

By [Toni B. Snyder](#)

How do you create a gluten-free kitchen if you are gluten intolerant or have celiac disease? It can be done with the right information and a little time. The following simple steps will get you on your way to a gluten-free cooking environment that is safe for you and your family.

### 1. Sorting Space

First, designate a large, clean space outside of the kitchen area for sorting your kitchenware and appliances. Separate this space into two sections: Keep and Toss. A third section for gluten eaters may be needed if your kitchen is not totally gluten-free. A sorting space like this will help you organize and manage the following steps.

### 2. Kitchenware to Keep

Keep pots, pans, utensils, and dinnerware made of non-porous materials (stainless steel, copper, porcelain, glass, Pyrex) as long as they don't have deep scratches or ridges. Give these items a thorough scrubbing in hot, soapy water and, if you can, sanitize them in the dishwasher for a fresh start. This kitchenware is now exclusively for gluten-free use.

### 3. Kitchenware to Toss

Throw out pots, pans, utensils, dinnerware, cutting boards, and colanders made of porous materials (non-stick coating, stoneware, plastic, vinyl, wood). The gluten protein gets stuck in the scratches and ridges of porous kitchenware running the risk of cross-contamination. Remember, it only takes a tiny amount of gluten to trigger symptoms. Buying brand new cookware can be expensive, so start by choosing a pot or pan size that you will use most often.

### 4. Small Appliances

Replace toasters, blenders, mixers, bread makers, and any other small appliances that are difficult to sanitize and/or made of porous materials. Toasters are especially contaminated with gluten. Buy a new toaster for yourself, and hang onto the old one if there is a gluten eater in the house (ideally, everyone in the house is gluten-free!).

### 5. Clean and Organize

Wipe down all counters, surfaces, walls, and inside/outside cabinets with hot soapy water, vinegar, or your choice of disinfectant. If needed, organize your clean kitchen into gluten-free and gluten areas. Provide a special cabinet in the kitchen for the gluten eaters and discuss with them the importance of keeping their area clean and free of crumbs. Put all your uncontaminated, gluten-free kitchenware into their cabinets and drawers.

### What's Next?

Congratulations on that beautiful, safe kitchen! Your next step is to make your pantry and refrigerator gluten-free. Are you ready for the challenge?

Toni B. Snyder invites you to visit [www.glutenfreehowto.com](http://www.glutenfreehowto.com) for more information on gluten-free living. Dr. Snyder is a nutrition consultant specializing in the management of common nutrient deficiencies and related health concerns associated with food sensitivities and allergies. Take her

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