

Setting up the Perfect Gluten-Free Pantry

Presented by Emily Freedner, Certified Health Coach

Prepping Your Pantry

- *Throw out, relocate or give away gluten-containing items*
- *Thoroughly clean your shelves and utensils*
- *Designate space and utensils for gluten-free foods*
- *Always store gluten-free products above the gluten-containing items*



Stocking Your Pantry with Gluten-Free Items



Grain-Based Products

- *Brown and wild rice*
- *Quinoa (actually a seed)*
- *Lentils*
- *Buckwheat*
- *Gluten-free pasta*



Breakfast Foods

- *Gluten-free cereal*
- *Gluten-free oatmeal*
- *Gluten-free bread (may be in freezer)*
- *Gluten-free breakfast bars*
- *Gluten-free granola*



Canned Goods

- *Variety of beans*
- *Canned tomatoes*
- *Tomato sauce*



Snacks

- *Nuts*
- *Popcorn*
- *Corn chips*
- *Gluten-free pretzels*
- *Gluten-free crackers*



Condiments

- *Nut butters*
- *Gluten-free tamari*
- *Quality olive oil & balsamic vinegar*
- *Gluten-free vegetable or chicken broth*
- *Gluten-free BBQ sauce*
- *Gluten-free stir fry sauce & hot sauce*



Baking Mixes and Gluten-Free Flours

- *Bob's Red Mill Pizza Mix*
- *Pamela's Baking & Pancake Mix*
- *Bob's or King Arthur all purpose gluten-free flour*
- *Brown rice flour*



Explore and Try New Products!

- *Experiment and try new gluten-free products*
- *Find replacements for your personal everyday favorites*
- *Always keep your pantry stocked with essentials*