



Children's  
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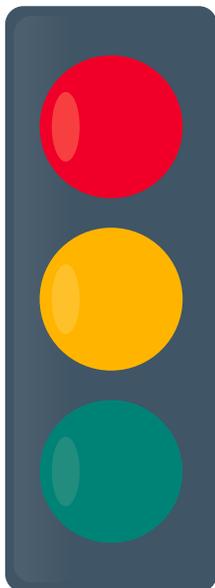


Celiac Disease Program

## Voluntary Labeling

Voluntary labeling refers to disclosures that food manufacturers make about their production process. It can be hard to determine whether something is truly gluten-free when reading a label that says the food product shares production space with gluten-containing products.

Companies are not required to include this information on their labels, but some choose to do so. For companies who do include voluntary labeling on their packaging, we have developed a stoplight system to help you navigate food labels:



**Red light:** "May contain wheat." Put this back on the shelf. This indicates that the company's production practices for this food item aren't secure enough to avoid cross-contact.

**Yellow light:** "Manufactured on shared equipment with products containing wheat." Call the manufacturer to ask about their process. Some companies may tell you not to eat it, while others may tell you that it's safe for someone with celiac disease but not for someone with a wheat allergy.

**Green light:** "Produced in the same facility as products containing wheat." Many of these facilities can be massive – several city blocks in length! These products are considered safe for people with celiac disease. This labeling is geared more towards people with food allergies who react to allergens at much less than 20 parts per million (ppm).

**If you see any of these statements but also see a gluten-free claim on the label, you can disregard the voluntary statement as the gluten-free statement trumps the voluntary statement.**