



Gluten-Free Pantry Staples

Pantry staples to make it easy to create simple and nutritious meals for your family. Use these as a starting point for setting up a celiac safe pantry.

Baking Products

Baking gluten-free can be a great alternative to purchasing pre-packaged products. Listed below are products that will allow you to bake almost any baked good.

1. Gluten Free Flour

We always opt for a multipurpose blend that contains xanthan gum. As a stabilizer and thickener, xanthan gum is often found in gf blends.

2. Baking Powder and Baking Soda

Both leavening agents, baking powder and soda will often be found in many baking recipes. Always check the label to make sure you're selecting gluten-free brands.

3. Extracts and Spices

Flavoring extracts and spices are great items to keep on hand. From vanilla and almond extract to cinnamon and allspice, you will quickly learn that these are all delicious options to boost the flavor of gluten-free recipes.

4. Xanthan Gum

Xanthan gum is a powder added to recipes to help bind and thicken ingredients making it necessary for baking. You will want to check the ingredient label of your flour blend as many blends now include xanthan gum as an ingredient making gluten-free baking even easier. This will also help determine the size of bag you want to purchase.

5. Chocolate Chips, Cocoa Powder, Chopped Nuts

These are three of our favorite mix-ins/toppings to keep stock of and incorporate as desired. Be sure to check the label to select gluten-free brands as some brands of chocolate chips and chopped nuts are not gluten-free.

Grains

Up next, grains such as pasta, rice and cereals are our top three favorites to keep in the pantry 24/7. They are all easily incorporated into recipes that the whole family will enjoy.

6. Pasta

When it comes to pasta, there are SO many gluten-free options to choose from. From brown rice noodles to rice noodles and everything in between, you can stock 1 or 2 products to be your go-to on pasta night.

7. Rice

Rice is another grain that is easy to store and make when desired. You can stick with plain white rice or go with a variety such as brown or wild rice. Microwavable rice pouches are an option if you aren't a fan of cooking rice from scratch. If purchasing these products, always look for the certified gluten-free label.

8. Cereals

Our kids love eating cereal in the mornings or as an afternoon snack. Chex cereals are a trusted gluten-free brand that does not compromise on flavor.



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9. Potatoes

If we had to name our top pick for a pantry staple it would be potatoes. Naturally gluten-free, potatoes are so versatile and can be used in side dishes or main entrees. Keep stored in a dark dry location in your pantry. Yukon gold, russet, red and sweet potatoes are all options to incorporate at breakfast, lunch or dinner.

10. Snacks

A pantry isn't stocked without a variety of snacks in our opinion. Especially if you have kids running around. Having go-to snacks for kids (or you) to grab when in a pinch is a great safe solution. Check out our favorite gluten free snacks!

- Fruit strips
- Gluten free crackers
- Gluten-free protein bars or drinks
- Pistachios
- Gluten free cookies
- Popcorn
- Gluten free pretzels
- Peanut butter and apples or bananas
- Nutella and strawberries

11. Canned products

Canned beans, tomatoes, chicken broth and vegetables are all products to keep stocked to easily add to any recipe that calls for these ingredients. These are the items that are listed on our grocery list every week and we always have 2 or 3 cans of each on hand at all times.

Checking the cans for gluten containing ingredients and opting for brands with the gluten-free or certified gluten-free label is how we ensure we are keeping our family safe.

12. Seasoning packets

Seasoning packets are one of the best ways to quickly add flavor to recipes. Look for packets with the certified gluten-free label before mixing into a recipe as many brands will include gluten containing ingredients as a thickener.

13. Premade mixes

Premade mixes such as pancake, corn bread, biscuits, etc... can be a quick and easy way to get breakfast or bread on the table. While we would all love to bake these foods from scratch, it is not always possible. Keeping premade mixes in your pantry will allow you to successfully feed your family during busy times.

14. Proteins

Canned tuna, chicken, salmon are proteins that can be kept safely in the pantry and turned into a delicious recipe during at any time. Packets of these proteins are great to pack in lunchboxes or for work.

15. Tortillas

Gluten-free flour tortilla and corn taco shells are the last but not least pantry staple. Great to use for taco Tuesday or to create wraps to pack for lunches.