

The Tools to Replace in Your Gluten-Free Kitchen



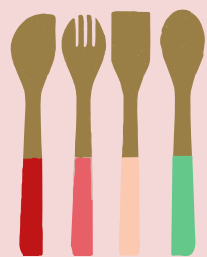
GLUTEN
INTOLERANCE
GROUP

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You ditched the bread, nixed the crackers, and are a label-reading expert. However, gluten may still be lurking in your life if you have not replaced these items. Buy new and distinguish them as your gluten-free arsenal to keep yourself safe from contamination from previous use.

WOODEN UTENSILS

Wood is tricky to clean (the same reason why wooden cutting boards are not ideal for cutting raw chicken). Even in the dishwasher, the wood fibers could harbor sticky gluten and enter your food with the next stir.



CUTTING BOARDS

No matter what they are made of, be cautious of cutting boards. While germs can be cleaned from them, gluten settled into crevices may not. Do not take a risk and use your former bread board with your new gluten-free loaf or fresh veggies.



COLANDERS, STRAINERS, & FLOUR SIFTERS

We are sure you do not scrub each hole individually, right? Starchy pastas can leave residue behind and it is not worth the risk, especially with tiny, mesh-like strainers.



TOASTER

We know, a whole new toaster?! Trust us, this one tops the list; those crumbs will stick to your bread—and then your insides! You can also try toaster bags, but for under \$20, a new toaster is better for peace of mind (and body).



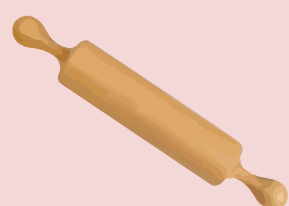
NONSTICK PANS

Nonstick coatings scratch over time, no matter how careful you may be. The same way gluten sneaks into crevices on cutting boards, it can settle in there.



WOODEN ROLLING PINS

Great Aunt Gertrude will understand that her generations-old rolling pin is now a relic. Pushing flour into that wood all those years could spell disaster for your gluten-free pies.



Use with Caution

CAST IRON

The jury is still out on whether gluten clings to cast iron. Due to the nature of typically washing without soap and texture of the iron, it may be worth investing in another.



WAFFLE IRON

Waffle irons can be tricky to clean with all those grooves. Unless the plates come out and go in the dishwasher, you may want to buy another.



POT HOLDERS/OVEN MITTS

You may not remember touching the crust of that pizza when you pulled it out of the oven, thanks to that handy oven mitt! However, you may not realize that same mitt touched your gluten-free pizza later on. Wash in between use or buy separate ones.



MUFFIN TINS & CAKE PANS

These can be tricky to clean and really get into every crevice, mostly due to their shape and design. If you really do not want to buy a new set, your best defense is to use cupcake liners and parchment paper.

