

SUMMER 2024

generationgf

gluten.org

magazine

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generationgf

magazine



A magazine that helps gluten-free children and teens stay healthy and happy.



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Gluten Intolerance Group® (GIG®) makes life easier for everyone living gluten-free. The content of this magazine has been reviewed by a health professional; however, it is not a substitute for a consultation with your personal physician or other healthcare professional.

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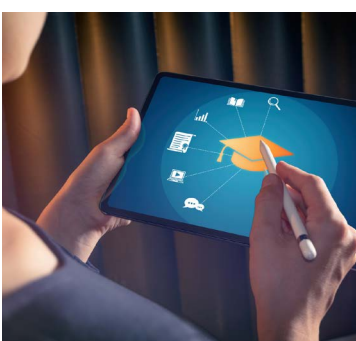
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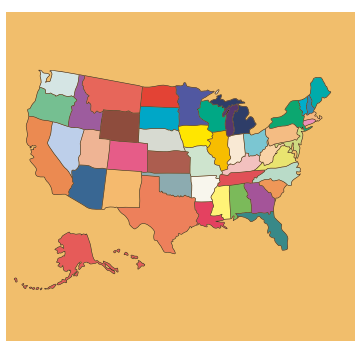
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LETTER FROM THE EDITOR



By the time you're reading this, I hope that you've already had a chance to plan for an epic summer. These hot months are packed full of family vacations, gluten-free summer camps, and hanging out by the pool or hiking and exploring the outdoors.

When I was little my family liked to go to theme parks and zoos. To this day I still love going to theme parks like Disneyland and Disney World and zoos and aviaries (that's for birds!) across the country. I wasn't gluten-free yet, so I remember eating whatever I wanted. My favorite thing was chicken tenders! I still love chicken tenders, but I'm gluten-free now! It's a little more difficult finding safe gluten-free food during these summer adventures. Thankfully now many restaurants at theme parks have gluten-free options, or allow you to bring in your own food. I've had an opportunity to write about all the great gluten-free food at these spots to help pay it forward for the next generation of gluten-free kids that just want to eat something fun and delicious at a theme park too! If you find yourself on one of these adventures this summer, remember to plan ahead. There are many resources to find what's gluten-free at your favorite summer destinations. Always pack snacks and always

remember to read labels! If you need help, you can always ask for a manager - and sometimes you can even speak directly to a chef about your dietary needs.

Even during these non-stop sunny months, I hope you take a few minutes to check out this issue for a little inspiration. We have recipes that are perfect for summer pool parties and BBQ gatherings with friends and family. We are also continuing our GLU 101 Gluten-Free University series. So many of you are exploring what's next after graduating high school. Generation GF wants to prepare you for what's ahead. We can't wait to see you grow and flourish!

Happy Summer,
Erica

WHAT'S UP WITH GENERATION GF & GIG



GIG CARES AT EXPO WEST 2024

The GIG Cares team flew to Anaheim, California to attend Natural Products Expo West. This is a big trade show, full of products that you see on your store shelves. While not every brand that we saw was gluten-free, we ended up meeting with a ton of gluten-free certified brands. We hope that every great gluten-free brand that we met with are able to donate products to our gluten-free food insecurity program, or help support our incredible support groups and our annual teen summit!



CELEBRATING 50 YEARS OF GIG

Happy 50th Anniversary Gluten Intolerance Group! GIG's Golden Jubilee 50th Anniversary Celebration will take place September 6th, 7th and 8th, 2024 in Charlotte, NC. The Hilton University Place in Charlotte, NC will host this year's celebration and annual teen summit!

It will be a must-attend celebration of our gluten-free past, our present, and the future of the gluten-free community.

At this event you'll have a chance to meet a lot of other gluten-free people. There will also be gluten-free meals and incredible speakers like:

- **Shelley Case, RD** is our keynote speaker and with 40 years of experience as a dietitian expert in celiac disease, you don't want to miss her!
- **Parul Kharod, MS, RDN, LDN** leads our GIG's Cary/WakeMed NC support group and will be discussing non-celiac gluten-sensitivity.
- **Dr. Alysa Bedell** will be talking about the relationship between the brain and gut with the psychological impact of gluten-related disorders on mental health.
- **Steve Plogsted**, a doctor of pharmacy, will be talking about the future of medication and giving us an updated look at the clinical trials for celiac disease and more!
- Influencer **Coral Barajas** of Gluten Free Coral, will be talking about mastering the gluten-free diet.
- And GIG's CEO, **Cynthia Kelly**, will be leading us through a journey back in time to tell the story about how GIG started!
- AND MORE!

Get your tickets today at gluten.org!





TEEN SUMMIT

SEPTEMBER

2024

IN CHARLOTTE, NC

The annual Generation GF Teen Summit will be held at the same time as the 50th Anniversary Celebration.

Join us for a weekend filled with teen team building activities, amazing speakers, safe and delicious gluten-free food, games, and more.

**FRI
6TH**

CHECK IN & WELCOME RECEPTION

Starts at 4pm

You'll learn about "Slaying the Gluten-Free Game" with teen-focused tips and tricks from motivational speaker and gluten-free influencer, Coral Barajas. Dr. Jason Mendler will be doing a Q&A with teens about celiac disease. Influencer Kayla King will be talking about surviving college, road trips, and restaurants - all without your parents.

**SAT
7TH**

**SUN
8TH**

Registered dietitian Natalie Castro will teach you how to make gluten-free power snacks for all of your superhero needs. And there will be a gluten-free festival with food trucks, small group meet-ups, games, activities, DJ, prizes, and more!



You don't want to miss this summit!
Get your tickets today at [gluten.org](https://www.gluten.org)!

Meet the Gluten-Free Teen

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Nathaniel Teres

In this issue of Meet the Gluten-Free Teen, we are sharing about our Teen Advisory Board champion, Nathaniel! Let's meet Nathaniel and get to know him and his gluten-free story!

I'm Nathaniel Teres, and I'm 16 years old. For the past 11 years, I've been on a gluten-free journey. I was diagnosed with celiac disease in kindergarten. It all started with a tummy ache and a trip to the doctor.

The doctor told me I couldn't eat a lot of my favorite foods anymore because of celiac.

At first I really didn't understand what celiac was and felt scared, but I soon figured out that I wasn't alone. I joined a support program at my elementary school for children with food allergies and celiac disease or a gluten intolerance. The group was a welcoming environment where we could talk to each other about what we were going through. The most important thing I learned from that group was how to self advocate and speak up, *even to grown ups*, if I had questions about what I was eating.

Eating a gluten-free diet turned out to be easier than I anticipated. Want to know a helpful trick to ease into a gluten-free diet? We switched out all of the food in our house to be gluten free, and had everyone in the family eat a mostly gluten-free diet. We also found new recipes and made tasty, gluten-free dinners. I brought my own lunch to school and learned to be cautious of sharing food and cross-contact.

During birthday parties and other events there were often safe alternatives that were just as tasty, but sometimes I made mistakes. But that's okay - I was still learning. Once in a while, I ate something without asking if it was safe to eat, or I totally forgot to even ask about gluten. After something like this happened, I felt disappointed in myself. But, over time, I grew to realize that everyone makes mistakes and they are part of the learning process.

As I reached my teenage years, I faced other challenges like ordering food by myself or with friends. I developed strategies like clearly explaining my food needs, and double checking the order to minimize gluten exposure. Sometimes I found myself in complicated situations where the servers didn't seem to know what celiac disease was, and they were unsure about what foods were safe for me to eat. Sometimes they said that I could eat something that didn't *really* look safe to eat. I learned to make sure the server double checked with the chef to make sure the food was safe for me to eat. If it wasn't or if they were unsure, I just ordered something else or left and ate somewhere else.

Eating out with friends also brought the challenge of peer pressure. Sometimes I felt embarrassed asking what was gluten free or double checking with the chef if I felt unsure about something. But I realized that my health is the most important priority for me right now. Most of the time my friends didn't even notice or care if I had to ask questions.

Being gluten intolerant or having celiac disease can be a rough and scary transition with challenges along the way. Joining support groups and developing strategies helps it become much more manageable.

“The doctor told me I couldn't eat a lot of my favorite foods anymore because of celiac.”

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Celiac disease has even brought me several benefits. After reading countless food labels, I started to become conscious about what I ate, and as a result I ended up eating healthier foods. I learned to check the ingredient list and realized that a lot of the foods I used to eat had some pretty unhealthy ingredients. I started to make healthier choices and cooked more of my own nutritious meals. I started to feel better, have more energy and more confidence.

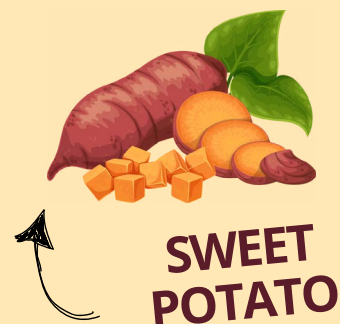
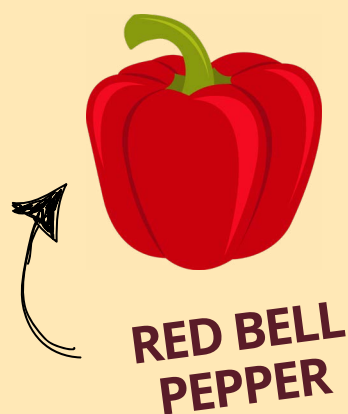


Celiac disease has also helped me become involved in my community. I started small at first by helping lead the mentoring program at my elementary school by sharing my personal tips and tricks. This year, now that I'm in high school, I took it up a step by helping to create a teen advisory board within Gluten Intolerance Group. GIG is an organization that provides support to those on a gluten-free diet. In this teen advisory board we create social media videos sharing tips and tricks to having celiac disease, we started to develop a mentoring program, and we even provide insights on future events and programs. I have also taken action in my local community by helping to add allergen food labels to all school cafeterias in my county and helping to bring more gluten free friendly options to the menu. Getting involved has given me an immense sense of pride for being gluten free and helping others through their own gluten-free journey.

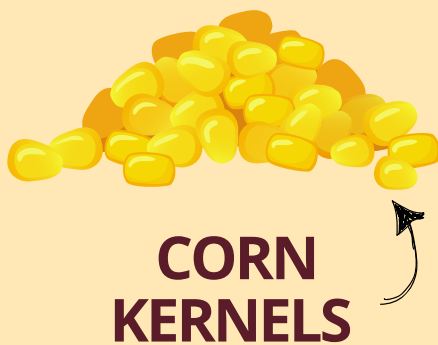
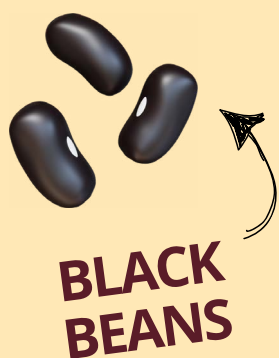
Applications to the Teen Advisory Board will be open again towards the end of the year, and will be found on gigcares.org.

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GF Fajita Bowl





These bowls are endlessly customizable for a quick and filling dinner - and leftovers for lunch the next day! It's also really easy to make this for any type of diet. If you eat meat, you can add cooked chicken or pork on top. This is also really good with chili on top! If you eat plant-based, you can add tofu crumbles on top. If you can eat dairy, you can add shredded cheese or sour cream on top. If you like spicy things, you can add in a drizzle of your favorite hot sauce!

This recipe is for four servings.

Ingredients:

- 1 red bell pepper, sliced
- 1/2 red onion, sliced
- 1 medium sweet potato, cut into 3/4 inch cubes
- 1 tablespoon vegetable oil
- 1/2 teaspoon kosher salt, or more to taste
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic granules
- Ground black pepper to taste
- 3 tablespoons lime juice (about the juice of two limes)
- 1 teaspoon honey
- 2 tablespoon minced cilantro, plus more for garnish
- 1 15 oz. can of black beans, drained and rinsed
- 4 cups cooked brown rice
- 1/2 cup corn kernels (canned, or if frozen, defrost)
- 1 avocado, diced
- Corn tortilla chips - always check your chips for gluten
- 4 lime wedges, for serving

Instructions:

1. Pre-heat the oven to 425° and have an adult assist you with a hot oven in the next steps.
2. Combine the bell pepper, onion, and sweet potato on a baking sheet. Drizzle with oil, 1/2 teaspoon of the salt, and the spices (chili powder, cumin, garlic and pepper). Make sure all of the sweet potato is coated. Roast the vegetables until they are browned and the potatoes are cooked through - about 25 minutes.
3. In a medium bowl, stir together the lime juice, honey and cilantro. Add in the black beans and toss together (in the bowl) to make sure everything is coated in the seasoning. Top with a little salt to taste and set aside.
4. Assemble the four bowls! Place 1 cup of the rice in the bottom of each bowl. Top with about a quarter of the roasted vegetable mixer and about a quarter of the black bean mixture. Add two tablespoons of corn, a quarter of the avocado, and tortilla chips. Serve with a lime wedge.

Chocolate Waffle Cone
 Birthday Waffle Cone
 Gluten Free Waffle Cone
Smile (small) \$7.95
Happy (large) \$8.95

BEG Bakery "BEGgars Can Be Choosers!"
 & Creamery
 SWEET CHOICES

MIX AND MATCH 4 PACK, 6 PACK, OR 12 PACK (INDIVIDUAL ITEMS ARE \$3.99)	MULTIPACK SPECIALS
MIX AND MATCH FROM 4 PACK COOKIES, CUPCAKES, MUFFINS, AND BROWNIES IN MULTIPACKS	4-PACK \$18.70 (SAVINGS \$3.50)
G MA CLARA'S CINNAMON ROLL \$7.75	6-PACK \$27.06 (SAVINGS \$6.00)
WHOLE "DA BOMB" BROWNIE (WITH CHOICE OF TOPPING) \$25.00	12-PACK \$52.80 (SAVINGS \$13.20)



STATE REGISTERED BAKERY
 BEG BAKERY
 THESE PRODUCTS ARE PRODUCED IN A BAKE FACILITY THAT ALSO HANDLES WHEAT, EGGS, MILK, AND SOY. ALLERGENS MAY BE PRESENT IN PUBLIC AREAS.

4 PACK \$19.53
 6 PACK \$28.25



Meet the Generation GF Group:

Generation GF of Phoenix

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Meet the Generation GF Group of Phoenix, AZ! Leaders Lisa and Gina recently hosted an event at a gluten-free friendly bakery in Scottsdale, Arizona outside of Phoenix. With the purchase of a ticket to the event, everyone received a gluten-free vegan ice cream sundae, drink and a muffin, cupcake or brownie. The event was held at BEG Bakery, an entirely plant-based bakery that also offers gluten-free desserts (including frozen yogurt).

While BEG might sound like a funny name, the name “BEG” is short for for “butter-free, egg-free, and gluten-free.” While they do have gluten-containing baked goods, the gluten-free items are made on different equipment in a different area off-site and away from cross-contact. Items that are gluten-free are always in red cupcake liners and spelled out specifically in the dessert case.



BEG Bakery just celebrated their two year anniversary. The idea for the bakery started during the pandemic with founders Rich and Michelle, and Michelle’s sister Shawna. It’s a story much like the other bakeries, founded because the owners needed it and couldn’t find something like it anywhere else! Four years ago, co-founder Rich was very sick and and tried a plant-based diet to recover. After a few weeks of being plant-based (free from any animal products like meat, butter or dairy, or eggs), he felt so much better. During that time, Shawna started baking plant-based desserts for Rich. They loved it so much that they wanted to share this way of life with others, and the bakery was created!

gluten-free vegan pizza, and Hawaiian food from The Aloha Menu. They are a made-from-scratch pop-up restaurant that serves island-inspired food like fried rice, poke bowls, collard greens, vegan loco moco, fries with mushroom gravy and more! Everything was so good!

The group had a great time learning about BEG Bakery and sharing their gluten-free stories together over a great treat! Lots of events are planned for this group in the future so if you’re in Arizona, please join Generation GF of Phoenix.

You can learn more about BEG at begbakery.com!

On top of the gluten-free friendly bakery, BEG also hosts gluten-free food trucks at the restaurant regularly! At this event, they had





WATERMELON CEREAL TREATS

By Brianna Hesch





WATERMELON CEREAL TREATS

Summer is here, and it's the perfect time to enjoy some fun and festive treats! If you're looking for a gluten-free treat that is fun and easy to make, try these watermelon-inspired cereal treats! But these watermelons aren't really watermelon! They look just like slices of that summer-friendly melon, complete with mini chocolate chips as seeds. But they're really made with crispy rice cereal! These treats are perfect for summer pool parties, outdoor get-togethers or picnics, or just a fun afternoon snack.

Creating these watermelon cereal treats is not only easy, but it's also a fun activity that you can make by yourself, or with a little help from a grownup. They can be made without using the oven or stove-top, which is perfect for hot summer days! On top of being gluten-free, this recipe can also be made dairy-free, nut-free, peanut-free, and soy-free so that all your friends with food allergies can enjoy them with you!

Ingredients:

Kitchen items you'll need:

- Cooking spray (you can substitute butter or oil in a pinch) or parchment paper
- Round cake pan
- One medium-sized microwave-safe bowl
- One large microwave safe bowl
- Two heat-safe silicone spatulas
- Microwave



Ingredients you'll need for the green "watermelon rind":

- 2 tablespoons oil or butter
- 2 cups mini marshmallows
- Green food coloring
- 2 1/2 cups of gluten-free crispy rice cereal**

Ingredients you'll need for the red "seeded watermelon":

- 3 tablespoons oil or butter
- 4 cups mini marshmallows
- Red food coloring
- 4 cups gluten-free crispy rice cereal**
- 1/4 cup of mini chocolate chips



****Not all crisp rice cereal is gluten-free! The biggest brand of crispy rice cereal contains barley malt extract! Barley malt extract has gluten in it! Make sure you use a cereal that doesn't have any barley or malt extract in it. Always read your labels and check for hidden gluten.**

Instructions:

First, prepare the cake pan.

- Grease a 9-inch round cake pan with cooking spray or line it with parchment paper for easy removal of the treats. You can also wipe softened butter or a little oil all over the sides and bottom of the pan.

Next, make the green “rind” of the watermelon.

- In a medium microwave-safe bowl combine the 2 cups of mini marshmallows you’ve set aside for the rind, and the 2 tablespoons of oil or butter.
- Heat in your microwave for 30 seconds and then stir. Have an adult help you because it gets hot! Put it back into the microwave for another 15-30 seconds or until the marshmallows are melty and can be fully stirred into a gooey slime. But don’t overcook them! If you microwave the marshmallows too long, they can cool very hard and crunchy and be hard to eat.
- Add a little green food coloring and stir so the color is even. Food coloring can get messy, so you might want to have an adult make sure the area is prepared in case anything spills!
- Stir in the 2.5 cups of gluten-free crispy rice cereal.
- Lightly grease your hands with cooking spray, oil, or butter, and then press the cereal mixture around the edge of the pan making a 1-2 inch “watermelon rind”. The cereal will be warm still, so have your grown-up help.

Next, make the pink inside of the cereal watermelon:

- In a large microwave safe bowl combine the 4 cups of mini marshmallows you’ve set aside for the watermelon, and the 4 tablespoons of oil or butter.



If you avoid artificial food coloring, there are lots of good natural food colorings that will work great in this recipe. You can use whatever kind of food coloring you like! Some stain your hands more than others. If you are worried about staining your hands, you can wear food-safe gloves when you use food coloring.



- Just like you did with the rind, heat this in your microwave for 30 seconds and then stir. Heat it for another 15-30 seconds or until the marshmallows are melty and can be stirred into a gooey slime. Remember, it can get hot, and don't overcook those marshmallows!
- Add a little red food coloring and stir so the color is even.
- Stir in the 4 cups of gluten-free crispy rice cereal.
- Lightly grease your hands with cooking spray, oil, or butter, and then press the cereal mixture in the middle of the round pan, going from the middle all the way to the green watermelon rind. The cereal will be warm still, so have your grown-up help.
- Sprinkle mini chocolate chips over the red/pink watermelon part of your cereal treats and gently press them into the warm cereal treats.



Once the watermelon is assembled, allow the cereal treat to cool and set for about 30 minutes.

Now it's ready! After about 30 minutes, remove the treats from the pan and cut them into wedges, just like watermelon slices.

These gluten-free crispy rice cereal treats are sure to be a hit at your next pool party or picnic! Enjoy the summer with these sweet treats that look just like slices of watermelon!



You can easily make these dairy-free. You need to use a vegan butter, or use any neutral cooking oil (like avocado oil, canola oil, or sunflower seed oil) and use dairy-free mini chocolate chips. If you are also avoiding other allergens, watch out for allergens like nuts and soy if you're using vegan butter!

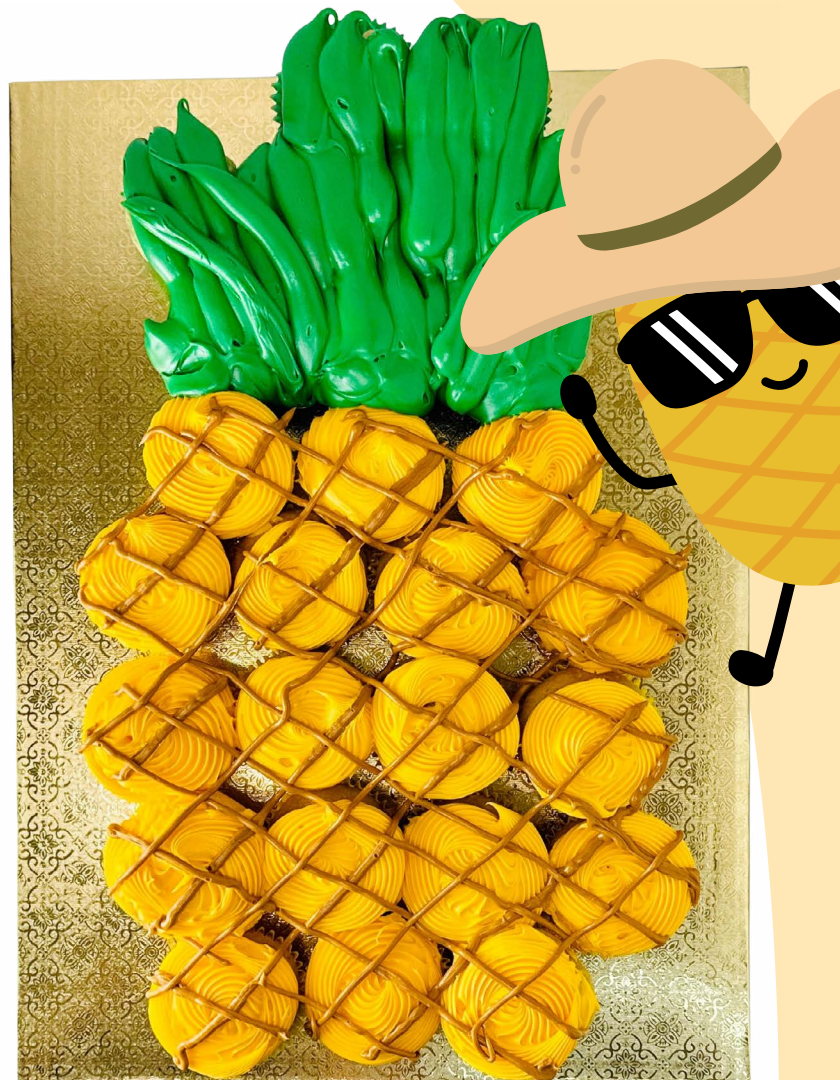


I just love making cupcakes! They are perfect for every event and any time. Birthday party? Cupcakes! Holiday? Cupcakes! Just another Wednesday? Sounds like the perfect time for cupcakes! I don't know what I love about cupcakes more, the cake, the icing, or the super fun decorations. Being gluten-free doesn't change much for me and my love of cupcakes. All cakes start with a really good recipe for making gluten-free cupcakes or a good box of certified gluten-free cake mix. Next, plan out your decorations like frosting and sprinkles. Always read a label on any icing, frosting, or decorations you use. I've seen lot of sprinkles that use wheat and other allergens in their sprinkles! I also like to put a little food coloring in my frosting so I can make it match whatever decorations I'm going to use!

Cupcakes can be fun on their own, but I am obsessed with pull-apart cakes! Pull-apart cakes are made by putting a bunch of cupcakes together, frosting them together, and making one big cake! A cake like this is perfect for parties with a lot of people, because each one can take a part of the cake without having to cut into anything. Just pull apart a cupcake or two and go!

A pull-apart cake can be made to look like *anything*. On social media you can find people making a giant cupcake out of little cupcakes, rainbows, words or numbers made out of cupcakes or even animals like a unicorn! I wanted to try this cupcake trend and make it gluten-free! I used my favorite cake mix, gluten-free labeled frosting and food coloring. There are many designs online that you can copy to make your own cake. I really recommend drawing how you want the cake to look like first so you know how many cupcakes you'll need to make the design and you can think about how much frosting you'll need to make.

If you really like making cupcakes, you can buy piping bags and piping tips to make fun swirls and patters in your frosting. But if you don't have any equipment, you can just frost using a plastic sandwich bag! Put frosting into a sandwich bag and cut a small part of the tip using a pair of scissors. I frosted all of the yellow cupcakes separately for the body of the pineapple. I placed them all on a board, and arranged them into a pineapple. After I put them all together, I used brown frosting with a smaller tip to make the patterns in the pineapple. I then used a big piping tip to pipe green frosting on the top cupcakes to make it look like the top of the pineapple. Half of the fun is decorating it and being creative and playful with frosting, and the other half is eating and sharing your edible art with friends!



Meet the Generation GF Group:

Generation GF of JoCo



Generation GF of JoCo (Johnson County in Kansas), is always having fun events and get-togethers! Recently, they visited a gluten-free restaurant to learn more about running a dedicated gluten-free franchise, and to enjoy delicious and safe food. It was such a popular event, the second largest event next to their annual gluten-free holiday cookie exchange. About 40 group members, about half teenagers and middle school gluten-free kids, visited BiBiBop together in Overland Park, Kansas.

Everyone was so excited to check out a dedicated gluten-free chain restaurant! It's so awesome to walk into a restaurant and be able to order anything off the menu. While I wish that we could all try this restaurant, BiBiBop is only in a few states in the midwest (like IL, IN, and OH), but we're hoping that they expand nationwide so everyone can experience it!

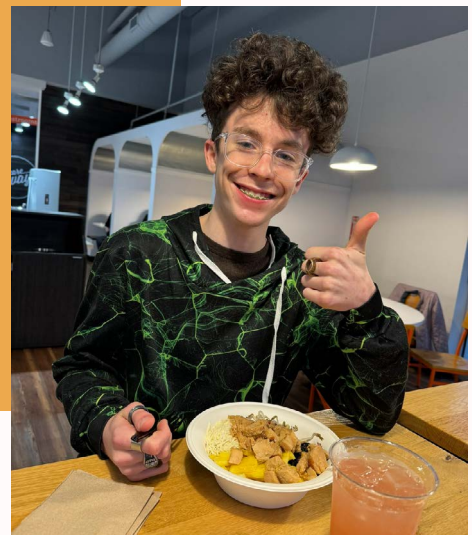


Member Delaney (age 13) was literally “dancing” through the tour of the back of the restaurant. She told *Generation GF magazine*, “I have always loved that place so seeing the kitchen and everything made fresh was incredible. I have always wanted to work there when I’m old enough and being 100% gluten free is perfect for me.”

Rachel, the parent of member Nicholas (age 9), said that she also loved the tour. "It was so fun to get a behind-the-scenes look at how the food is made. I loved that they are so

safe, even making sure that employees don't bring in personal gluten-containing food or drinks! Nicholas said 'the food is delicious!' and recommends the BBQ beef. We both loved that there are gluten-free cookies for dessert! As always my son really enjoyed spending time with his friends in the group and meeting new kids who are also medically gluten-free. It's nice not to feel alone!"

What a great event. It sounds delicious! To learn more about BiBiBop, visit bibibop.com.



GLUTEN-FREE CHOCOLATE CHIP COOKIE CUPS

By Brianna Hesch



Gluten-free chocolate chip cookie cups make any ice cream scoop or sundae even more fun! These cookie cups are crisp and crunchy, just like an ice cream cone! They are shaped like little bowls making them perfect for holding ice cream and all your favorite sundae toppings. They're a great choice for parties, birthdays, or just a special treat after dinner!



The cookie cups can also be made dairy-free, egg-free, and nut-free so even kids with multiple food allergies can enjoy them!

Baking these cookie cups on the bottom of a muffin pan is easy, but does need an adult's help to supervise. After the cookie cups are baked and cooled, you can fill them with ice cream and let your imagination run wild with toppings. You can choose any flavor of ice cream you like, and add toppings like sprinkles, whipped cream, and chocolate sauce. Get ready to enjoy a delicious, gluten-free treat that you'll want to make again and again!

INGREDIENTS:







For the cookie cups:

- Metal muffin pan
- Cooking spray (or oil)
- 1 ½ tablespoon cookie scoop (this is sometimes labeled as a “medium cookie scoop”)
- ½ cup palm shortening
- ½ cup brown sugar (packed)
- 1 egg or egg substitute
- ½ teaspoon xanthan gum (leave out if you are using a gluten-free flour that already has xanthan or guar gum)
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 ½ cups gluten-free flour (use an all purpose or 1-to-1 flour)
- ½ cup mini chocolate chips

For the ice cream sundaes:

- Ice cream or dairy-free frozen dessert
- Chocolate syrup or hot fudge
- Whipped cream
- Sprinkles

RECIPE TIPS & TRICKS:

-  The better you grease the pan before putting the cookie dough on, the less the cookie cups will break.
-  When you put your cookie dough on top of the bottom of the muffin tin, it is easy to think you should press the cookie dough all over the muffin tin cups. But don't! The baking soda in the cookie dough helps the cookies to spread as they bake. If you press the cookie dough even half way down the muffin tin, they will spread into each other and will get stuck!
-  This recipe uses shortening to keep the cookie dough from spreading too far. If you use butter, the cookie dough will melt too fast, and your cookie cups won't turn out as well.
-  This recipe uses mini chocolate chips instead of regular-sized chocolate chips because they help the dough to spread more evenly as it baked.
-  To make egg-free, use egg replacer, like Bob's Red Mill's Egg Replacer or Ener-G Egg Replacer, instead of the egg.
-  To make dairy-free, use dairy-free chocolate mini chocolate chips.

9.

1. First, ask an adult to pre-heat the oven to 375°F.
2. Flip your muffin pan over and grease the bottom of it using the cookie spray, or by wiping it all over with a paper towel dipped in oil or shortening so the cookies don't stick.
3. With the help of an adult, cream together the shortening and brown sugar until fluffy in a mixing bowl, using an electric mixer.
4. Add the egg and mix until smooth.
5. Add the xanthan gum (if you are using a gluten-free flour that doesn't have xanthan gum in it already), the salt, baking soda, and vanilla extract and mix until combined.
6. Add the gluten-free flour and mix until you have a smooth dough.
7. Stir in the chocolate chips using a spatula or spoon.
8. Scoop the cookie dough using a medium cookie scoop, or measure the cookie dough into 1 ½ tablespoon portions and roll it into a ball.
9. Place a ball of cookie dough on the back of each muffin tin, and gently press so the cookie dough goes just over the edge a little bit.



11.



12.





10. Ask an adult to help you put the muffin pan in the oven. Bake the cookie cups for 8-10 minutes until they turn golden brown on the edges.
11. After baking, let the cookie cups cool on the pan. Carefully take them off once they are completely cool. Some of them may break - and that's okay! You can snack on the broken ones, or you can sprinkle the broken cookies on top of your ice cream!
12. Once you have all of the cookie cups off of the muffin pan, fill each cookie cup with a scoop of ice cream. Add your favorite toppings like whipped cream, sprinkles, and chocolate sauce.



GLU101 COURSE

(GLUTEN-FREE UNIVERSITY 101): NAVIGATING DINING ON CAMPUS

Going off to college is a major step into adulthood. In our last issue, we talked about navigating relationships at college. But a major question that you might have about college is “what am I going to eat?” And you’re right! Some colleges are known for their incredible food allergy friendly and gluten-free friendly dining halls. Some may have dedicated gluten-free dining halls! But some are equally known for their difficulty with gluten-free food. How can you prepare for dining in college?

Time to act like a detective! First, start your investigation during your college search. When you’re diving into majors and what you want to study, don’t forget to look into the school’s dining halls and dining plans! You shouldn’t choose a school just based on their dining services, but you should know about their offerings long before your first day. If you’re living on campus, you’ll need to check if your university has mandatory meal plans. That means your meal plan, and its cost, is included in your living arrangement.



*This article was written by
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During the college search, you'll often travel to each prospective college to check out the campus. Oftentimes, you'll go on a tour. During this tour, or another time with the college ambassador, is a great time to ask your questions about dining.

HERE ARE SOME QUESTIONS TO ASK WHEN YOU ARE ON YOUR COLLEGE SEARCH:

- Do you have a dedicated gluten-free dining hall, or a dedicated gluten-free section within a dining hall on campus? If you have a gluten-free dining hall on campus, does my meal plan cover it?
- If there is not a dedicated dining hall, or dedicated gluten-free space, how should someone with a medically necessary gluten-free diet handle meal times? Should I ask to speak to a chef each time I visit?
- What sort of education do you provide for culinary staff to keep them up to date on food allergies or a medically-necessary diet?
- How are gluten-free foods labeled on campus? (Ex. Should I look for a certain color tag or is there an ingredient list somewhere?)
- Are these areas separate from the gluten-containing food? How does your facility handle cross-contact with gluten?
- Is there an option to look at the menu ahead of time, or a way to order ahead of time if I need to?
- Do you have a dedicated area for gluten-free snacks outside of regular meal times? Where can I find gluten-free snacks on campus?

If you aren't traveling to the college, or the college ambassador doesn't know the answers, you can always contact student services or the Office of Disabilities to find the answer to these questions.

Being gluten-free at college isn't just about dining halls - you also need to think about your dorm room too! Do you have a kitchen in your room or do you have a shared kitchen in your dorm? If you don't have a kitchen in your room, do you have access to a fridge or microwave for your room? If you don't have access to a fridge or microwave, is there one in your dorm or on campus that you can use? Can you have a toaster or hot plate in your room? If not, can you have access to an area with a dedicated gluten-free toaster for gluten-free food only? You'll want to make sure you at least have a dedicated area for your own safe snacks in your room that is safe from curious roommates.

Be an online detective too! What does the school's website say about gluten-free or allergy-free dining? Are there reviews that you can find online of these schools and their food services? Are there current gluten-free students on social media that you can connect with? Resources like [Spokin](#) and [GFreeFriends.com](#) were created for this! These website host reviews of colleges and universities written by gluten-free students just like you.

And most importantly, you'll want to contact the school's Office of Disabilities. Every public school must accommodate students with celiac disease, which is considered a disability under the Americans with Disabilities Act. However, each school is so different, due to campus size, housing, and dining services - so each school offers different accommodations. It's possible that the school can help with things like helping find housing that provides a separate kitchen, or access to special meal services like pre-ordering gluten-free meals or access to a safe allergy-friendly kitchen.

I know that this may sound like a lot of work when you're already lost in a sea of selecting a major, and checking out classes and dorm rooms. It is a lot of work. But looking into all of these things before you start your classes will help you transition easier into your next phase of life.

Find a Generation GF Support Group Near You

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

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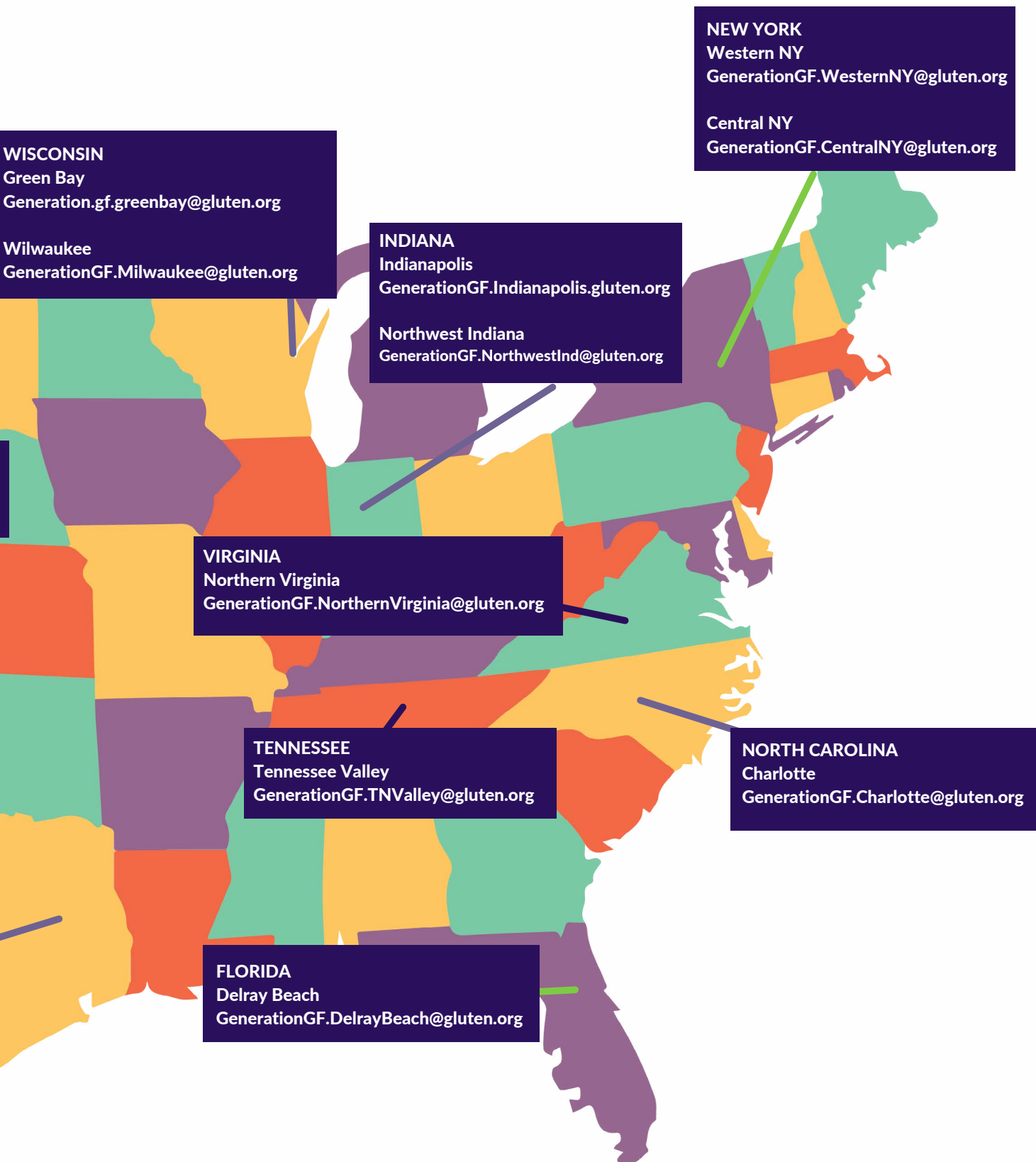
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If you are interested in starting a chapter of Generation GF support group in your area, please contact us at GenerationGF@Gluten.org





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