

# *The Gluten-Free Diet*

## *Need it? Want it? Live it! Love it!*

*Do you want or need to go gluten free?*

Two hour information session offered by the gluten-free experts - volunteers with the Victoria Chapter of the Canadian Celiac Association (CCA).

You need not be diagnosed with Celiac disease or gluten sensitivity to be welcomed. 97% of celiacs are never diagnosed. 10% of North Americans are gluten intolerant.

The foods that you can eat right now  
Where to shop for gluten-free products  
The must-have items for a gluten-free kitchen  
Local restaurants that serve the gluten free  
How to take out the gluten but keep the nutrition  
How to feed your gluten-free child  
The final frontier - family and friends

- Cost: \$65 and makes you a member of the the CCA with [www.bit.ly/AlltheBenefits!](http://www.bit.ly/AlltheBenefits!) If already a CCA member, class is free and can be taken more than once.
- Receive a CCA New Member Kit; a guidebook to living well gluten free, a *Pocket Dictionary of Allowable Ingredients* and a host of helpful information from recipes for delicious gluten-free bread to free samples of gluten-free products.
- Family and friends are welcome to attend at no charge to lend support and be supported themselves. Content and pace geared to adults and teenagers.

DATE: Every third Saturday mornings of the month except December

PLACE: Tuscany Thrifty Foods at 1626 McKenzie Ave @ Shelbourne

TIME: Class starts at 10 am and ends approximately 12 noon

CHECK IN: Customer Service Desk, wheel chair accessible

PRE- REGISTER: [ellen@theceliacscene.com](mailto:ellen@theceliacscene.com) or 250-727-6275 *No Drop Ins, please.*

**THRIFTY FOODS**  
cooking and  
lifestyle  
centre 



*Canadian Celiac Association - dedicated to supporting people adversely affected by gluten.*