



Tools to Replace in Your Gluten-Free Kitchen Checklist

Cross contamination is the most difficult part of dealing with Coeliac/Celiac disease in a combined GF and non GF kitchen! Here is a quick checklist we have created to help set up your safe kitchen!

Wooden Utensils: Swap out wooden spoons, spatulas, and other utensils for non-porous alternatives.

Cutting Boards: Invest in new cutting boards to avoid cross-contamination from old, scratched ones.

Colanders, Strainers, & Flour Sifters: Replace these with stainless steel or plastic versions for easier cleaning.

Toaster/sandwich press: Get a dedicated gluten-free toaster/sandwich press and clearly label with a magnet

Wooden Rolling Pins: Opt for stainless steel or silicone rolling pins to avoid gluten transfer.

Cast Iron: Consider replacing cast iron pans or ensure thorough cleaning to remove any gluten residue.

Waffle Iron: Look for waffle irons with removable, dishwasher-safe plates or purchase a new one for gluten-free use.

Potholders/Oven Mitts: Wash thoroughly or designate separate ones for gluten-free cooking.

Muffin Tins & Cake Pans: Replace your existing muffin tins and cake pans - as the corners and crevices of these are difficult to remove existing flour from.

Remember, thorough cleaning may not always eliminate gluten traces, so investing in separate items for gluten-free food prep is ideal.

Check out Mama Coeliac's store - coeliacstore.com.au for all your Coeliac kitchen needs.

