**Gluten Free Food Preparation Recommendations**

Having a pilgrim needing gluten free food preparation is a special opportunity to make a huge impact on their walk.

Make the GF (gluten free) preparations as "behind the scenes" and invisible as possible, allowing pilgrims to let go of any anxiety they may have felt about eating gluten free and fully immerse themselves in the weekend, and so that they could be treated as one of the guys/girls and not feel singled out. Their daily lives are filled with reminders of just how special their condition is; make it a goal for nobody to notice that the GF pilgrims are getting GF food, to the extent possible. Allow them to focus on just how special they are to God.

In an effort to be helpful and cautious, make a few announcements to the entire kitchen crew (and team) about the gluten free condition. At Communion during closing, a general announcement can be made to the community regarding the gluten free Communion station. GF elements would be served just as they were in chapel. Coordinate with the Head Spiritual.

Here are some specific procedures the team followed (pass these along to chapel as appropriate):

* assign a single kitchen servant to handle all the GF meal prep; use gloves to handle all food, use separate / clean utensils, separate cooking implements (toaster for bread), and yellow cutting board for any food prep, etc.
* have a designated and clearly marked GF prep area and GF food storage area in the kitchen. Prep GF food and cover with plastic and place in the warmer or fridge. A key challenge is to prevent cross contamination. An example: biscuit trays pulled from the warmer, the biscuits placed into baskets and the trays stacked on the GF prep area. Keep a bottle of cleaner and sanitizer below the station and cleaned/sanitized before each meal.
* having the same or like foods to the menu would be a special blessing to the pilgrim – make them feel special instead of a burden. Use individual condiment cups if needed on certain meals.
* chapel servants use gloves to place GF bread in napkin and on plate, and prepare a separate GF- only chalice. When serving Communion, make GF pilgrims aware (discreetly) of which serving station to approach, allowing only the pilgrim to touch the bread and the GF chalice that was used and then covered and put back away (and clearly labeled).
* Sunday morning Communion can pose an extra challenge... here is a procedure that worked on a guy’s Chrysalis weekend:
* our GF caterpillars were at different tables (and we knew the table names)
* we assigned seating locations for the 2 GF tables, each of them to the right of one of the Spiritual Directors
* at the 2 GF Spiritual Directors' stations, the chapel prepared gluten free bread (a slice) in a napkin, and a carefully prepared chalice (using gloves etc.)
* we reserved a kitchen dude seat a few seats to the right of each GF caterpillar and placed regular Communion bread at that spot
* before the service, we brought each of the 2 TLs into the kitchen to show them exactly where the caterpillar needed to sit, and we explained the procedures to each of the Spiritual Directors, especially the 2 who would be serving the GF elements
* when the conference room came into the dining room, the 2 GF TLs came in first, and directed their GF caterpillars to sit at the assigned seat to the right of the GF Spiritual Director
* at Communion time, the GF Spiritual Directors took the plate holding the GF bread (without touching the bread itself) and offered it to the GF caterpillar, and then offered the unused chalice; the GF caterpillar then served the GF bread and chalice to the person to the right; when the elements reached the kitchen dude, the kitchen dude substituted regular Communion bread for the GF bread
* using this procedure, a few folks at the GF tables were served gluten free bread for Communion, which tastes different, but which is perfectly safe. More importantly, almost everyone in the room saw nothing unusual whatsoever and the GF caterpillars' health was protected.