HOT SPOTS at home

PLAYROOM
- Paste
- Playdough
- Table-top

BATHROOM
- Medications
- Sunscreen

BEDROOM
- Hand lotion
- Lip balm/lipstick

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.
beyondceliac.org
**Playroom**

### Snacks

**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.

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### Play Dough

**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.

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### Paste & Finger Paints

**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.

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### 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.

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### Bathroom

### Toothpaste

**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!

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### Sunscreen

**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.

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### Shampoo & Conditioner

**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.

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### Kitchen

### Dish Towels & Rags

**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.
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.

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**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.

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**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.

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**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.

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**cooking equipment**

**PROBLEM**
Cross-contact can occur through cooking equipment that has scratches, small holes or crevices—like colanders, scratched non-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.

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**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!”

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**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.

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**utensils**

**PROBLEM**
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**SOLUTION**
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