

Always check labels before bringing any materials into the toddler classroom for use by **ANY** child. While the room is not gluten free in totality (parents can send in gluten for meals), the materials we provide the room are. Be mindful and aware!

## Art-

### Gluten free Play-doh recipe:

1/2 cup rice flour  
1/2 cup corn starch  
1/2 cup salt  
2 tsp cream of tartar  
1 cup water  
1 tsp cooking oil  
food coloring

Put all ingredients in a cooking pan and cook on low heat, stirring constantly until a ball is formed. Remove from heat. When cool, pat until smooth. Store in a baggie.

### Play-Doh Alternatives:

- Kinetic sand
- Excellerations spectacular sensory sand
- Oobleck (Cornstarch and water- it's a messy one but a fun way to explore solids and liquids)
- Crayola Model magic

### Glue:

- All Elmer's glue products, including Elmer's white glue and glue sticks
- Colorations Washable School Glue, Colorations glitter glue and Colorations glue sticks (both purple and premium)

### Markers, Crayons, and Pencils:

- All crayola products (except- Crayola Dough\*, Glitter Dots, and Easy Peel Crayon Pencils which all **CONTAIN GLUTEN**)
- Colorations markers
- Colorations do a dot markers

### Paint:

- Crayola paint
- Colorations paint
- Elmer's finger paints are **NOT gluten free**

### Tape and Stickers:

- 3M-brand tapes, including Scotch Tape and Post-It Notes
- Rose Art brand stickers

- Postage stamps contain gluten
- Glue strip on envelopes contain gluten

### **Sensory Bin Fillers:**

- Gluten free pasta
  - Rice pasta
  - Quinoa
  - Corn pasta
- Corn
- Garbanzo
- Fava bean
- Lentils
- Sunflower seeds
- Rice

### **Manipulatives:**

- Gluten free pasta
  - Rice pasta
  - Quinoa
  - Corn pasta
- Garbanzo
- Fava bean
- Lentils
- Sunflower seeds

## **General Classroom Supplies-**

### **Band-aids:**

Johnson and Johnson Bandaid Brand Band-aids are gluten-free (includes clear, family variety pack, kid character band-aids, flexible, and fabric band-aids).

### **Tissues:**

- Kleenex tissues with lotion and Kleenex anti-viral are gluten-free.
- Puffs Plus are gluten free as well

### **Hand Sanitizer:**

- Purell instant hand sanitizer is gluten-free
- Germ-X hand sanitizer is gluten-free.
- Dial
- Mrs. Meyers

### **Sunscreens/lotions:**

- Some sunscreens and lotions contain gluten
  - Be sure to wear gloves when applying sunscreen/lotion to children
  - Once one child is finished, CHANGE gloves

- If applying lotion to your own hands, make sure it is gluten-free. If not, wash hands with soap before touching any surface or items
  - Lotions that **do/may** contain gluten:
    - Vaseline
    - Chapstick
    - Nivea
    - Olay
  - Lotions,etc that are found to be gluten **safe**
    - CeraVe
    - Neutrogena
    - SunBum
    - Bananaboat

Website below has an abundance of school and art supplies. When reading the description of an item, it indicates “free of common allergens...” gluten included. Read carefully. Since these supplies are not food or drinks, companies do not NEED to advertise use of gluten. If it doesn’t say gluten free, assume it has gluten and is not safe for use

<https://www.discountsschoolsupply.com>

See *Voluntary Recommendations for Managing Celiac Disease in Learning Environments* by Vanessa Weisbrod and Marilyn Geller for additional resources.