



## ART SUPPLIES THAT CONTAIN GLUTEN

### Play Dough

Most play doughs contain wheat, including the popular Play-Doh and Crayola Dough.

### Finger Paint

Some contain wheat and oats, so be sure to read the labels for gluten or other food allergens.

### Paper Mache

Paper mache contains wheat flour.

### Macaroni Art

Regular pasta contains wheat and sometimes egg.

### Craft Paste

Craft paste often contains wheat.

### Counting/Sorting Classroom Activities

These often involve food, so be sure to ask your child's teacher in advance so that you can be sure they're gluten or allergy free.

## GLUTEN FREE ALTERNATIVES

Lakeshore Wheat & Gluten-Free Dough, Colorations Wheat & Gluten-Free Dough, Kinetic Sand

Crayola's paints are gluten free.

Elmer's glue solution, or make your own with glue, water, and paper.

Gluten free pasta, such as rice, quinoa, and corn pastas all work nicely and come in a multitude of shapes and sizes.

Elmer's glue sticks are a safe alternative.

Gluten free beans, pastas, and jelly beans (Jelly Belly has a GF line).

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