

HOT SPOTS at home

PLAYROOM

Paste
Playdough
Table-top



BEDROOM

Hand lotion
Lip balm/lipstick



BATHROOM

Medications
Sunscreen

KITCHEN

Condiments
Convection oven
Dish towels & rags
Equipment: colander, panini press,
waffle iron & breadmaker
Sponges & brushes
Stovetop
Toaster
Utensils



Check out these household problems
and learn about solutions for each room.

PLAYROOM

PROBLEM

You never know the kind of snacks your children's friends have in their backpack. Snacks in the playroom can lead to gluten exposure through cross-contact or direct gluten ingestion if your child is still learning the gluten-free diet.

SOLUTION

Make a "no snacks in the playroom" rule to avoid gluten exposure. If kids have a snack in the kitchen, be sure they wash their hands before returning to play.



snacks

PLAYROOM

PROBLEM

Wheat is typically used in play dough and other molding clay.

SOLUTION

Purchase a labeled gluten-free play dough or do a Google search to find a gluten-free recipe to make your own at home.



play dough

PLAYROOM

PROBLEM

Some pastes (particularly paper mache paste) and finger paints contain gluten. While gluten in paste or paints won't be absorbed by the skin unless a deep wound is present, kids may put their fingers in their mouth and ingest the gluten.

SOLUTION

Most pastes are made from synthetic materials and do not contain gluten. Double check the manufacturer's website to ensure the product does not contain gluten to avoid possible gluten ingestion if your child touches his/her mouth after using one of these craft supplies.



paste & finger paints

BEDROOM

hand lotion, lipstick & some cosmetics

PROBLEM

Gluten cannot be absorbed by the skin (unless a deep wound is present), but some cosmetics can easily be ingested if they come in contact with the mouth.

SOLUTION

Use gluten-free hand lotion, lipstick, lip gloss, or any other product that could come in contact with your mouth.



BATHROOM

PROBLEM

Even though we don't swallow toothpaste, we can still "get glutened" if the product is not gluten-free.

SOLUTION

Many toothpastes are already gluten-free. But double check the ingredients and call the manufacturer to verify. Remember to check your mouthwash, too!



toothpaste

BATHROOM

PROBLEM

Sunscreen can get into the mouth if you lick your lips or touch your mouth.

SOLUTION

Buy gluten-free sunscreen to eliminate risk. A Google search will turn up various options, but always double check labels before using and call the manufacturer if you are unsure of the product's gluten-free status.



sunscreen

BATHROOM

PROBLEM

Gluten isn't absorbed by the skin, but some people prefer gluten-free hair products. Kids who suck on their hair are at risk for ingesting gluten from hair care items.

SOLUTION

Purchase gluten-free shampoo and conditioner for kids who suck on their hair and for yourself, if you prefer.



shampoo & conditioner

KITCHEN

PROBLEM

Gluten can get trapped in towels or rags and cause cross-contact.

SOLUTION

Purchase dedicated gluten-free towels and rags or let your dishes air dry. While not the most earth-friendly method, disposable paper towels can be used instead of cloth towels.



dish towels & rags

KITCHEN

pantry shelf

PROBLEM

Spills or damaged packaging (especially wheat flour) can cause cross-contact.

SOLUTION

Keep gluten-containing flour in a separate cabinet from gluten-free flour. Store gluten-containing products below gluten-free items in your pantry.



KITCHEN

oven

PROBLEM

Convection ovens use a fan to circulate air around food. This process can cause cross-contact.

SOLUTION

Keep gluten-free food cooked in a convection oven covered tightly at all times or thoroughly clean the oven (even if there are no visible crumbs) in between uses.



KITCHEN

utensils

PROBLEM

Gluten can become stuck in porous utensils and cooking ware, like wooden spoons, marinating brushes and cutting boards.

SOLUTION

Buy a set of dedicated "gluten-free" porous utensils. For everyday forks, knives and spoons, wash in warm soapy water and rinse thoroughly in clean water or, preferably, in the dish washer.



KITCHEN

sink

PROBLEM

Cross-contact can occur from using the same sponge to clean dishes used for gluten-containing and gluten-free food.

SOLUTION

Keep a separate sponge for gluten-free dishes. Pick a bright color and keep it in a rack away from the sponge used for gluten-containing dishes.



KITCHEN

cooking equipment

PROBLEM

Cross-contact can occur through cooking equipment that has scratches, small holes or crevices—like colanders, scratched no-stick surfaces, waffle irons, panini presses and grills.

SOLUTION

For hard-to-clean items, like colanders and waffle irons, buy dedicated gluten-free equipment so cross-contact does not occur. Replace scratched plastic ware, as gluten can get caught in cracks. Use foil or a dedicated grill pan/liner to create a barrier between gluten-free food and the grill.



KITCHEN

toaster

PROBLEM

Crumbs can easily get trapped in the toaster. Cross-contact is likely to occur if gluten-containing and gluten-free bread are toasted in the same appliance.

SOLUTION

Purchase a dedicated, gluten-free toaster. Be sure to label it as "GF!"



KITCHEN

medication

PROBLEM

The binders used in medications may contain gluten.

SOLUTION

Talk with your doctor, pharmacist or drug manufacturer to find out if your medications contain gluten.



KITCHEN

utensils

PROBLEM

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