



7 Ways to Keep your Kitchen Celiac Safe

When someone is diagnosed with celiac disease, it's an adjustment for the whole family, not just the person diagnosed. If someone has celiac disease, even a small trace of gluten can make them sick, so it's super important that you make your home celiac safe for your loved one in they have been diagnosed. To help you get started, we have compiled a list of tips for making your kitchen celiac safe.

1. Label everything

If you have a celiac in your home co-existing with a gluten-eater, it's very important that they have their own condiments, cutting boards, cutlery, frying pans etc. Anything that could potentially be cross contaminated with gluten should be kept in a separate place in the fridge and or kitchen, and labeled accordingly to avoid any confusion. Even putting a pan in a dishwasher may not completely get away all of the gluten, and could seriously make your loved one sick. So make sure everyone knows what's what with clearly labelled items.



2. Replace anything wood with plastic

Wood is a very porous material and absorbs gluten and other microbes into the grain. Replacing wooden cooking tools and bowls with plastic will eliminate this risk.

3. Keep a separate sponge for washing dishes

Much like wood, sponges absorb gluten. Washing a pan that is labeled gluten free with a sponge that it full of gluten kind of defeats the purpose of having gluten free pans.

4. Buy a separate toaster for gluten free products

Much like sponges, toasters are a breeding ground for gluten! Those crumbs get in impossible to reach places. Keep the gluten free toaster in a place that is far enough away from products that may contaminate it. One crumb could mean an entire day of misery for someone with celiac disease.

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5. Clean the counter...a lot

Even if you're just placing a cutting board on the counter to cut a sandwich in half, wipe the counter immediately after to avoid cross contamination. We recommend using disposable wipes for cleaning, to avoid further cross contamination with sponges.

6. Replace non-stick pans and utensils

Purchase pans and cutlery that are specifically designated for gluten free foods. If you have people in your home that plan on continuing to eat gluten, you can keep your old pans and cutlery for them, just make sure that they are stored separately and labeled appropriately.

7. Make gluten-free zones

Even air-born gluten can affect someone with celiac disease. Make sure all gluten free products and kitchen supplies are stored separately from everything else. Make a 'safe space' in your kitchen for gluten free condiments. Even squeeze ketchup bottles can become contaminated if you're not careful, so make sure your loved-one has a safe place to go for all the fixings, with their own gluten-free condiments!

Though all of these tips will certainly help, the best way to have a celiac-safe kitchen is to not bring any gluten into the house at all. Thankfully, we live in a time where gluten-free products are much more readily available, and many of them are so well made that you can barely tell the difference. Support your family and go gluten free with them! At least while you're at home. Next time you go out to eat with friends you can get your gluten fix... Just make sure to wash your hands after!

About CDHF

We are the trusted resource on digestive health. Because we are the Foundation of the Canadian Association of Gastroenterology, we are directly connected to Canada's leading digestive health experts, physicians, scientists and other health care professionals. You can trust us to provide you with practical, science-based information that is up to date and unbiased.

Our Mission

To reduce suffering and improve quality of life by providing trusted, accessible, and accurate information about digestive health and disease

Our Vision

To empower all Canadians to manage their digestive health with confidence and optimism

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