

FALL 2024

# generationgf

gluten.org

magazine

2024  
TEEN SUMMIT

DIY FALL DESSERT  
BOARDS

GIG TURNS

50

BAKE IT:  
TURKEY THEMED  
BROWNIES

AND MORE...

Bake It:  
Snickerdoodle  
Cookies

Make it:  
Energy Bites



# generationgf

magazine

*A magazine that helps gluten-free kids stay healthy and happy.*



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# table of contents



**what's  
up with  
gig**

**page 5**



**fall dessert  
boards**

**page 10**



**turkey-  
themed  
brownies**

**page 12**



**meet the  
gluten-free  
teen**

**page 15**



**lucy's  
gluten-free  
banana  
bread**

**page 17**



**what's  
up with  
generation  
gf**

**page 18**



**gluten-free  
snickerdoodles**

**page 19**



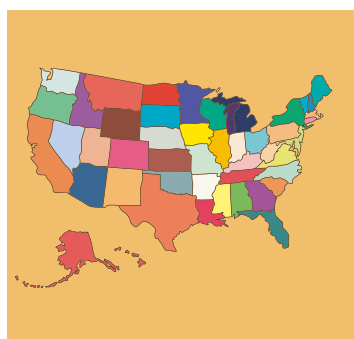
**date and chia  
seed energy  
bites**

**page 23**



**almond and  
coconut  
energy bites**

**page 25**



**support  
groups  
near you**

**page 26**

# LETTER FROM THE EDITOR

Fall is one of my favorite times of the year. It's beautiful outside and the perfect time to be outside and watch the trees change colors. But it's not just the trees that I love. I love the flavors that come with the change of weather. I'm all about pumpkin, apple pie, and warming spices like cinnamon and cardamom.

I always travel a lot during fall, which is great because I get to see how beautiful the foliage looks like in so many different states. Traveling so much for work hasn't always been easy for me with so many dietary restrictions. But, it's gotten a lot easier as I've learned tips and tricks for traveling on road trips and plane flights. Now I really enjoy traveling for work and getting to travel the country for so many great events.

This year I had the opportunity to attend Digestive Disease Week. This is a really big conference that is just for people that work in gastroenterology - the study of the digestive system. I met with celiac disease dietitians, doctors, and researchers. It's such an exciting time to be studying celiac disease. There is a lot of new research being studied about how and why celiac disease develops.

I was most interested in some studies about food insecurity and how they relate to the symptoms on a gluten free diet!

But one of my favorite things at digestive disease conferences is meeting with celiac disease friends like Maureen Basye of Celiac Cruise. Did you know that there is a cruise that's just for people that are gluten free? Can you imagine sailing in a cruise ship and not having to think about your meals for a whole week? Wow! Each cruise also offers education about celiac disease. Get ready, because Celiac Cruise will host 8 cruises next year in 2025!

Maureen started Celiac Cruise because she wanted her family to continue to make great memories with traveling. She wanted a "vacation" to actually feel like a vacation - not spending your time because scared about if your next meal is safe! Her cruises allow you to have fun without all the worry! I'm so excited for more gluten-free people find their family vacation on a Celiac Cruise. Learn more at [celiaccruise.com](http://celiaccruise.com)!

-Erica





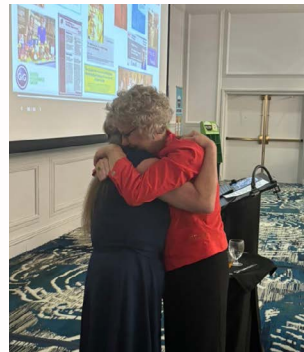
# WHAT'S UP WITH GIG

We Celebrated  
50 Years of GIG!

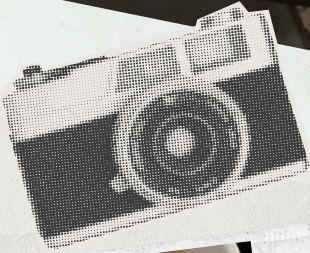
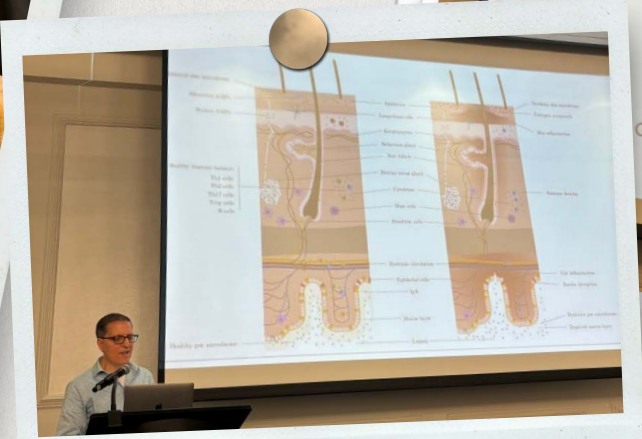
This summer, Gluten Intolerance Group celebrated 50 years of serving the gluten-free community.

We were so fortunate to have the beautiful city of Charlotte, North Carolina host our event. Thank you to everyone who helped us celebrate in person. The celebration was filled with education, community, and gluten-free food!

The event had many different speakers, like doctors, motivational speakers, advocates - even teens like you! There is a lot of really cool research happening about celiac disease, and we heard about updates on the microbiome (the bugs in your guts!) and the work towards a celiac disease cure. There was also a discussion about oats and the gluten-free diet, and another one about FODMAPS - a certain type of sugar in foods that may be one of the problems behind non-celiac gluten sensitivity. We can't wait to share more about these interesting topics later!



During the event, our CEO Cynthia Kelly was honored for her role in the organization and how she has helped form what GIG is today! She bravely took GIG from a smaller Seattle-based support-only organization to an international powerhouse! She has helped spread the word of who we are and what we offer to the gluten-free community, like education and support groups. She also built a gluten-free product certification that has become the largest in the world, and a food service validation program to help protect us both in restaurants as well as hospitals, assisted living centers and colleges. She is also one of the pioneers who helped forge the way for the FDA labeling regulation! Can you even imagine a time before gluten-free labeling laws? We have come so far!



# 2024

# GIG's 50th Anniversary



*Elisa, who first met Gluten Intolerance Group because she bought certified gluten-free food from GFCS, talked to us about what she learned about at the event. She learned that on top of the diet, being diagnosed with celiac disease is something that you have to work through emotionally! She learned that things like therapy and meditation can help, because everything so related between the guts and the brain. Her one piece of advice to those who are newly diagnosed was to make friends with celiac disease and get involved in the community.*

On top of all the learning, there was also gluten-free food! There was gluten-free macaroni and cheese, and even gluten-free food trucks with safe donuts and tacos!

Thank you to everyone who made this milestone event unforgettable!

## 2024 Teen Summit

Our annual Generation GF Teen Summit took place at the same time at the 50th Anniversary Celebration. The Teen Summit is such an awesome event that we are proud to host every year. Our small but mighty group of teens leave feeling empowered and ready to tackle living gluten-free. It's a must-attend for teens like you entering into high school and thinking about college and young adulthood.

We welcomed celiac disease advocates and public speakers, like Kayla from

@CeliacwithKayla Instagram and Coral from @GlutenFreewithCoral Instagram! The teens learned so many great tips and tricks to slay gluten-free living!

There were plenty of opportunities to make new friends and get out of your comfort zone. We learned how to cook and build a gluten-free picnic. Kitchen skills are valuable skills for gluten-free teens - you'll be so proud you learned how to cook when you become an adult.

There was also a team building event where everyone painted together. Look at how awesome these paintings are! Painting nights are great date night ideas for gluten-free teens and young adults that do not involve the stress of finding safe food!

To continue on the tradition from our Outdoor Adventure Teen Summit 2023, we had gluten-free s'mores by the fire! How can you say no to ooey-goey marshmallows, gluten-free graham crackers, and chocolate!

Celeste, mom of a teen summit participant, shared her thoughts.

*"The thing that hit me the most was to recognize the loss, the grief process, to acknowledge it. And I think as parents, we often want to sort of just put it under the rug and say, oh, we're just fine. We're just fine. Everyone's just fine. But if we take that moment of saying, it's not all fine. There are issues, and it's gonna be okay. Recognize that it's hard, and then we can go forward. It's better to acknowledge it.*



# 2024 TEEN SUMMIT



Definitely don't feel alone and go searching for people and information. Because honestly, from the doctors, we were told, 'Celiac? Just don't eat gluten. Bye.' And we then had to go - in tears - trying to figure out how to do everything. That was hard. Nobody told us that there were clubs, or that there were larger organizations, and that there's literature, there's websites. There's so much out there. I think it would be much easier if people knew from the doctor that they were not alone. This is just the first step. It gets easier with help."

We couldn't agree more! This is exactly why the Gluten Intolerance Group and GIG Cares hosts our teen summit. We bring together teens - and their parents - to feel like they are part of something bigger.

## Gluten-Free Summer Camp

We had a great summer camp 2024 season! Did you know that Gluten Intolerance Group and GIG Cares helps with several summer camps throughout the US that offer gluten-free meals to campers? We have staff attend these camps to make sure that our gluten-free campers have delicious safe food. Camp is a great place to meet new friends, learn new skills, and enjoy safe gluten-free food.

It feels like our summer camp season just ended, but here we are already preparing for summer 2025! As we attempt to prepare for the right number of campers, we are asking any families wishing to participate in Camp Kanata in Wake Forest, NC to RSVP before registration opens up. Visit our website at [GIGcares.org](http://GIGcares.org) to learn more!

Check out all the fun camper Robby had at Camp Kanata!





**Make it!**

# FALL DESSERT BOARDS

You've probably heard of a "charcuterie board." Charcuterie - pronounced "shahr-koo-tuh-ree" - is a board or plate that's filled with delicious cold meats like salami, a few vegetables or olives and pickles, some dips like mustard, and crackers. You can easily make a gluten-free charcuterie board by

using gluten-free crackers, and by checking the meats and dips for gluten in the ingredients.

But not everyone likes a cold meat platter. I, personally, would rather have a peanut butter jelly on gluten-free white bread with

the crust cut off. But sometimes you just need to make something fun for fall. That's why I'd rather make a dessert board because everyone likes desserts!

A dessert board is just a bunch of delicious treats like candy, chocolate, cookies, and cake, along with some dips. It's extra fun when you make a themed board, like I did here, celebrating fall and Thanksgiving. The only rule is that you have to make sure everything on the board is gluten-free!

Check out the image below to see some things I included in my fall desert board.

I added in some dips to make it super fun to dip cookies, cake, and candy and make new flavor combinations. Jelly beans and marshmallows? Chocolate and caramel spread? You can't go wrong!

You can make your board extra fun by including decorations like themed cups and napkins, faux flowers or leaves, battery-operated lights, chalkboard menus, and fancy toothpicks. You can also put a big piece of butcher paper across a table and draw on it with markers, and put the food directly on the paper. There are so many ways to make this simple craft fun and delicious!

## DESERT BOARD



**Crispy rice desserts**  
(remember to make sure your crispy rice cereal does not contain barley malt)

Caramel dip  
Chocolate dip  
Marshmallow dip

Donut holes

M&Ms

Cookies - use sturdy cookies if you want to dip them

Marshmallows

**Other Options:**  
Cupcakes or cake slices  
Jelly beans  
Gummy candies  
Brownie bites

Peanut butter or sunflower butter cups

Candy corn

Marshmallows

Popcorn

## Bake it!

# TURKEY-THEMED BROWNIES

Did you know that a group of turkeys is called a flock? You can make your own flock of delicious turkey brownies with this issue's featured recipe. Now don't worry, these don't actually contain any turkey! They are just adorable fall-themed gluten-free brownies.

Even more fun than enjoying turkey as a part of your Thanksgiving meal is to make these cute turkey-inspired gluten-free brownies. They are fun to decorate while you have family in town, or even at a Friends-giving party. You could also serve them as dessert on Thanksgiving instead of pie!

These cute turkey treats are made with homemade gluten-free brownies decorated with frosting and candy corn. The turkey body is made with a brownie that is baked in a muffin pan, and the turkey head is made of a smaller brownie baked in a mini muffin pan. After the brownies are made, they are "glued" together with frosting and then decorated with candy corn.

Always check the ingredients in your brownie mix, frosting, and gluten-free candy. Many candy corn brands are gluten-free, but you should always check the label!

**GOBBLE!  
GOBBLE!**

# GLUTEN-FREE BROWNIE RECIPE



Makes 12 Turkeys

## INGREDIENTS:

- 1 ¼ cup granulated sugar
- ¾ cup unsweetened cocoa powder
- ¼ teaspoon salt
- ½ cup all purpose gluten-free flour blend
- ¼ teaspoon xanthan gum, don't use if your gluten-free flour blend already contains xanthan gum
- 6 tablespoons melted butter, or oil
- 1 teaspoon vanilla extract
- 2 eggs

## Additional Ingredients:

- ¾ cup prepared frosting
- ¼ cup chocolate chips
- Gluten-free candy corn, to decorate

***If you don't have canned frosting available, you can make your own!*** Make your own frosting by mixing together 2 tablespoons of shortening or softened butter, 1 cup of powdered sugar, and 1-3 teaspoons of milk (or dairy-free alternative). Combine the ingredients and mix until smooth.

## DIRECTIONS:



Have an adult help you with the oven, if necessary. Preheat the oven to 350°F.

Line a standard muffin pan and a mini muffin pan with paper liners. Parchment paper muffin liners will not stick, so use them if you can. You can also lightly grease the muffin cups with non-stick cooking spray or some oil on a paper towel.

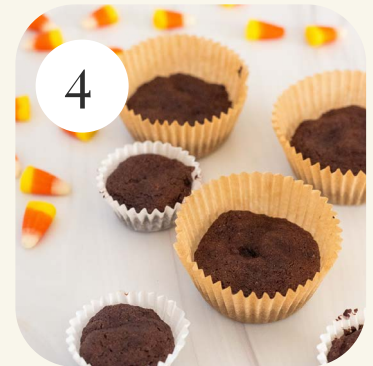


In a medium sized bowl, mix together the sugar, cocoa powder, gluten-free flour, salt, and xanthan gum (if you are using it) until evenly combined.

Add the oil or melted butter, vanilla, and eggs and mix until you have a smooth and sticky brownie batter.



Scoop the brownie batter into the prepared muffin tins. Fill the regular size muffin tins with 1 1/2 tablespoons of batter and the mini muffin tins with about 1 heaping teaspoon of batter. Gently spread the batter evenly in the muffin tins.



Bake the brownies in the oven - with an adult's help! The mini muffins will need 12-15 minutes to cook, and the regular muffins will need 15-18 minutes. They'll be done when a toothpick inserted in the middle comes out with just a few crumbs, not wet batter.

Let the brownies cool entirely before making and decorating the turkeys.



## DIRECTIONS FOR DECORATIONS



1

For the frosting, add into a piping bag or into a sandwich bag with the corner snipped off with scissors. Use a dab of frosting to glue a mini brownie at the bottom of one of the regular brownies. Use frosting on the backs of candy corn to make the turkey feathers and beak.



2

Pipe the eyes with the frosting, and add mini chocolate chips or pipe melted chocolate to make the pupils of the eyes. To melt chocolate, microwave chocolate chips in a microwave safe bowl in 30 second increments until it is melted and smooth. Spoon the melted chocolate into a piping bag or a sandwich bag, and snip the tip off of the corner so you can squeeze the melted chocolate out.



3

Once you've finished making your Turkey Brownies, you can enjoy them right away or keep them in an airtight container for 3-5 days. If you need to keep them longer, store them in the freezer in an airtight container for up to a month.



**MEET THE**  
**GLUTEN-FREE TEEN**  
**LUCY**

This issue's *Meet the Gluten-Free Teen* segment features Lucy F. from Texas! She reached out to *Generation GF Magazine* to contribute to the magazine after it helped her when she was younger! Thank you Lucy, we're so lucky to have the best readers, and awesome gluten-free advocates like you!



Life with celiac may not always be easy, but with the help of a supportive community and corporations like this magazine, a gluten-free lifestyle can be a happy, healthy one! My name is Lucy Fuller, and I was diagnosed with celiac disease when I was 5 years old. I'm fortunate to have been diagnosed young, but for the majority of my childhood I faced the inconvenience of being gluten-free. In 2012, restaurants and grocery stores were not as gluten-free friendly as they are now. I learned that I needed to advocate for my gluten-free needs, and find what recipes make it easier. It can sometimes feel isolating, or even sad, but I'm here to share that it does not have to be that way!

I have found that the key to adjusting to a world without gluten is acceptance, and finding ways around gluten, especially if you are involved in sports like I am. I am a part of my school's drill team, and have been dancing all my life. Removing grains like wheat and barley takes away a lot of fiber and essential nutrients from your diet. If you are very active with sports, this can be a disadvantage to you if you can't find foods that replenish these vitamins. I like to eat foods like almonds and berries that I know will restore some of those missing nutrients. Finding foods that can keep me energized is very important.

Also, advocacy for yourself and your need to eat gluten-free is essential! I know that talking about being gluten-free can sometimes be an awkward conversation to bring up, or you may even feel embarrassed. But, I hope you can learn to find comfort in knowing that so many other kids have felt the same way and have to ask for the same exact thing.

The most important thing is that you stay healthy and out of risk! With my drill team, I had to make sure that I would always have available options for safe meals. In my junior year of high school, I adopted a leadership position, and that helped me keep myself, and any celiac teammates, safe. Once you accept the way you eat, you can inform others of celiac disease, and spread awareness about what it means for your life.

Finally, this past summer I got the chance to work at a nearby gluten-free bakery that I had been visiting since I first got diagnosed! It was such an amazing experience, and I felt secure knowing how normal it is to have to eat a different way. I gathered lots of recipes from my time working there. While the recipe I'm sharing is not from the bakery, I wanted to share a banana bread recipe that my family has used every year since we switched to gluten-free!

**Bake it!**

# Lucy's Gluten-Free Banana Bread

## Ingredients

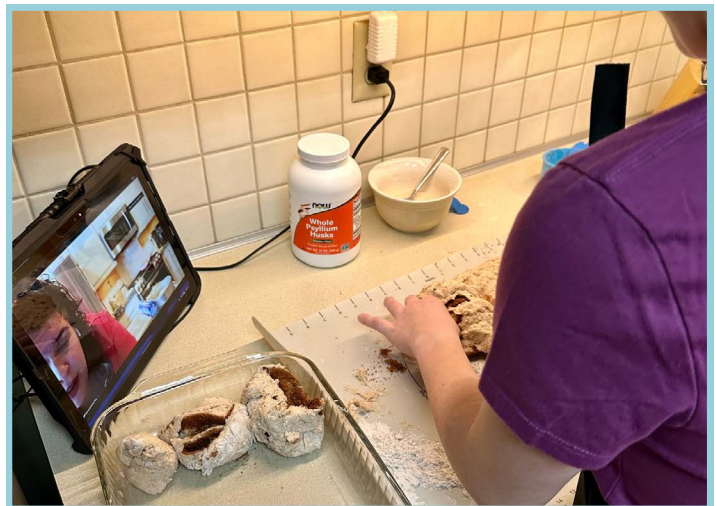
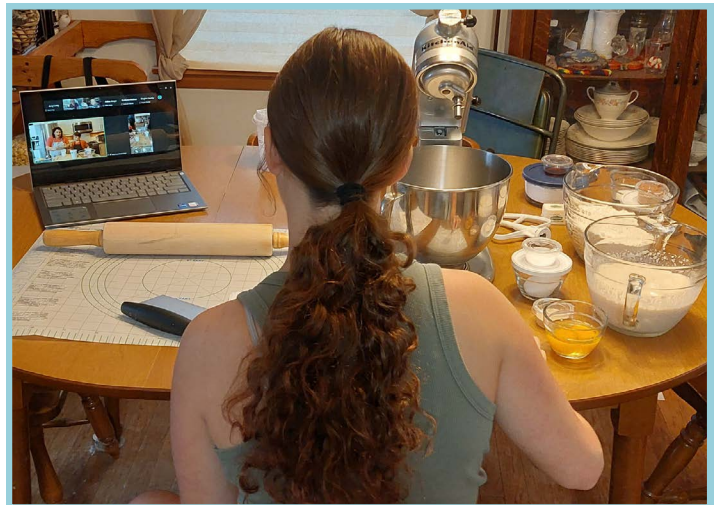
- 2-3 medium, very ripe bananas, peeled (about 1 and a half cups mashed)
- $\frac{1}{3}$  cup butter, melted
- $\frac{1}{2}$  teaspoon baking soda
- 1 pinch of salt
- $\frac{1}{2}$  cup sugar
- 1 large egg, beaten
- 1 tsp vanilla extract
- $1\frac{1}{2}$  cups AP gluten-free flour blend (we like Cup4Cup or Bob's Red Mill 1-to-1 baking flour)
- Chocolate chips, to taste

## Instructions

1. Preheat oven to 350°F
2. Use oil, butter, or non-stick spray on your loaf pan
3. In a bowl, mash the bananas and melted butter together
4. Mix in the baking soda, sugar, and salt
5. Then stir in the beaten egg and vanilla extract
6. Finally, mix in the flour and chocolate chips. Do not over mix the batter.
7. Pour into greased loaf pan and bake for an hour, or until a toothpick inserted into the middle of the loaf comes out clean
8. Allow to cool before serving

# WHAT'S UP WITH GENERATION GF

We wanted to give a big shout-out to Generation GF of JoCo (Johnson County, KS/MO)! They hosted a virtual gluten-free cinnamon roll cooking class for their group. This cooking class was led by seasoned cooking instructor Rachel Ciordas of Next Level Gluten Free! Kids dove right into the world of gluten-free baking techniques, from mixing the perfect dough to mastering the art of cinnamon swirls. Kids and adults alike learned that gluten-free baking doesn't have to be hard. Kitchen skills are so important for our gluten-free kids! They had 12 families on the virtual cooking class, and just look at these mini bakers!



To learn more about this support group, email [generationgf.johnsoncounty@gluten.org](mailto:generationgf.johnsoncounty@gluten.org). To learn more about Next Level Gluten Free, visit [rachelciordas.com](http://rachelciordas.com). To find a support group near you, visit [gluten.org/community/support-groups/!](http://gluten.org/community/support-groups/)



## Gluten-Free Snickerdoodles

Snickerdoodles are a classic fall cookie! But what's making them snicker? They get their giggles - and their signature flavor - from cinnamon and sugar. It's a perfect pairing to a pumpkin spice drink! But there's another special ingredient in snickerdoodle cookies - cream of tartar.

The cream of tartar activates the baking soda in the recipe to help the cookies rise and spread, and also give the cookies their iconic "tang". Did you know you can use baking soda and cream of tartar instead of baking powder? A long time ago, bakers used this combo before there was commercial baking powder. These cookies are made with that baking powder "hack", even though we have ready-mixed baking powder at just about every supermarket.

These snickerdoodle cookies are very chewy, and have crispy edges, and a must-make for fall!



### INGREDIENTS

#### For the cookie dough:

- 6 tablespoons softened butter or shortening
- $\frac{3}{4}$  cup white sugar
- 1 egg
- $\frac{3}{4}$  teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1  $\frac{1}{4}$  cups gluten-free flour blend (tested with Bob's Red Mill 1-to-1)
- $\frac{3}{4}$  teaspoon xanthan gum, don't use if your gluten-free flour blend already contains xanthan gum

#### For the topping:

- $\frac{1}{4}$  cup white sugar
- $\frac{3}{4}$  teaspoon ground cinnamon

### DIRECTIONS

- If necessary, have an adult preheat the oven to 350° F.
- Line two standard baking sheets with parchment paper or a silicone baking mat.



- Cream together the shortening and sugar. Add the egg and mix until smooth.
- Add the vanilla extract, salt, baking soda, cream of tartar, cinnamon, xanthan gum (if you need it), and mix until combined

## TIP

How you measure your flour can also make a difference! To measure your gluten-free flour more accurately, stir your flour up a bit with a fork, then spoon it into your measuring cup, and finally level it off with the flat edge of a knife. It is called the fork/knife/spoon method and it's the best way to measure flour outside of weighing it!



- Add the gluten-free flour and mix until combined. Set the dough in the fridge to chill for 30 minutes.



- Once the dough is chilled, combine the sugar and cinnamon in a small bowl. Scoop the dough using a 1 ½ tablespoon cookie scoop and then roll each scoop in the cinnamon sugar before placing it on the prepared baking sheet.



- Have an adult help you put the cookies into the oven for 8-10 minutes or until the cookies have spread and lose their doughy shine. They won't be fully set, and will still be soft if you touch them.
- Let the cookies cool for a few minutes, until set, before removing them from the baking sheet.



## ● TIP ●

It is always a good idea to bake a test cookie! Before you put the dough in the fridge to chill, scoop a single cookie onto a baking sheet lined with parchment paper, and have an adult help you bake as directed. You'll be able to quickly see if your cookies need a little more flour. If the cookie spreads super flat, and is more of a caramel puddle than a cookie, you know you need a little more flour. All gluten-free flours absorb liquid a little bit differently, so depending on the gluten-free flour you use, you might need a little more flour. If this happens to you, add another 2 tablespoons of flour to your cookie dough and try again. The chilling also helps to prevent this from happening.





# Date and Chia Seed Energy Bites

**MAKES AROUND 30 BITES**

**PREPPING TIME: 10 MIN**

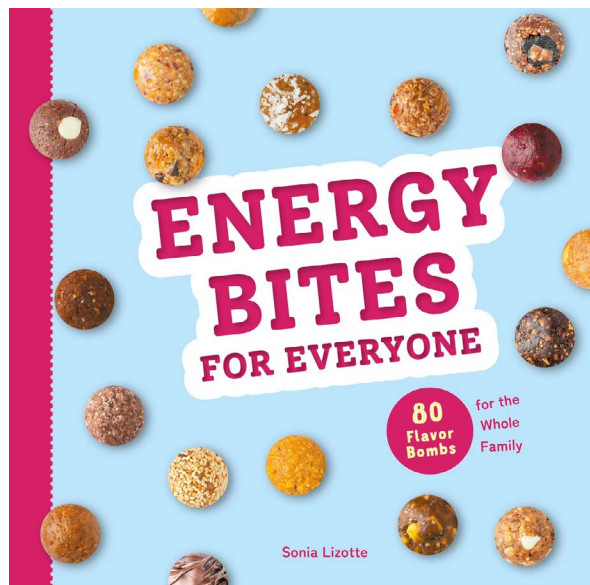
**FRIDGE: 2 WEEKS  
FREEZER: 3 MONTHS**

## INGREDIENTS

- ½ cup (135 grams) smooth peanut butter
- ¼ cup (45 grams) dark chocolate chips
- ½ cup (75 grams) salted peanuts
- 12 Medjool dates, pitted
- ½ cup (90 grams) whole chia seeds
- 1.5 cups (150 grams) gluten-free rolled oats

## DIRECTIONS

1. With the help of an adult, process the peanut butter, chia seeds, oats and dates in a food processor until well combined
2. Stir in the peanuts and chocolate chips by hand
3. Shape into balls, using about 1 tbsp of the mixture for each one



*Energy Bites for Everyone*, by Sonia Lizotte

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# Almond and Coconut Energy Bites

**MAKES AROUND 24 BITES**

**PREPPING TIME: 10 MIN**

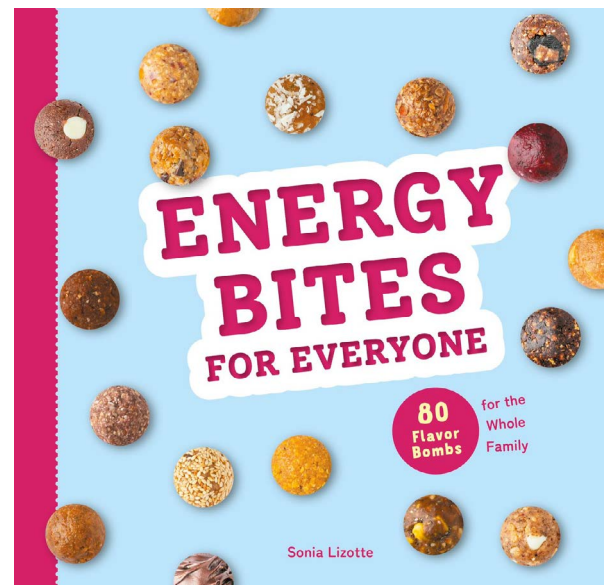
**FRIDGE: 2 WEEKS  
FREEZER: 3 MONTHS**

## INGREDIENTS

- 1.5 cups (150 grams) shredded unsweetened coconut
- ½ cup (170 grams) honey
- ½ cup (50 grams) gluten-free rolled oats
- 2 tbsp (28 grams) coconut oil
- 1 cup (120 grams) almonds

## DIRECTIONS

1. Place ½ cup (50 g) coconut in shallow dish, set aside
2. In a food processor, with the help of an adult, process the almonds, 1 cup (100 g) coconut, and the oats into a fine powder.
3. Add the honey and coconut oil and process until a ball forms.
4. Shape into balls, using about 1 tbsp of the mixture for each ball. Coat evenly with the reserved coconut.



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

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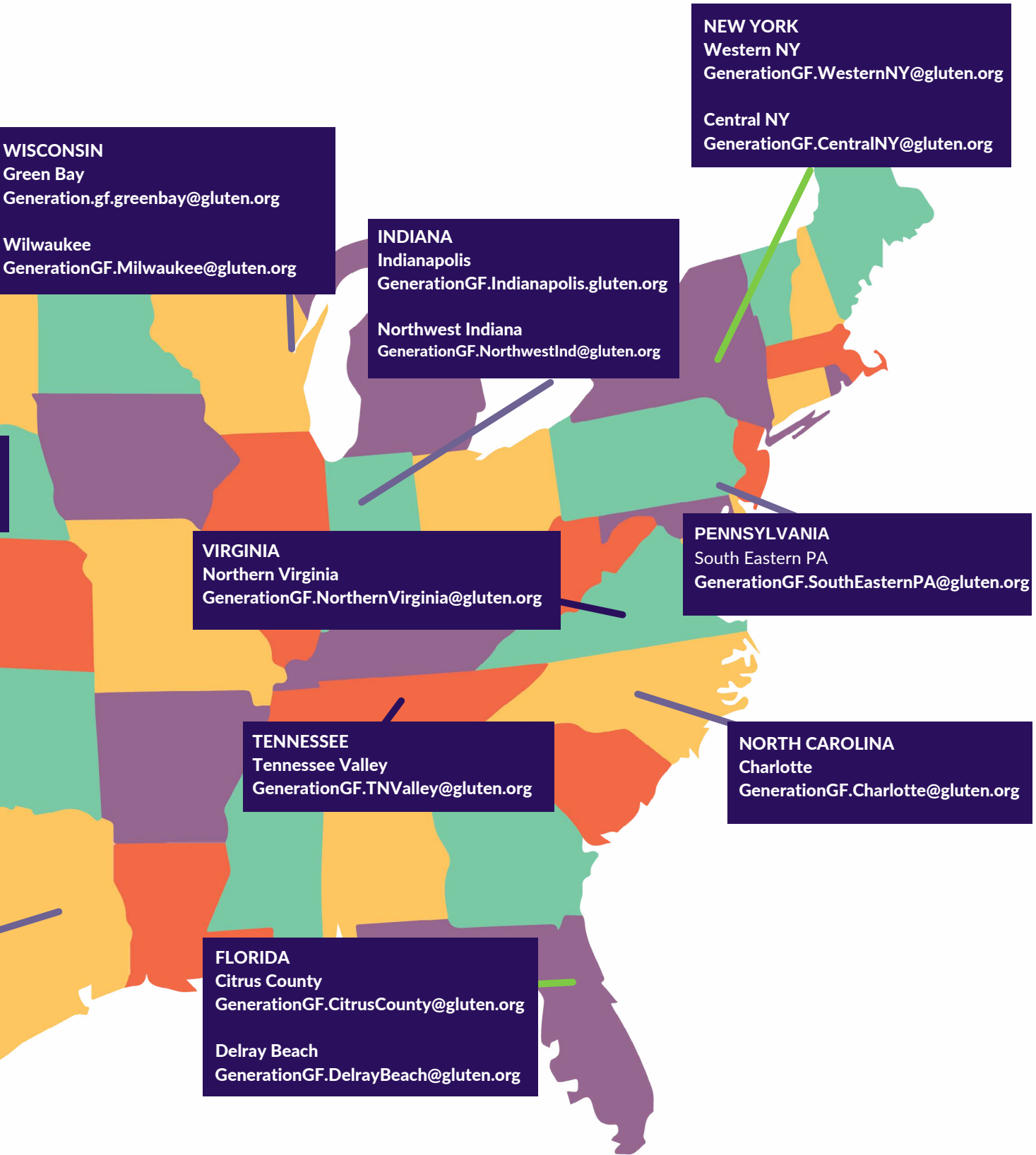
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