

ANNUAL REPORT

2022



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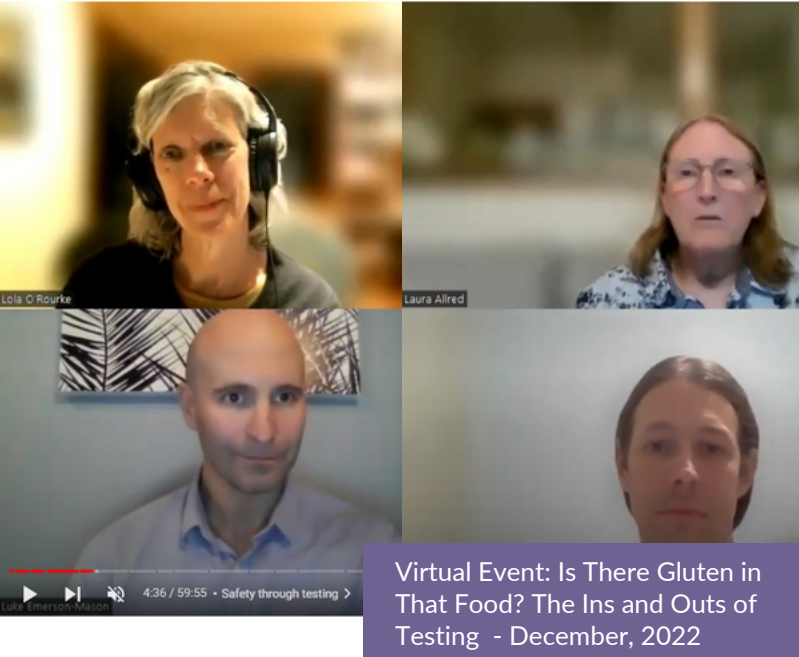


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Letter from the CEO

With great pride, I present this year's annual report for the Gluten Intolerance Group® (GIG®). 2022 was a year filled with optimism, as we found inspiration from far and wide in our community.

This year has been one of progress and achievement. We served more people than ever before through our programs, we raised more funds, we certified more products, and we expanded our reach into the underserved populations within the gluten-free community. We've also been fortunate to be able to provide a grant to help with funding for our partner, GIG Cares, to bolster their efforts as they cultivate positive connections in the gluten-free community. It was also a year that presented some challenges, as economic uncertainty and inflationary issues impacted our clients, our constituents, and our business. Solid financial planning has ensured that GIG was prepared to weather the storm.

As GIG enters its 49th year, I can report that our organization is strong and well-positioned to continue its leadership in providing the help and support our community needs. We look towards the future with enthusiasm. Our GFCO program continues its trajectory of growth, ensuring safe gluten-free food across the globe. Our GFFS program is undergoing a restructuring which we are confident will ensure that dining out gluten-free becomes safer and more accessible. Our outreach program is taking aggressive steps to reach farther into the medical community with awareness and educational resources. With a focus on impact, GIG aims to serve our gluten-free community with excellence in 2023 and the years to come.

Thank you for your continued commitment to our organization. With your help, we can make life easier for everyone living gluten-free.



Cynthia Kelly

Cynthia Kelly

Chief Executive Officer

ABOUT US

The Gluten Intolerance Group (GIG) is a 501(c)(3) nonprofit organization funded by private donations, sponsorship opportunities, and food safety programs. A highly respected leader in the gluten-free community since 1974, GIG serves its constituents through its outreach and food safety programs.

GIG IS ON A MISSION TO:
make life easier for everyone living gluten-free.



90%

of survey respondents say that
GIG is making their life easier!

WHAT CAN WE DO TO MAKE LIFE EASIER?



**"Just keep doing what you do with certifying
products and restaurants! Great Job!"**

**"Knowledge is power and by you spreading education and
information on strict gluten-free food manufacturing
practices and diets (and Celiac Disease), you are in turn
making our life easier. Just keep it up!"**



GIG ENVISIONS A WORLD WHERE:

everyone living gluten-free has access to the products, services, and resource they need to thrive!

GIG's programs make this possible.

Outreach

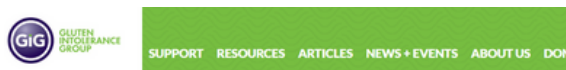
Support

GIG has local support groups across the U.S., offering in-person and online support for all stages of your gluten-free life. Support group members can receive help getting started, shopping tips, recipes, learn about the best local restaurants to dine safely, and more.



Education

Over the past year, we have continued our commitment to providing comprehensive education to our consumers and members. Our educational materials have included a range of resources, such as bi-weekly newsletters, online resource pages, toolkits for school nurses, doctors, parents, and dietitians, as well as educational bulletins in English and Spanish. We have focused on a variety of topics, including how to get started living gluten-free and other important health-related information. Through these initiatives, we have aimed to empower our consumers with the knowledge and tools they need to make informed decisions about their health and wellbeing.



For Teachers

Maintaining a gluten-free diet in a "gluten-filled" society can be tough, especially for kids. When you're a teacher of children who require a gluten-free diet, you can help ensure a school experience that supports their health and well-being.

While these kids' parents or guardians have likely been in touch with you regarding their needs, here you'll find more information and resources to help you facilitate and promote a safe gluten-free school experience.

If helpful, let parents and families know about GIG's programs and resources just for kids: [Generation GF](#).

Don't see what you're looking for? Check out our [main resources page](#) for more information or fill out the form below to ask us anything. We'd love to hear from you.



Children frequently share food. It is important for teachers to be aware of food sharing which must avoid gluten.

Maintaining a gluten-free diet in a "g" world is difficult. The family and your student's sensitivity will certainly appreciate a

The Basics At School Related Resource Pages

[Celiac Disease, Non-Celiac Gluten Sensitivity or Wheat Allergy: What is the Difference?](#)

[Celiac Disease in Children](#)

[The Gluten-Free Diet: Facts & Myths](#)

[Understanding Your Student](#)



Food Safety

GIG's food safety programs include the Gluten-Free Certification Organization (GFCO), the leader in gluten-free product certification, and Gluten-Free Food Service (GFFS), a model of established best practices for food service facilities to offer safe gluten-free options.



GFCO

GFCO stands for Gluten-Free Certification Organization. This certification provides assurance to consumers with celiac disease, gluten intolerance, or other gluten-related medical conditions that the products they are purchasing are safe for them to consume. GFCO works with manufacturers and ingredient suppliers to verify the gluten-free status of their products (10 parts per million (ppm) or less) and conducts regular audits to ensure continued compliance with its standards. The GFCO certification mark is a symbol of safety, trust, and assurance to gluten-free consumers. A recent survey showed that 99% of gluten-free consumers are likely to purchase a product if it features a GFCO gluten-free certification mark on its packaging.



GFFS

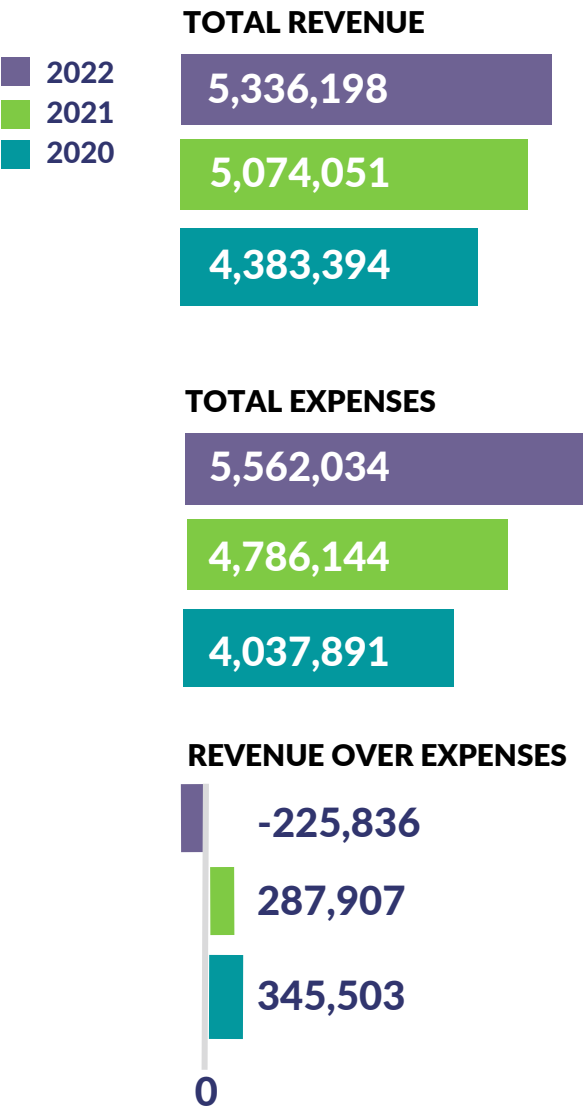
GFFS stands for Gluten-Free Food Service. GFFS is a program that validates restaurants, cafes, bakeries, hospitals, universities, senior living facilities or other food service establishments as gluten-free "Safe Spots" for customers with celiac disease, gluten intolerance, or other gluten-related medical conditions. While 79% of gluten-free consumers say that a fear of dining out is among their greatest challenges, 95% of GF consumers would feel safer if a restaurant or food service establishment was validated by the Gluten-Intolerance Group's GFFS program, A GFFS Validated Gluten-Free Safe Spot is required to follow strict standards and procedures to prevent cross-contamination with gluten-containing ingredients and ensure the safety of its gluten-free offerings.

Financial Report

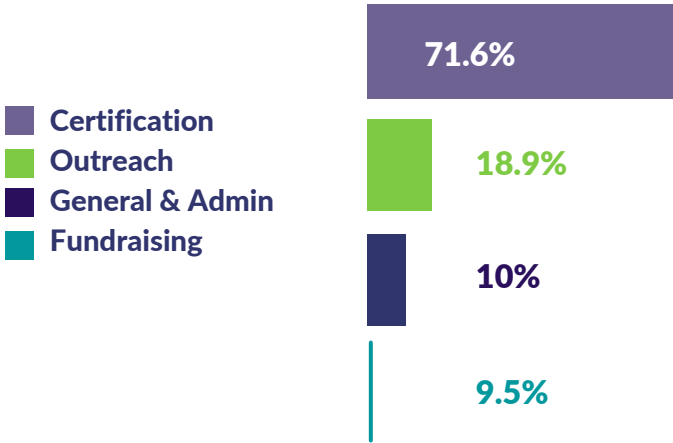
Year Over Year Comparison

Financial Summary:

2022 GIG was affected by the economic changes happening around the world. High inflation plus interest rate increases not only affected GIG, but also its client base in GFCO, GFFS, and the demand on outreach services. Also in 2022, GIG through its partner GIG CARES expanded the cutting cost program assisting individuals living gluten free that are food insecure. Revenue in 2022 rose by \$263,000. Costs increased by \$776,000 as full operations resumed, inflation, and expansion costs were recorded in 2022.



2022 Expenses



2023 will provide GIG with opportunities and challenges and with the demand for our services, the operations look strong as we continue on as the leader in the industry.

OUR IMPACT

GIG's record accomplishments from 2022 serve as a foundation that will position GIG for future growth as it expands on its mission to make life easier for everyone living gluten-free through support, education, and food safety.



466,614

New users sought education and information about living gluten-free from our website

200

134 Volunteers helped to support individuals and families in their local communities

9,300

New products became certified by GIG's GFCO program



344

Food service establishments held GFFS validation



3400

Sought knowledge from our virtual education events that featured prominent speakers and timely topics



27,252

People are GIG members



Expanding our impact through a partnership with GiG Cares

GiG is proud to have provided a grant to GiG Cares to support efforts with impact including:



15,000 lbs

of GFCO-certified gluten-free food provided to gluten-free families facing food insecurity



\$7,750

provided in scholarships so that children could attend a week at gluten-free camp



\$4,775

provided in scholarships so that teens could attend the gf teen summit where they connected with their peers, learned to cook and bake, and were given the tools to become advocates

2022 DONORS

A Adams	D Fraser	A & E Marx	P Ryan
S Andrews	A Furcron	C Matlock	K Sadler
L Arisio Albro	M Gallucci	K Matthews	L Sandler
J Asher	L Garrett	C McCormack	L Sayre
X Averkiou	T Gartland	M & M McGaw	C Schaller
T Bagley	J Gearhart	S McKinley Torti	K Schroeder
T Barry	L Gilbertson	C McLaren	P Schueler
B Baxter	N Goins	C McLaughlin	J Sifontes-Ospino
S Bird	G Goodman	J McNamara	J Silk
L Blumenfeld	T Gorodenco	N Medveditskov	R Silverberg
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P Boyd	S Green	M Meyer	G & J Smith
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R Brock	G Harris	G Moore	J Somers
C Broderson	W Harris	J Mueller	G Sorensen
J Burgess	J Hart	F Murphy	A Stansfield
M Cail	J Hawks	S Myers	E Switkes
K Chasteen	K Himmelberger	A Negri	M Tawney
C Coneeney	C Hinton	B Oliver	D Thomas
C Cook	P Howarth	A Owen	S Thompson
A Cooley	V Howell	M Parker	C Tilton
M Coyne	B Ideson	C Paulnock	C & L Tonnes
S Currin	J Isaksen	L Paulsen	F Torti
K Czufin	E Isaly	A Penachio	E Triantafillou
E Dalton	K Jackson	D & M Pratum	P Turpening
R Dalton	D Jacobs	K Price	J Ulstad
C Daum	B James	J Quinn	A Villela
D Davis	P Johnson	K Rankin-Sunter	P Wachtel
H Denni	C Kelly	L Reed	A & G Weiss
J DiFazio	C Killeen	D Richardson	S Weitz
M Dommel	N Klobberdanz	D Riddell	J Westphalen
K Doramus	C Landry	M Robertson	L Williams
I Engel	J & L Lawrence	S Roesler	V Wunsche
D Esposito	N LeBlanc	M Rohal	L Wyman
J Fauteux	E Levine	S Roneid	P Yung
J Fernandez	S Levy	A Root	E Leonhard Zhang
J & M Fisher	F Liberto	G Roseta	J Zitaner
H & A Fosser	A Luzynski	G Rubal-Peace	
R Foy	Z Ma	K Rudner	

GIG is thankful for the generosity and financial support of our community members and we apologize if we have missed anyone

2022 CORPORATE SPONSORS AND DONORS

Amazon Smile Charities
America's Best Local Charities (ABLC)
Barlow Research Associates, Inc.
City Celiac Support Group
Constellation Energy Group Employee Fund
Emport, LLC
Exelon Corporation
Fidelity Charitable
Generation GF of Charlotte
Microsoft Matching Gifts Program
Network for Good
Simple Generosity
Sirius XM - Satellite Radio
Sterling Kilgore
The Benevity Community Impact Fund
The Kroger Co.
Weingart Foundation

GIG is grateful for the support of the business community and our client partners
as we work to make life easier for everyone living gluten-free.