

GLUTEN FREE YOUR HOME



Checklist



CELIAC COACH

• ServingCeliacs.com •



LISTEN TO MODULE 2 OF THE A-Z ABOUT LIVING GLUTEN FREE E-COURSE



DOWNLOAD SCANNING APP(S) (IPIIT, EATING CLEAN, THE GLUTEN FREE SCANNER, ETC...)



GO THROUGH EVERY ITEM IN YOUR FRIDGE

SCAN AND CALL ABOUT ANY SUSPICIOUS GLUTEN CONTAINING FOODS

SEPARATE SAFE AND UNSAFE FOODS

LABEL UNSAFE FOODS OR GET RID OF IT



GO THROUGH EVERY ITEM IN YOUR FREEZER

SCAN AND CALL ABOUT ANY SUSPICIOUS GLUTEN CONTAINING FOODS

SEPARATE SAFE AND UNSAFE FOODS

LABEL UNSAFE FOODS OR GET RID OF IT



GO THROUGH EVERY ITEM IN YOUR PANTRY

SCAN AND CALL ABOUT ANY SUSPICIOUS GLUTEN CONTAINING FOODS

SEPARATE SAFE AND UNSAFE FOODS
LABEL UNSAFE FOODS OR GET RID OF IT



GO THROUGH POTS, PANS, ELECTRIC MIXERS, UTENSILS, GET RID OF ANY WOODEN SPOONS/ UTENSILS



THROW AWAY ANY USED SPONGES AND BRUSHES



VERIFY THAT ALL CONDIMENTS ARE NOT CROSS CONTAMINATED

LOOK AT YOUR SOAPS, LOTIONS, TOOTHPASTE, OR ANY OTHER BEAUTY PRODUCTS THAT COULD BE INGESTED. (SOME PEOPLE HAVE A SKIN IRRITATION TO PRODUCTS WITH GLUTEN)

