

Gluten-Free Party Planning Checklist

1. Guest Planning

- Ask guests about dietary restrictions (gluten, dairy, nuts, etc.)
- Plan a guest list that fits your space and budget
- Send invites with a note that it's a gluten-free event

2. Theme & Decor

- Choose a party theme that works well with naturally gluten-free foods
- Coordinate decorations, colors, and tableware with the theme
- Prepare printed menus or food labels (with allergens listed)

3. Menu Planning - Appetizers

- Select naturally gluten-free starters (e.g., veggie trays, hummus, deviled eggs)
- Use gluten-free crackers or chips

3. Menu Planning - Main Dishes

- Choose recipes that don't require gluten (e.g., tacos, grilled meats, stir-fries)
- Use gluten-free substitutes where needed (buns, pasta, bread)

3. Menu Planning - Sides & Salads

- Prepare simple, naturally gluten-free options (e.g., quinoa salad, fruit skewers)

3. Menu Planning - Desserts

- Plan crowd-pleasers (e.g., GF brownies, macarons, flourless cake)
- Double-check that all dessert ingredients are certified gluten-free

3. Menu Planning - Drinks

- Avoid gluten-containing beer
- Offer wine, cider, sparkling water, or certified gluten-free beverages

4. Shopping List & Ingredients

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- Review ingredient labels for hidden gluten (soy sauce, broths, dressings)
- Use certified gluten-free products when possible
- Stock up on gluten-free pantry basics (flour blends, GF pasta, etc.)

5. Prep & Cooking

- Clean kitchen surfaces, tools, and appliances
- Use separate utensils and cutting boards for gluten-free prep
- Label food items clearly
- Keep gluten-containing foods (if any) far away from GF dishes

6. Serving Setup

- Create a buffet-style setup or stations with labeled dishes
- Use color-coded plates/napkins for GF vs. non-GF (optional but helpful)
- Keep food covered to avoid accidental contamination

7. Fun Touches

- Add signs like "100% Gluten-Free & 100% Delicious"
- Offer games or activities unrelated to food
- Prepare take-home gluten-free party favors (cookies, treats, etc.)

8. Final Checks

- Taste test recipes ahead of time
- Prep as much as you can the day before
- Relax and enjoy the party-you did the work!

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