

■ Gluten-Free Kitchen Checklist

Your step-by-step guide to creating a safe, organized, and gluten-free cooking space. Print this and check off each item as you go!

■ Step 1: Declutter & Deep Clean

- Empty your pantry, fridge, and cabinets completely
- Toss all expired foods and open grain products
- Check sauces, seasonings, and condiments for hidden gluten
- Wipe down shelves, drawers, and counters with vinegar or GF-safe cleaner
- Clean or replace sponges, towels, and scrub brushes
- Deep-clean appliances (toaster, blender, mixer, air fryer, etc.)

Hidden gluten hotspots: toaster trays, silverware drawers, stand mixers, cutting boards.

■ Step 2: Replace or Label Key Kitchen Tools

- Replace wooden spoons and cutting boards
- Replace scratched non-stick pans and plastic utensils
- Get a new toaster or toaster bags for gluten-free bread
- Replace or dedicate a gluten-free colander/strainer
- Label gluten-free tools with colored tape or stickers
- Use color-coded bins or drawer organizers for GF items

■ Step 3: Organize Your Gluten-Free Space

- Create a dedicated gluten-free prep area on the counter
- Store gluten-free foods above gluten-containing items
- Use clear, airtight containers for flours, cereals, and snacks
- Label all containers clearly ('GF Flour Blend', 'GF Pasta', etc.)
- Set up a gluten-free snack bin for kids or guests
- Keep separate sponges and cloths for GF cleaning only

■ Step 4: Stock Up on Gluten-Free Essentials

Category	Gluten-Free Options
Flours	Almond, coconut, oat (certified GF), or GF all-purpose blends
Breads	Canyon Bakehouse, Udi's, Simple Kneads
Pasta	Brown rice, lentil, or chickpea pasta
Sauces	Tamari, Coconut Aminos, Primal Kitchen marinades
Snacks	Siete chips, Simple Mills crackers, Kind bars

■ Step 5: Prevent Cross-Contamination

- Always wash hands before handling GF foods
- Use separate jars or squeeze bottles for condiments
- Never share butter knives or spoons between GF and gluten foods
- Clean cutting boards and counters thoroughly after use
- Keep gluten-free utensils in their own drawer or container
- Replace or wash dishcloths daily

■ Step 6: Family & Guest Communication

- Post 'Gluten-Free Rules' in your kitchen
- Teach kids and guests which tools and shelves are gluten-free
- Use friendly reminders like 'GF Zone' labels
- Encourage handwashing before cooking or serving food

■ You're Done!

Take a step back and admire your clean, organized, gluten-free kitchen. Every checkmark brings you closer to peace of mind — and meals you can truly enjoy. ■

Pro Tip: Save this checklist digitally or laminate it for your fridge. Download the full version at LetsGoGlutenFree.com/checklist.