



Gluten-sensitive (GS) training guide

A guide for teams to safely prepare and serve gluten-sensitive meals.

Before you get started

Identify a space to set up a designated gluten-sensitive prep station to avoid cross-contact. Cross-contact occurs when one food comes into contact with another food, either directly (e.g., placing cheese on a sandwich) or indirectly, via hands or utensils.

What you will need

- Color-coded equipment (BLUE) for quick identification and proper use, including:
 - A blue cutting board reserved only for use on the gluten-sensitive station.
 - Blue knives, also reserved only for use on the gluten-sensitive station.
 - Cookie cutters for Imaginibbles meals (Grilledzilla, Do-Re-For-Me) reserved for use on the gluten-sensitive station.
- A box of disposable gloves and parchment paper sheets
- Bean Sprouts allergen binder:
The allergen binder contains detailed ingredient information for every menu item, including product labels and nutritional information for packaged foods. It is designed as a resource guide for in-house staff and a tool for customers to use so they can see exactly what is in each product/recipe and make safe choices when ordering.

Taking an order for a gluten-sensitive meal

- When a customer inquires about allergens, ingredients, or gluten-free options, offer to show them the allergen binder.
- If they have questions you are not able to answer it is always better to say you don't know, and ask for a manager's help, than potentially provide inaccurate information that could cause an allergic reaction or other harm.

Preparing a gluten-sensitive meal

- Wash hands thoroughly and put on a fresh pair of gloves.
- Use clean utensils, towels, and supplies for gluten-sensitive food (BLUE).
- Use sunflower butter and jam reserved for GS orders.
- Place parchment paper underneath when preparing and serving, to identify the item as gluten-sensitive.
- If a mistake is made on an order, discard the order, and make a new one.

Storing gluten-free and gluten-sensitive items

- Separate gluten-free delivered foods (pizza crusts and UTZ GF bread) in storage or the freezer and label each one clearly to prevent cross-contact with products that are not gluten-free.
- Dedicate a container of jam and sunflower butter – and label each one clearly: “Gluten-sensitive orders only”. Store these with other gluten-sensitive/gluten-free products or on the gluten-sensitive station.

A dedicated gluten-sensitive prep area and finishing station. This station can be identified by the BLUE color of the cutting board and utensils:



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