

Birthday Party Survival Checklist for Gluten-Free Parents

Before the Party

- Contact the party host at least 2-3 days in advance
 - Ask about the menu and food setup
 - Mention your child's gluten-free needs politely
 - Offer to bring a gluten-free alternative if needed
- Talk to your child about the plan
 - Explain what they can eat and what they'll bring
 - Reassure them they're not missing out-just being safe
 - Practice kind ways to say 'no thanks' to unsafe foods
- Prep a 'Gluten-Free Party Pack'
 - Pre-wrapped gluten-free cupcake or cookie
 - Favorite gluten-free snack (chips, crackers, popcorn)
 - Backup treat for trading or sharing
 - Wet wipes and napkins
 - Reusable water bottle or drink

Gluten-Free Treat Ideas to Bring

- GF cupcake with frosting & sprinkles (store-bought or homemade)
- Packaged treats like:
 - Enjoy Life cookies
 - Partake cookies
 - MadeGood bars
- Fruit kabobs or cut-up fruit in a fun container
- Rice crispy treats made with gluten-free cereal

Polite Phrases for the Party

- "Thanks so much-we brought a special treat for him just in case."
- "He has to eat gluten-free for health reasons, but we've got him covered."
- "We really appreciate you hosting-it looks amazing!"

Optional Extras

- A small gluten-free goody bag for your child (if party favors aren't GF)
- A thank-you text or note to the host afterward
- Snap a photo of your child enjoying the party-gluten-free and happy!

Quick Tips

- Always double-check labels-even if it's 'probably gluten-free.'
- Avoid shared utensils, pizza cutters, or buffet-style serving setups.

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- If you're not sure-skip it. Better safe than sidelined.