

Mila's party checklist

A gluten-free party at your house, the way Mila's family does it: one table, one cake, everybody the same. Tick it off as you go.

A week before

- ☐ Choose the cake. Bake it at home, or ask the bakery how they make it gluten-free.
- ☐ Plan a menu that is gluten-free from the start, so nobody needs a special plate.
- ☐ Say in the invitation that all the party food is gluten-free.
- ☐ Pick games without flour, pasta or cereal. Ordinary playdough is made with wheat flour.

The day before

- ☐ Shop by the ingredient list: no wheat, barley, rye or malt, oats only when labelled gluten-free. Sprinkles, sweets, crisps and sauces too.
- ☐ Bake in clean tins, with clean spoons and your gluten-free flour.
- ☐ Keep the toaster and the wooden breadboard away from the party food. Crumbs hide there.
- ☐ Fill the party bags with treats you have checked, or with small toys.

On the day

- ☐ One table, everything on it gluten-free. No special plate.
- ☐ A clean knife for the cake.
- ☐ Food that guests bring along stays off the party table until you have read the label.
- ☐ Cake first or games first? Ask the birthday child.

One table, one cake. Everybody the same.