

Print, cut on black cut-lines indicated, fold each cut card in half between the middle pink and green areas to make a two-sided wallet card. Keep in your wallet until needed. Handy tip: Laminate for extended use. Or order preprinted cards on the website. 100/Cards \$32 + shipping \$7 Still Have Questions?? Drop us a line at: <https://gfreedeliciously.com/contact/>

www.GfreeDeliciously.com

When preparing my meal, please be sure to:
 1. Wash hands and change gloves
 2. Clean pots, pans and utensils that come in contact with my food
 3. Put my food on paper or foil if cooking on a gluten-contaminated surface (i.e. grill or oven racks)
PASTA: Use fresh water and colanders and pans to cook GF pasta
PIZZA: Use clean pizza cutters to cut my pizza
TOAST: Do not toast GF bread in the same toaster as wheat bread
FRIED FOODS: Do not [deep] fry my food in oil contaminated with gluten
Common foods that come in contact with gluten:
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Please DO NOT allow my food to touch anything that has come in contact with gluten. Even a crumb can cause a SEVERE ALLERGIC REACTION.

GLUTEN-FREE SAFE DINING CARD
 (Please show this card to the person preparing my meal)

ALLERGY ALERT: I BECOME ILL WHEN I EAT GLUTEN.

DO NOT include the following ingredients in my meal unless they are clearly labeled gluten-free:

BARLEY	Broth	Marinades	Sauces
Batters	Couscous	Miso	Seitan
BBQ sauce	Croutons	Oats	Soy sauce
Beer	Farro	Pasta	Tabouli
Bouillon cubes	Gravies	RYE	Teriyaki
Breadcrumbs	Malt	Salad dressing	WHEAT

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