



GF Your Kitchen Checklist

- Download Scanning App

- Go Through Each Item in Fridge

- Go Through Each Item in Pantry

- Go Through Each Item In Freezer

- Gather all GF Food in One Area

- Go Through Pots/Pans, Utensils, etc.

- Throw Away Sponges or Brushes

- Check For Cross Contact In Condiments

- Create a Gluten Free Zone

- Label All Gluten Free Items

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