

Gluten-free since 1974.



Back in 1974, before gluten-free was a household name, one woman had a vision for supporting people with celiac disease through education, advocacy, and in-person support groups. Elaine Hartsook, PhD, RD, founder of GIG, handed the reins of the organization to Cynthia (Kupper) Kelly in 1996. Since then, GIG has grown to be the largest and longest-standing organization for people living gluten-free, with over 80 local support groups and two food safety programs: GFCO (certifying gluten-free products) and GFFS (gluten-free food safety training and validation).

*Gluten Intolerance Group of North America (GIG) is a 501(c)(3) non-profit organization.*

Get the support you need for your gluten-free life.



Now in partnership with GIG CARES



Making life easier for EVERYONE living gluten-free.



[gluten.org](http://gluten.org)



253-833-6655

[customerservice@gluten.org](mailto:customerservice@gluten.org)

31214 124th Ave SE - Auburn, WA, 98092

## GIG is on a mission to make life easier for everyone living gluten-free.

Living gluten-free? Looking for like-minded friends, emotional support, recipe tips, safe food in your neighborhood, or interested in getting involved in some advocacy in action? Let us be your source for every step in your gluten-free journey!

**Education** to guide you in living your best gluten-free life! From the basics of label reading to how to live in harmony with gluten-eaters...

### » GIG offers a plethora of

- resources
- educational events
- meal plans (and more)

**Support Groups** that make gluten-free living much more fun! Across the U.S., GIG groups are meeting, both in-person and online.

### » Join a group to find

- gluten-free friends near you
- shopping tips & recipes
- emotional support

### Volunteer Opportunities Available!

Get involved and have fun making a difference in the gluten-free community.

**Food Safety** to protect you wherever your life takes you.

Eating gluten-free shouldn't be a challenge. GIG's food safety programs have been making gluten-free safer since 2006.

### » Food Safety Programs include:

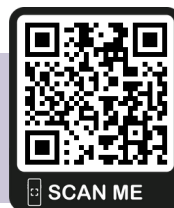
- Gluten-Free Certification Organization (GFCO)
- Gluten-Free Food Service (GFFS)

**Generation GF** empowering kids to live a confident, gluten-free life.

### » Generation GF kids get access to:

- support groups
- summer camps
- kids magazine
- special events like our GF Teen Summit
- mentor program
- birthday club

Get access to all that GIG has to offer and become a member today (it's free)!



Look for the **GFCO certification** mark on over 60,000 products globally and know that the food you are buying is safely gluten-free.



Note the change! The GFCO certification mark is now more unique and recognizable.



&



GIG is proud to partner with the new non-profit GIG Cares

GIG Cares brings advocacy to the forefront and brings change where it is needed most.

# 1 in 6

Food insecurity affects 1 in 6 people who need to be gluten-free

GIG Cares' Cutting Cost program launched in December 2021 with a focus on addressing food insecurity in our gluten-free community.

### Visit [gigcares.org](https://gigcares.org):

→ If you are struggling to afford the food you need to live a healthy, gluten-free life, you can apply for assistance.

→ If you would like to get more involved in grassroots volunteer opportunities, become a volunteer.



Look for the **GFFS Validation** mark to be confident that the procedures are in place to provide you with safe food.

### » GFFS Validates:

- restaurants
- bakeries
- food trucks
- hospitals
- universities

