

FALL 2022

generationg gluten.org Kids

In This Issue:

YAY! *Gluten-Free*
SLEEPOVERS

HEALTHY
TUMMY *Tips*

A COOL
GUIDE 
to Apples

The Happy, Healthy Issue!

PLUS

Decorate Pumpkins

Bake and Share Cookies

Build a Scarecrow

And more!



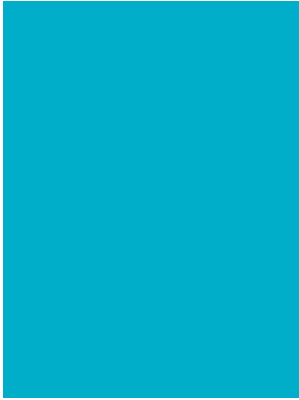
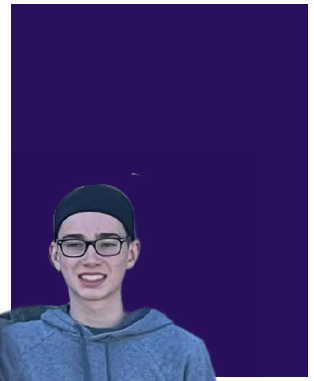
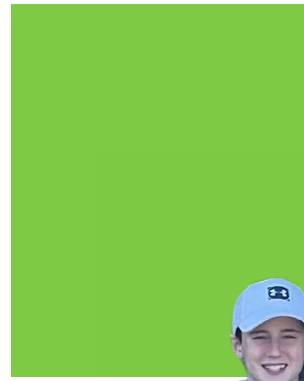
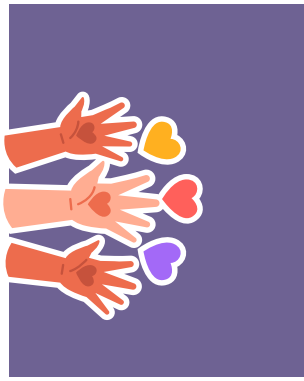


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generationgf Kids

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Gluten Intolerance Group® (GIG®) makes life easier for everyone living gluten-free.

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Happy Fall, Readers!

By the time you get this magazine, you've probably learned a lot in your new grade at school. But school isn't the only place to learn new things. Every day, we can learn something new!

This issue of *Generation GF Kids* is chock-full of new things to learn! We explore how eating gluten-free can help you feel better. We explain how your body uses the food you eat. And speaking of eating, how many kinds of apples can YOU name? Learn about the most popular types of apples in our handy guide.

Did you know that breathing can help calm you down? We will tell you how! Meet a Generation GF support group leader and two brothers who are on a gluten-free journey together.

We've got some fun ideas for things to do, like visiting an apple orchard or a grove and ways to decorate pumpkins. Check out the recipe to bake your own sugar cookies (be sure to ask a grownup for help). Yum!

So many fun things to learn and do! We hope you have as much fun exploring this issue as we had writing it. Enjoy!

WHAT'S NEW

FUN THINGS ALWAYS HAPPEN WITH GENERATION GF!



Kids eating a yummy gluten-free meal at Camp Sealth.

We spent the summer at camp! Our friends at Taste Republic helped us serve the kids at camp some delicious pasta. Then Milton's threw a pizza party with sweet treats from Katz Gluten Free. We hope to see you at camp with us next year!



Lots of campers got scholarships to attend camp! Tell your parents to go to p. 37 to find out more.



We love helping kids who are living gluten-free. Each month, the team at GIG Cares boxes up tasty gluten-free food for over 275 families who need a helping hand. Kids help, too! Being a volunteer feels good for everyone!



Volunteering is fun! Kids help box gluten-free foods for families in need.

Is your child almost a teen? Next year, our Teen Summit will be an awesome outdoor adventure in Colorado!! Visit the Generation GF website for more information by going to gluten.org/community/kids

We taught some gluten-free teens how to cook this summer at a well-known cooking school in California – the Culinary Institute of America (CIA). Their big, commercial kitchen was amazing, and the food was outstanding. Some great guests joined us and taught the teens some important things about gluten-free living, such as advocating for themselves.



Teens got to cook gluten-free food in this awesome kitchen!



Erica and Jules ready to decorate cookies!

Blogger Jules Shepard of gfJules helped the teens decorate cookies. Check out page 31 for her gluten-free cookie recipe so your kids can decorate some, too! Blogger Erica Dermer of Celiac and the Beast was so helpful at the event that, soon after, she got a job at GIG and will be helping you and your family now, too!





Gluten-Free Sleepovers

Going to a friend's house? Visiting someone else's house usually means you will need to be careful about what you eat.

Here are some things to think about when you go to a friend's house.

The Phone Call. Ask a responsible adult in your own home to make a call to your friend's parent or guardian. The grownups can talk about your need to eat gluten-free. They can explain what that means. Lots of families and households can have gluten-free food for you, but they need to know about it first!



The Sleepover. Who doesn't like a sleepover? Sleepovers are a lot of fun. They also mean you might be having dinner, snacks or party food, and breakfast the next morning. That's a lot to think about!

To make things easy, ask your parent or guardian to let your friend's parents know that you could bring some of your own gluten-free food and food you can share.

Remember: Your friends' families will be glad to help make sure you stay healthy and have a good time when you are at their house.

DIPS

Mix and Match!

SNACKS

Sweet



Yogurt



Chocolate



Whipped
Cream



Peanut
butter



Caramel



Marshmallow
Creme

Savory



Ranch



Salsa



Guacamole



Cheese



Hummus



Bean

Fruits



Apple



Strawberry



Grape



Pineapple



Banana



Orange

Savory



Salami



Olives



Cheese



Pepperoni



Pickles



Hard boiled
eggs

Crunchy



GF Pretzels



Chips



Popcorn



Nuts



GF
Crackers



GF Granola
bars

Vegetables



Cauliflower



Sugar snap
peas



Carrots



Broccoli



Zucchini



Bell pepper

Here are some delicious ideas.

Always have a grownup check that everything is gluten-free.

- Bags of gluten-free snacks like pretzels, popcorn, or chips.
- Fresh cut fruit and yogurt or chocolate sauce for dipping.
- Fresh cut vegetables with a yummy ranch dressing dip.
- Plain ice cream flavors with gluten-free toppings.
- Gluten-free cookies, cupcakes, cake, or pie.

Keep gluten-free food away from food with gluten. Cover your food when you are not eating it.

Helpful Tip #1: Host a sleepover at your house! Serve only gluten-free food and treats. Your friends will be surprised how good they taste!

Have fun making snacks or meals together! Use all gluten-free ingredients. Here are some ideas: Build your own ice cream sundae. Decorate gluten-free sugar cookies. (See a recipe from GFJules on page 31). Build your own tacos.

Helpful Tip #2: Check if any of your friends have food allergies or are sensitive to any food. Help them stay safe when they are at your place.

Relax. Take a Breath!

Breathing is something all living things do—including you! You breathe **automatically**. That means you don't even have to think about breathing every time you take a breath.

When you breathe in, you bring oxygen into your lungs. Oxygen is needed to help turn food into energy, and to keep all the cells in your body working well. When you breathe out, you send **carbon dioxide** out of your body. Breathing out helps clear your body of the air it doesn't need.

Automatically - happening without you having to think about it.

Carbon dioxide - a gas with no smell or color that we breathe out and plants take in to grow.

Try this

Take a deep breath. Hold it for just a few seconds. Now let it out slowly. What did you notice?

You probably feel just a little more relaxed than you did a minute ago.

Being relaxed is a great place to be!



Thinking about your breathing is one thing you can do to help you relax when you are feeling nervous or worried.

Here are a few ways to think about your breathing. Check with a responsible grownup in your house first, and then try these simple breathing exercises.



Blow bubbles

Get a bottle of bubbles and try this:

1. Take a slow deep breath.
2. Hold it for 3 seconds—count in your head 1, 2, 3.
3. Slowly blow a bubble and watch it grow.

Did it float away? Yay!

Did it pop? Try again until it floats away. You can do it!



1, 2, 3 breathe

You know how to breathe, but have you ever slowed down your breathing? Slowing your breathing a little can help calm your body from head to toe.

1. Breathe in and count in your head: 1, 2, 3.
2. Hold your breath counting in your head: 1, 2, 3.
3. Breathe out slowly counting in your head: 1, 2, 3.
4. Repeat 3 times.

Counting helps you pay close attention to each moment as you breathe. Paying attention to breathing helps keep your mind in a calm place.



Belly breathing

Did you know that there are two different ways you might be breathing? One way is from your chest. Think of this as breathing into the top of your lungs.

The other way is from your belly. Think of this as breathing into the bottom of your lungs.

Take a breath and see if your chest is rising or if your belly is **expanding**.

When people breathe, most of the time they are chest breathing. When you breathe from your chest, you get just enough oxygen that your body needs. But guess what? Your lungs can hold a lot more oxygen!

Expanding – getting bigger or growing.

Try this:

1. Put your hand on your chest (like you are saying the Pledge of Allegiance).
2. Breathe in and feel your chest rise under your hand.
3. Now put your hand on your belly for your next breath.
4. Take a breath slowly and see if you can suck in the air deeper into your lungs, gently pressing out and expanding your belly.
5. Let the air out slowly and try again.

Is your belly expanding when you breathe? This one takes some practice but when you want to focus on relaxing, belly breathing really works!

There are many ways to think about your breathing and to use breathing to relax.

Enjoy the relaxing feeling!





Professor Whoo Teaches You...

Why you eat gluten-free

Gluten is part of some foods. It is found in the grains Wheat, Barley, and Rye.

Wheat
Barley
Rye

The owl teacher is sitting at a desk in a classroom. On the green chalkboard behind him, there are drawings of wheat stalks and the words 'Wheat', 'Barley', and 'Rye' listed vertically.

Grains are a type of food. They grow in fields.

The owl teacher is standing in a field of golden wheat. In the background, there is a red barn with a white roof.

If you have celiac disease, gluten can hurt your intestines and other parts of your body like your teeth and bones.

Stomach

Large intestines

Small intestines

The owl teacher is pointing to a diagram of a boy's internal organs. The diagram shows the stomach, large intestines, and small intestines, with labels in green boxes.

If your intestines aren't healthy, it can make your stomach hurt. It can also hurt other parts of your body.

The owl teacher is sitting on the floor with two children, a girl and a boy, who look unwell. They are in a classroom setting.

When your intestines are healthy, they process the food you eat so your body can use it.

The owl teacher is pointing to a happy, smiling cartoon illustration of the human digestive system, including the stomach and intestines.

Gluten-free food helps you have energy, to grow, and to feel good! Eating gluten-free is important for your health.

The owl teacher is standing next to a tall girl who is measuring her height against a pink ruler. The girl is smiling and looking happy.



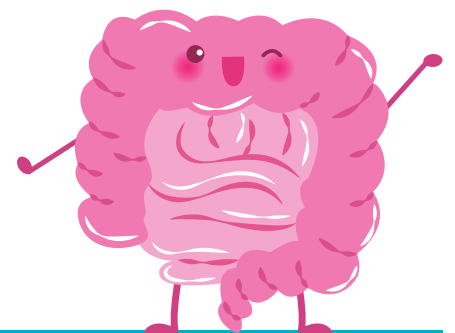
What happens to that tasty taco or dish of gluten-free pasta you just ate after your taste buds have enjoyed it?

All the food we eat goes through our Digestive System. Your digestive system is made up of the body parts that turn the food you eat into smaller bits that the body uses to keep you healthy, growing, and feeling good!

This amazing system moves **nutrients** (the good stuff) and

waste (the leftover stuff) through our bodies, starting with the mouth and ending up going out your back end.

Let's look at some of the main steps along this super cool system!

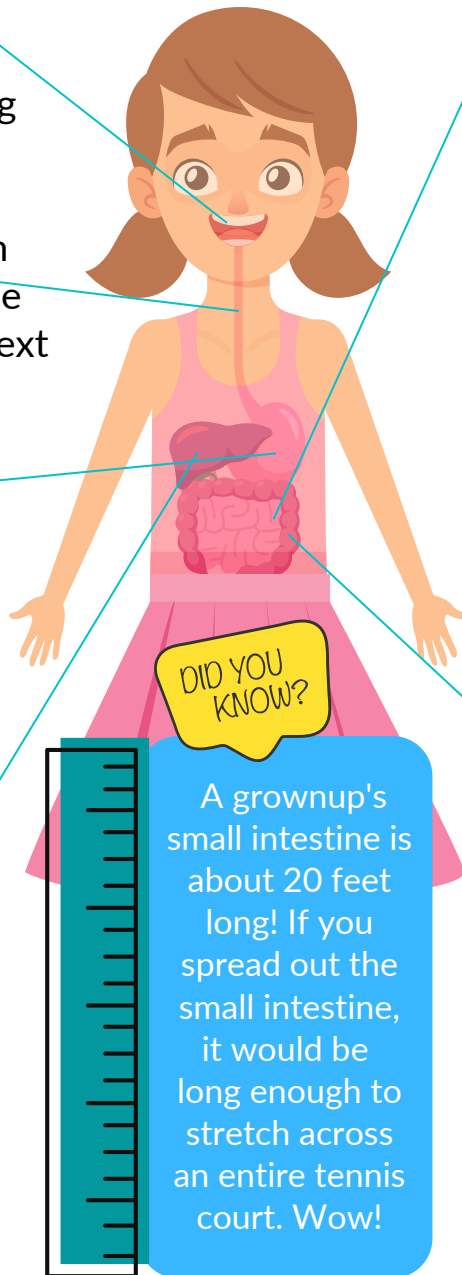


Nutrients - Things in your food that are good for you and can help you grow.

Your **teeth, tongue,** and **saliva** all work together in your mouth to start breaking down food. Chewing and swallowing pushes the food into your **esophagus**—which is kind of like a stretchy pipe that takes the food to the next stop: your stomach.

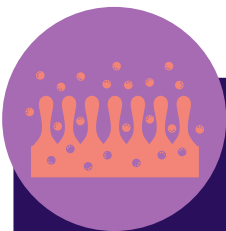
Your **stomach** is the main place where **digestion** happens. It's where the food you eat is broken down into smaller parts by your digestive juices. That way it can get used by the cells in your body.

The **pancreas, gall bladder,** and **liver** all help with digestion and absorption in different ways. They help break down parts of foods and provide more digestive juices to keep the process going.



The **small intestine** is where the food you eat is broken down even more (yep, more **digestion**). It is also the place where your body **absorbs** all the important things that it needs from food: vitamins, minerals, protein, fat, and carbohydrates. All these things are used by the cells in your body to make energy, build muscle, and much, much more!

Large intestine. Also called the colon. The parts of food that do not get digested get pushed to the large intestine. From there, food waste leaves your body when you go to the bathroom.



If you have celiac disease, gluten is like a roadblock to your digestive process. The cells in your intestine that help absorb food get damaged by gluten and cannot do their job. The good news is that once you are eating gluten-free, those cells can heal and get back to work. When they work, they can go back to helping the important parts of the foods you eat get to other cells in your body that need them.

Let's all say "Thank you" to our digestive systems for keeping us healthy and feeling good! Keep eating gluten-free to help your system stay in good working order.

OUCH!

How does it hurt?



Did you know that your body and your brain send signals to one another?

It's true!

Your brain sends messages to your body to make things happen. Some of these things are automatic, like breathing and swallowing. Some of these things are on purpose, like your brain telling your arm to lift and wave at your friend.

Sometimes your body sends a message to your brain saying, "I don't feel good" or "My tummy hurts." When we are not feeling well, our body and brain send lots of messages back and forth. If you have celiac disease or gluten sensitivity, gluten can hurt your body and your brain gets the message. Ouch!

Learning how to talk about what your body is feeling and about pain is important to get the help you need so you can feel better!

There are many words to describe pain, like:



Sharp

This might feel like you are being poked by a sharp stick.



Stabbing

This might feel like you are being poked hard over and over.



Burning

This might feel hot, like when you're near a fire.



Off-and-on

This comes and goes. You do not know when you are going to feel it. First you feel it, and then it is gone. Grownups call this "intermittent pain."



Dull

This is an achy feeling that is not as strong as some of the other types, but it doesn't feel good.

Next time you are not feeling well, try to find the right words to describe what you are feeling.

Use a Pain Scale

What's a pain scale? Well, scales measure things. A pain scale is a fast and easy way to measure pain. Grownups use pain scales with numbers. Kids can use pain scales with faces, like the picture below.

How are you feeling today? Hopefully, you picked the dark green face.

Remember a time you were very sick or in pain. Which face looks like the way you were feeling then?

Use this scale if you are not feeling well. When others understand exactly how you are feeling, they can help you get better, faster!



NO PAIN



HURTS A LITTLE



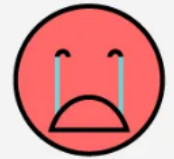
HURTS A LITTLE MORE



HURTS EVEN MORE



HURTS A WHOLE LOT



HURTS WORST

Coloring Page



All About Apples

*So many apples.
So little time to try them all!*

Did you know that a long, long time ago, there were only six types of apples?

Let's look at six of the most popular apples in the U.S.

Today, nobody knows exactly how many different types of apples exist. Some say 7,500, some say 30,000, and some say over 70,000 worldwide! Most people agree that there are about 2,500 types of apples grown in the United States.

Apples, like all fresh fruit, are naturally gluten-free. Apples can be sweet or tart. When they are ripe, they can be crisp and juicy. Yum! If they aren't fresh, they can be mushy or **mealy**.

Mealy - dry or powdery or gritty.



Gala — This type of apple is sweet, but not too sweet. It is mostly red but can have yellowish-orange stripes or spots. Eat it whole, slice it, cook it and mash it into applesauce, or juice it! (Ask a trusted adult to help you with anything sharp or if you need to use a blender or juicing machine.)



Red Delicious — The flavor inside this apple is a little sweet, but not as sweet as other types. The dark red skin can be a little tough, but the inside is usually soft. Pop one into your lunchbox for a bright, healthy snack.



Granny Smith — This green apple is very tart which means a bit sour but still a little sweet. It is also harder than most apples so can be a good choice for carrying around in your backpack and not getting bruised! Perfect for making apple pie because they get soft when you cook them, and they get sweet when you add sugar.



Fuji — A sweet, easy-to-eat apple that was first grown in Japan! They are crisp and sugary-sweet. Eat them plain, slice them, juice them, cook with them, or bake with them. Anything goes!



Honeycrisp — This apple is crisp, just like their name says. It is a little **tart** but

mostly very sweet and very juicy. This type of apple is great for eating plain or for cooking and baking or chopping. Chop one up and add it to a salad or yogurt!



Golden Delicious — Crisp and sweet, this yellow/gold apple is perfect for juicing or making apple cider. Apple cider is a fresh version of apple juice. You can drink it plain with no sugar or added flavors.

As you can see, every apple has its look and taste. Next time you are at the grocery store, see if you can find these apples or see what other types of apples they have for sale! 🍏

Tart – a nice, crisp sour taste with some sweetness.



Visit an Orchard or Grove

Want a fun activity with apples?

Take a trip to an apple orchard!

Lots of cities and towns have a local apple orchard nearby.

An orchard is a place where people grow fruit like apples, pears, peaches, and plums.

- 
-  Some orchards grow nuts like almonds, pecans, and walnuts.
 -  You and your family can pick fruit or nuts at some orchards.
 -  Orchards are usually closed during the winter.
 -  If it is winter, you could visit a cider mill.
 -  A cider mill is a place where apples are crushed to make apple cider.
 -  There are hundreds of apple cider makers in the United States.
 -  If you live in a warmer place, you could visit a grove. A grove is like an orchard, but it is where citrus fruits like oranges, grapefruits, and lemons are grown. Nuts can also be grown in groves.
 -  Picking fruit or nuts at an orchard or grove, or visiting a cider mill, can be fun for the whole family!



Get to Know a Generation GF Group

Generation GF Johnson County

Have you ever been to a Generation GF event? If not, you might be wondering: What is a Generation GF support group like?

To find out, we talked to Kati Bernard who is the leader of Generation GF Johnson County in Kansas. She told us all about her group!

Kati started her Generation GF support group in November 2020 with a few parents whose kids have celiac disease. Her daughter, Ashlee, was diagnosed with celiac disease when she was four years old. Now Ashlee is 12 and in the 7th grade.

The Generation GF Johnson County group has 70 members and is growing. Some members live in Kansas and others come from Missouri. Some even come from Arkansas and Iowa. The group's members range in age from two to 18 years old.



The group works with a local children’s hospital to help families. When a family learns that their child has celiac disease, the hospital tells them about Generation GF Johnson County.

The Generation GF Johnson County group meets every month. They organize lots of fun activities, like painting pumpkins in October and exchanging gluten-free cookies in December. The kids play board games. They go ice skating and bowling. They even take online baking classes!

Kati likes to say, “Being gluten-free is part of your life, but NOT your life.” She wants kids, like you, to know that you can do anything. “Being gluten-free does not have to hold you back.”



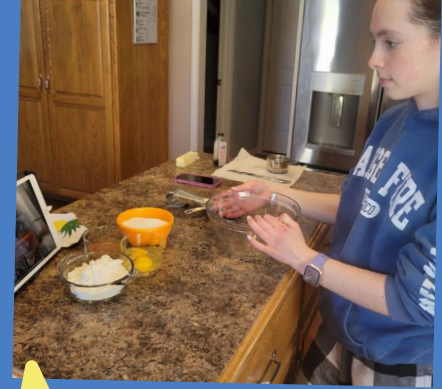
CONTACT

generationgf.johnsoncounty@gluten.org

for more information about Generation GF Johnson County.



Find a Generation GF Support Group near you using the map in the back of this magazine.



INTERVIEW

Brothers on a Gluten-Free Journey



Ayden and Chase are brothers who live in Colorado. Ayden, 15, has celiac disease. Chase, 13, does not. We met the two of them at the Teen Summit in Napa, California this year. Chase attended to support his brother. We thought we'd learn more about them and share their story with you!

Here's our interview with Ayden and Chase!

Meet Ayden. 15. 10th grade



Ayden says his favorite subject in school is science, and he loves coding, baking, and video games. He is also involved in tech theater. His family has a chocolate Lab, Remi, who is an expert at sniffing out stuffed animals that the boys hide for him to find.

Here's what else he has to say:

GenGFKids: When were you first diagnosed with celiac disease?

Ayden: April 2019, right before my 12th birthday.

GenGFKids: What were you experiencing before your diagnosis?

Ayden: I had an unusual experience because I didn't have any symptoms. I participated in the ASK study (Autoimmune Screening for Kids) as a favor to a relative in the medical field. It happened to show that I probably have celiac disease. I then had an endoscopy that confirmed I have it.

GenGFKids: How did you feel when you were given the diagnosis?

Ayden: I was surprised and a little bit scared. I thought I was just going to have to stop eating anything with bread. It turns out that gluten is snuck into a lot of food you wouldn't think. It's in some chips, some kinds of shredded cheese, and soy sauce.

GenGFKids: How did you adapt to a gluten-free diet?

Ayden: We got rid of all the food in our kitchen and replaced it with all gluten-free food. My mom is the one who did the most research to find gluten-free foods, and she eats gluten-free with me. One of the biggest things for me is gluten-free flour so you can make your favorite recipes but just substitute the flour. Some companies, like Oreo and Kraft, make gluten-free options for Oreos or Mac and Cheese.

GenGFKids: What are some of your favorite gluten-free foods to eat?

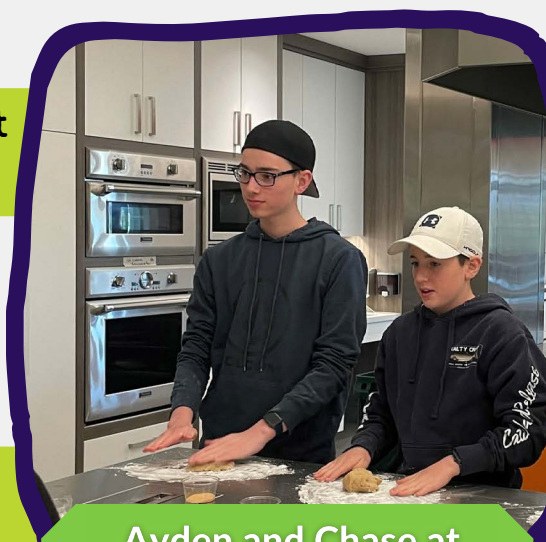
Ayden: Gluten-free pretzels are better than the regular ones. They are crunchier. I like gluten-free Oreos as well.

GenGFKids: Why did you sign up for the Teen Summit at the Culinary Institute of America (CIA) in 2022?

Ayden: I wanted to learn about how to make more foods gluten-free. I like cooking camps a lot, and this is one that I can actually go to.

GenGFKids: What did you learn at the Teen Summit this year?

Ayden: I learned more **strategies** to advocate for myself at school, around family members, and at restaurants. I also learned that there are resources and **accommodations** for when I attend college. I learned a lot of different recipes and how to use fancy cooking utensils and machines at the CIA.



Ayden and Chase at the 2022 Teen Summit



Strategies – special plans to make something happen.

Accommodations – changing how things are done to help someone with a special need.

GenGFKids: What advice would you give to kids recently diagnosed with celiac disease or living gluten-free?

Ayden: I'd say to make sure you're still eating. When I first was diagnosed, I was unsure of what I could eat, so I didn't eat very much. I think if I'd known someone who already had it and was living with it, that would have been very helpful. So, I'd recommend trying to find someone who has it and talking to them to learn about it. My favorite part about attending the Teen Summit was being around other teens who understand what it's like to have celiac disease. It was so nice to hang around new people and not have to explain celiac disease.

Meet Chase, 13, 7th grade



Chase loves playing the guitar and baking. He says his favorite subject in school is math. He also enjoys golfing and swimming. Chase doesn't have celiac disease, but he supports his brother on his gluten-free journey.

Here's more about Chase:

GenGFKids: How old were you when Ayden was diagnosed with celiac disease, and how did you feel about his diagnosis?

Chase: 10 years old. I kind of felt bad for him because he had it, and I did not.

GenGFKids: What did you know about celiac disease at that time, and what have you learned since then?

Chase: I didn't know anything about it when Ayden was diagnosed. Now I feel I know just about everything about celiac disease because I've been around it for so long.

GenGFKids: Do you and your family eat entirely gluten-free or just Ayden?

Chase: My mom eats entirely gluten-free also. I eat gluten-free about 90% of the time. My dad does eat gluten if he goes out with his friends, but if he's at home he will eat gluten-free.



From Teen Summit: Sweet potato and black bean tacos with avocado pineapple cream, and Mexican style street corn.

GenGFKids: You went to the Teen Summit to support Ayden. What did you think of the event, and what did you learn that you didn't know before?

Chase: I feel like I learned that there are people who make books about this and try to make more awareness for people knowing about celiac disease. I didn't know people did that. The event was a lot of fun. I learned a lot of skills, like making different kinds of foods and how to advocate for people who have celiac disease.

GenGFKids: In addition to going to the Teen Summit, how have you supported Ayden on his gluten-free journey?

Chase: I think I mainly support Ayden by eating gluten-free almost all the time. Sometimes, I have to teach people about celiac disease because they don't understand it.

GenGFKids: What tips do you have for other siblings about supporting their brother or sister who has celiac disease, especially when they don't have it themselves?

Chase: Really, you just have to stay positive about it. You can't change it, so you just need to stay supportive.

Sounds like great advice, Chase! Thanks to Ayden and Chase for sharing their story. Go to the back of the magazine to find a local Generation GF support group near you!



Scarecrows are often used on fields to keep birds away so they don't eat what's growing on the land.

Scarecrows usually are made to look like people in the field and often "wear" old clothes, so they look real.

You can make a scarecrow in many ways. Here is how you can make a big scarecrow (and a little one if you don't have enough room).

What You'll Need: Big Scarecrow

- Hay or straw (from a farm or feed store) and pillow stuffing (from an arts and crafts or sewing shop). You could also use leaves from your yard or cut grass from a mowed lawn. You can even use old crumpled-up newspaper, bunched-up old grocery bags, old sheets or towels, or leftover bubble wrap.
- Old pair of tights or nylon stockings or a small pillowcase for your scarecrow head.
 - Other ideas for your scarecrow head: a plastic Halloween pumpkin, a real pumpkin, or a small bucket (plastic or metal).
- Old clothing like hats, scarves, shirts, and pants (overalls are perfect)
- Old accessories like shoes, gloves, scarves, costume jewelry
- Paint or markers
- String or twine
- Scissors
- Large safety pins or a heavy needle and thread or a heavy-duty stapler
- One long stick around 5 feet long
- One short stick around 2 feet long

Start with the head and face. Take a pair of stockings, cut off one leg, and stuff it with crushed hay or pillow stuffing. Push it and shape it until it is round. You can also use a small pillowcase and stuff it, then tie the end loosely.

Use paint or markers to draw a funny face.



Stuff the shirt sleeves and the main part of the shirt. Careful! Don't let the stuff come out the top or bottom of the shirt!

Next, lay down the pants.

Guide the longer stick down one of the pants legs. The longer stick should stick out of the neck of the shirt and reach down to the bottom of one of the pants legs.

Building and Dressing Your Scarecrow

On the floor, lay out your scarecrow's clothes and accessories. Place each item where it belongs such as the hat on top followed by the shirt and gloves at the end of each sleeve.

Take the longer stick and slide it down through the neck of the shirt.

Take the shorter stick and slide it into one sleeve, across the shirt and other stick, and out the other sleeve.

Use string or twine to tie the two sticks together where they cross around the chest area.

Tie the pants legs at the ankles and stuff the pants with stuffing.

Tuck the shirt into the pants or overalls.

Use big safety pins or a needle and thread or even heavy-duty staples to connect the shirt to the pants.

You can sew the neck of the shirt closed if the stuffing keeps coming out.

Attach your scarecrow's head to the top part of the stick. Once the stick is in place, tie the bottom of the head (pillowcase or stocking) tightly with string around the stick.

Decorating Your Scarecrow

It's time to add **accessories!**

Add a hat or head scarf.

Add a scarf or bandana to the neck.

You can add gloves if you'd like, stuffing them a little bit then sewing or stapling them to the sleeves.

Add a belt, if you'd like. You can also add jewelry.

Stuff the socks and attach them to the bottom of the pants legs.

Put the shoes on, if your scarecrow is going to wear shoes.

Accessories – some things that can be added to other things like jewelry or a scarf added to an outfit.

If you want your scarecrow to wear a dress or skirt, make legs out of an old pair of stockings or nylons, stuffing both legs and adding shoes. You don't have to put the longer stick through the stocking leg. The legs can hang down. The longer stick will still support the top part of your scarecrow.

Now you have a scarecrow! Take a picture of your scarecrow and send it to us!

See p. 37 for instructions on where to send it.



Little Scarecrow

You could make a scarecrow with a paper plate face and make the body parts and clothes out of cardboard and construction paper with scissors and glue. You could decorate it with scraps of fabric, buttons, glitter, beads, yarn, you name it!

Cool Things to do With a Pumpkin

Looking to make some colorful decorations for the fall? Let's use pumpkins!

We aren't just talking about orange pumpkins or making jack-o-lanterns even though they are a lot of fun to make and perfect for Halloween. We're talking about other types of decorations you can make with pumpkins in the fall and winter that aren't just for Halloween.

Pumpkins come in many shapes, sizes, and colors. Some are orange. Some are white, yellow, or tan. Some are green. Some come with bumps, stripes, or spots.

The neat thing about pumpkins is that you can decorate them, and you can eat them, too! You can roast and eat their seeds. You can clean them out and cut them up and cook the pumpkin pieces.



Here are three cool things you can make with pumpkins!

1. Paint a Pumpkin

There are lots of ways to paint a pumpkin! You can use paint and a paintbrush. You can use big paint pens. You can even use spray paint. Make a splash with some metallic or neon-colored paint. If you're planning to eat the insides of your pumpkin, make sure you use food-safe paint.



Ask a grownup in your house to help you get the paint supplies you need. They can also help you clean out the pumpkin because you'll need to use a knife to cut it open. You can scoop out the seeds and stringy parts yourself with a sturdy spoon. Save the seeds and roast them for a tasty, gluten-free snack!

What will you paint on your pumpkin? Will it be a face or an animal, or even the big, blue sky with clouds? Anything goes when you have paint, a paintbrush, and a clean pumpkin.

2. Make a Centerpiece

A pumpkin can make a pretty **centerpiece**. Instead of paint, get out a bottle of glue.

Scoop out your pumpkin before you start. Now think of things you can glue onto your pumpkin to make designs. Look around your house. Always ask a grownup for permission before you start gluing!

Here are some ideas of things to add to your pumpkin:

- Beads
- Glitter
- Old jewelry
- Pieces of leftover fabric
- String or yarn
- Un-popped popcorn kernels—or popcorn that's popped

Now that you have things to decorate your pumpkin, start gluing!

Centerpiece – something to decorate the center of a table.

If you are planning on eating any parts of your pumpkin later, make sure to use non-toxic glue (that means it is safe if a little bit gets into your mouth).

Once the glue dries, set your decorated pumpkin in the middle of your kitchen or dining room table for all to see!

3. Make a Lantern

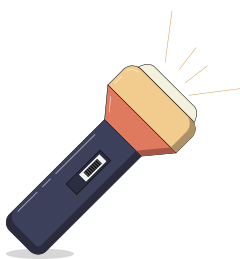
This project is different from making a jack-o-lantern, which usually has a scary or funny face. Think of other shapes to cut into a pumpkin, like a flower, or a pattern like polka dots or lightning bolts.

Use a pencil or pen to draw your design. Then ask a grownup to help you with the cutting part.

There are several ways you can light up your lantern:



A candle. Put a fire-proof dish under the candle and only light it with a grownup's help.



A flashlight. Make sure it is small enough to fit inside your pumpkin.



A small lamp. It would have to be pretty small to fit inside the pumpkin. Make sure to cut a hole toward the bottom and pull the cord through so you can plug it in.



Christmas lights. You'll need that hole at the bottom to plug it in.



Fairy lights. These are tiny white lights on a very thin cord that you can put inside or even wrap around your pumpkin.



Battery lights. There are lots of different kinds of lights that are powered by batteries. A grownup in your home can find the perfect one for your pumpkin.



LED lights. Some of these types of lights change colors. Now that would be awesome!

Whatever way you decide to light up your pumpkin, remember: Don't keep it on overnight for safety reasons.

As you can see, there are so many things you can do with pumpkins!

And what can you do with the leftover pieces? Cook them!

IMPORTANT: Once your pumpkin is cut, keep the pieces you want to cook in the fridge until you are ready to cook them. Cook within a few days after you cut them up. Do not eat your pumpkin if it starts to get wrinkly and mushy or starts to turn green inside.



Cooking Pumpkin Pieces

Pumpkins are naturally gluten-free, plus they are filled with vitamins and minerals that are good for your body. When you are cutting up pumpkins for any crafty project, don't throw out all the extra bits. You can cook what is left over.

If you have small pumpkin pieces, boil them, mash them, and make a treat for your dog or cat. A little bit of plain cooked pumpkin is safe for cats and dogs.

If you have a lot of pumpkin pieces, you can roast them in the oven and eat them that way. Ask an adult to help you take off the skin (it can be tough to eat) or eat around the skin once it's cooked. You can also peel them, boil them, mash them, and then add a little mashed-up pumpkin to a gluten-free pancake mix for pumpkin pancakes!

TIP: If you are painting your pumpkin, do not cook it or eat it unless you use food-safe paint. Instead, scoop out the seeds and roast them!

BAKE & SHARE: GLUTEN-FREE SUGAR COOKIES

Crafts are fun to do. What makes them even better?

A craft that is delicious to eat when you are done!

When you paint or draw, you usually start with a blank canvas or page, right?

Think of a sugar cookie as your blank canvas for decorating!

Here is our special Generation GF sugar cookie decorating project.

Photo by Jules Shepard of gfJules.com.



GET GOING WITH THESE 4 STEPS:



Bake your gluten-free cookies. Use your favorite gluten-free sugar cookie recipe or ask a responsible grownup in your house to buy already-made gluten-free cookie dough.

Or try the awesome sugar cookie recipe on p. 35 from the gluten-free blogger GFJules.

TIP: Use cookie cutters to make cute shapes. You can also roll the dough into balls and flatten them with the bottom of a glass. Then use the top of the glass to cut them into circles if you'd like.



Decorate your cookies. Use icing, food coloring, colored sugar, and sprinkles in different shapes and colors.

TIP: Make sure the cookies cool down before you frost them! Check out our simple frosting recipe on the next page.*



Take a picture. See the instructions below on how to send your photo to us.



Enjoy your cookies! And don't forget to share.



PARENTS: To submit a photo of your child's decorated cookies, see the information on p. 37 for complete details.



*HERE'S A SIMPLE COOKIE FROSTING:

Put 1 to 2 cups of powdered sugar into a small mixing bowl. The amount depends on how many cookies you are making.

Stir in a little milk or water (your choice) and see it turn into frosting! Start with 1 tablespoon. Stir it up.

Is it still too thick to spread? Add a bit more liquid. Did it get too runny? Just add a little more powdered sugar.

Adjust the amounts of sugar and liquid until it is nice and spreadable. You can also ask a grownup to buy frosting in a can.

You can make frosting in different colors. Put a little frosting into some small bowls and use different food coloring colors.

TIP: Check with a grownup in your home before using food coloring. Be careful because food coloring can stain countertops and clothes!

Once your cookies are baked and cooled, start frosting! The frosting helps sprinkles and other decorations stick. You can also use frosting to draw on your cookies.

Get all your decorating supplies ready before spreading the frosting.

Frosting can stiffen up like glue.



HEY PARENTS!

GLUTEN-FREE BIRTHDAY CLUB

WHO DOESN'T LIKE CELEBRATING BIRTHDAYS?

As part of your child's Generation GF membership, GIG will send a birthday card each year with a link to some fun exclusive recipes!

To ensure you'll receive it, be sure to update your subscription information by going to

gluten.org/become-a-member/



DECORATING SUPPLY IDEAS



Chocolate or rainbow sprinkles.



Raisins, dried cranberries, or dried cherries.



Chocolate chips or chocolate kisses.



Candy corn or other favorite small gluten-free candies like gummy bears.

Use your imagination! Just make sure everything you choose is gluten-free.

When you're done decorating, let your cookies sit for a bit so the icing firms up.

This is a good time to snap your photos!

Enjoy your delicious cookie art.

If you have any extra cookies, store them carefully in a container with a lid.

We can't wait to see what you come up with. Who knows...your cookie might be in the next *Generation GF Kids* magazine!

For instructions on how to send the photo of your cookies, ask a grownup to check out p. 37 for complete details.

Gluten-Free Sugar Cookies

This yummy recipe comes from the gluten-free food blogger, GFJules. Make sure you bake with a trusted grownup in the kitchen!

Prep time: 20 minutes

Cook Time: 7 minutes

Yield: 3 dozen cookies, depending on size



Ingredients

- ½ cup vegetable or palm oil shortening or butter
- 1 cup granulated cane sugar or palm sugar
- 1 egg or egg substitute (e.g. Ener-G Egg® Replacer OR ¼ cup applesauce)
- ¼ cup milk (dairy or non-dairy)
- 1 teaspoon pure vanilla extract
- Food coloring (optional)
- 2 ¼ cups gfJules All Purpose Gluten Free Flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- Gluten-free sprinkles or colored sugar (optional)



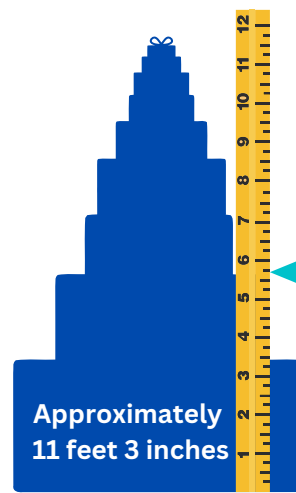
Instructions

Cream shortening and sugar until very fluffy—several minutes at high speed of the mixer.

Add egg (or egg replacer), vanilla extract, milk, and food coloring, beating until integrated. Add the dry ingredients last, mixing until evenly blended.

Form the dough into a ball and wrap tightly with plastic wrap to make the dough less sticky. Refrigerate or freeze until cold and no longer sticky, at least 2 hours. (Note: you may roll the dough out immediately without refrigerating, but if you find the dough too sticky, or if using butter, refrigerate for an hour or two.)

Preheat the oven to 375°F (static) or 350°F (convection).



FUN FACT

Did you know?
In 2011, Jules baked the world's tallest gluten-free cake to raise awareness about the importance of gluten-free labeling. How cool!

Lightly flour the rolling surface, rolling pin, and cookie cutters with gfJules Flour. Roll the dough to approximately 1/8-inch thickness and cut shapes, re-rolling dough to utilize all the dough.

Place cut-out cookies onto a parchment-lined cookie sheet and decorate with colored sugar or sprinkles, if desired.

Bake approximately 6–8 minutes but remove before they begin to brown at the edges; make sure to err on the side of cooking less if you want them to remain soft and chewy.

Once completely cooled, frost with icing, if desired.

Store in Tupperware-type containers or freeze to keep for longer.

For Grownups!

Hello! Here is some information for you that corresponds with content found in this magazine

Generation GF Camp Scholarships

Generation GF gives out scholarships to help kids attend camp. We work with Camp Sealth in Washington State, Camp Kanata in North Carolina, Camp NJY in Pennsylvania and Camp Gilmont in Texas. GIG has staff on-site at Sealth and Kanata during Gluten-Free Week. Both NJY and Gilmont camps are GFFS-validated Gluten-Free Safe Spots, where kids can attend gluten-free camp any session during the summer. Be on the lookout for announcements in upcoming Generation GF emails about next year's camp dates and scholarships!

Pumpkin Tips

For page 27, here is some additional information regarding decorating and eating pumpkins:

1. Cook pumpkin wedges in the oven just like you would winter squash. Drizzle with a little olive oil and roast at around 375 degrees until tender. Or boil in a pot of water for about 15 minutes or until tender.
2. Be aware that pumpkin decorations will spoil, since they're made from a fresh piece of produce. When it starts to get soft or discolored, or has an off smell, it is time to get rid of it. (Don't forget to take a picture before that time!)
3. If any of the pumpkin is going to be eaten after it is decorated, make sure your child uses only decorating items that are non-toxic. Even if the decorated part (usually the skin) won't be eaten, anything put on the skin could seep into the flesh of the pumpkin.
4. For pets. A small amount of plain cooked pumpkin is generally safe for cats and dogs.

Need a little help?

Food insecurity affects 1 in 6 people who need to be gluten-free. If your family is facing food insecurity, GIG Cares®, a new nonprofit, is here to help. GIG Cares provides monthly care packages full of GFCO-certified gluten-free products to individuals and families trying to meet the high cost of shopping gluten-free. For information, visit GIGCares.org. Once there, you can access the form to apply to receive help or donate to help other families in need.

SUBMISSIONS TO THE MAGAZINE

Take a photo of any of the creative projects in this magazine and send it to us for possible inclusion in an upcoming issue of *Generation GF Kids*. You can email it to generationgf@gluten.org.

Or you can mail a paper copy to us at:

Generation GF
c/o Gluten Intolerance Group
31214 124th AVE SE, Auburn, WA 98092

Parents: By submitting images/photos you acknowledge: 1) it is your child's original work and you and your child retain ownership of the intellectual property rights or the submission, 2) you are giving Gluten Intolerance Group® (GIG®) and affiliated programs, the non-exclusive right to use the submission, in perpetuity, in the Generation GF magazine, on the gluten.org or gigcares.org websites, and for marketing or promotional use by GIG, GIG Cares and Generation GF and its assignees. Submissions to GIG, GIG Cares and Generation GF does not guarantee use in publication.

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Email the Generation GF group leader in your area for more information!

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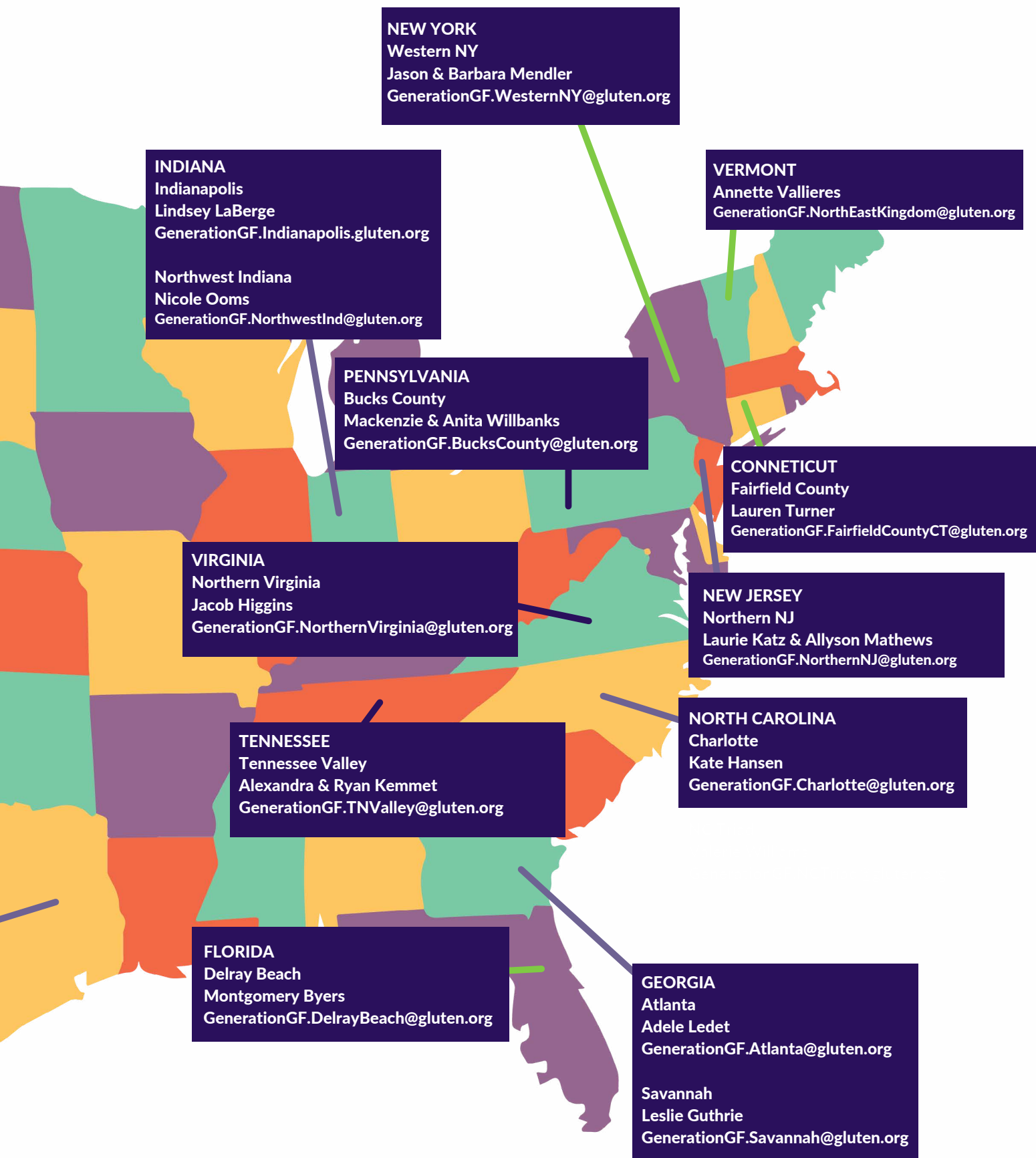
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