



3 STEPS TO A GLUTEN-FREE KITCHEN

PURGE

1

Remove everything from your refrigerator, freezer, and pantry. Sort into safe, questionable, and unsafe piles. Only put back what is safe or, segregate and label these gluten items.

CLEAN

2

Clean appliances, equipment, utensils, and surface areas with soap and water. Decide what to share, to keep separate, or to purchase a new, dedicated gluten-free only item.

REPLENISH

3

There are many, naturally gluten-free foods that you can eat. Start by restocking your kitchen with these.

TIPS

- Check all labels; make no assumptions when it comes to processed foods!
- Be wary of vegetable medleys with sauces, since they may use gluten as a thickening agent.
- Use this opportunity to declutter. Check expiration dates and only keep what you will eat in the near future.
- Use a separate sponge to clean equipment used with gluten foods to avoid cross-contamination.

Keep it simple!