting into condiments

Did you know Coeliac UK offer on-line training on how to offer gluten free meals, which can lead to accreditation and **70%** of **people with coeliac disease would choose an accredited venue over one that isn't.** Visit www.coeliac.org.uk for further info.

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