

SPRING 2025

generationgf

gluten.org

magazine

KNIFE SKILLS 101

VISIT A GLUTEN-FREE
TEA ROOM

Bake It:

Cinnamon
Swirl Bread

AND MORE...

Make It:

Buttercream
Frosting

& Friendship
Bracelet
Cupcakes

Celiac?
Get Active!



generationgf

magazine

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



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

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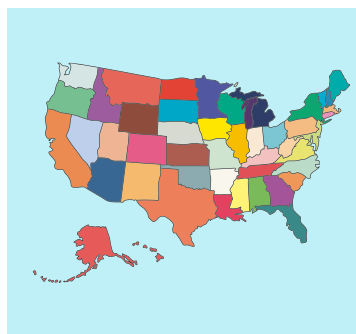
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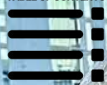
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LETTER FROM THE EDITOR

Growing up, before I was diagnosed with celiac disease, I didn't really know much about cooking or baking. My extent of kitchen knowledge was how to microwave TV dinners and make pasta from a box. When I was in high school, I took Home Economics. It was a class on basic home skills like cooking, baking, and even sewing. Unfortunately, I left high school remembering how to sew, but that was about it! I loved fast food and eating at restaurants, and the food in my fridge at home was lonely. In college, right before I was diagnosed, I used the college meal plans for every meal - breakfast, lunch, and dinner. Whatever meal wasn't eaten in the dining hall was usually a take-out sandwich, or a bagel and cream cheese at the campus deli. Basically, I ate a lot of food that was prepared by other people, and a lot of gluten. So when I was diagnosed with celiac disease, the concept of cooking for myself was scary! I didn't have the necessary skills in the kitchen to live my best, and most healthy, life. Shifting from take out meals to cooking at home was quite the change.

These days, we are so lucky to have access to top chefs and bakers across the world because of the internet and television! YouTube is a great place to start, because you can search "basic cooking skills" and have hours of videos teaching you how to use a knife, how to cook pasta, make sauce from scratch, or how to use seasonings! I spend so much time (okay maybe too much) on Instagram following cake bakers and decorators. This is how I learned how to pipe frosting for cakes and cupcakes using a piping bag! Skilled gluten-free bakers have blogs with instructional videos on how to make gluten-free bread from scratch! There is endless information online, you just have to want to learn and have the patience to develop these new skills!

I'm hoping by teaching everyone about gluten-free kitchen skills, you'll have a lot easier time being gluten-free than I did! In this issue, you'll find several articles that can help with your kitchen confidence. Learning knife skills for cooking or game-changing baking recipes can prepare you for your gluten-free future.

-Erica



WHAT'S UP WITH GIG AND GIG CARES?

2025 Teen Summit We're Going Virtual

Living gluten-free as a teenager can feel isolating at times, but you don't have to do it alone! The Teen Summit is your chance to meet other teens who understand the challenges and joys of living gluten-free. Our mission is simple: provide a supportive community where you can be yourself, learn, grow, and make memories that last a lifetime.

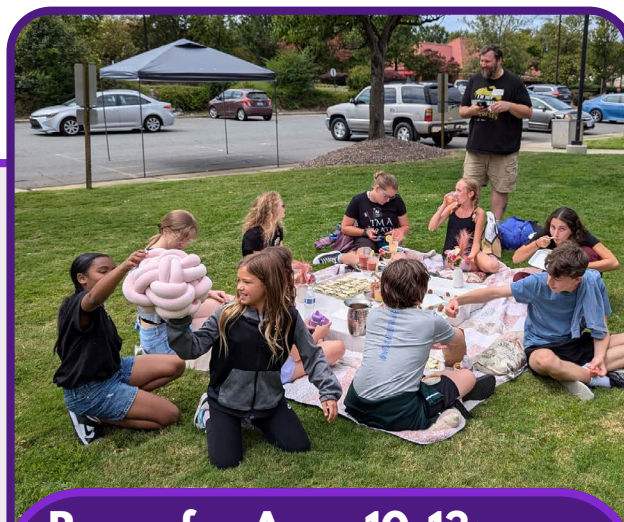
Each year, we bring together gluten-free teens from across the country to enjoy a variety of activities for our annual Teen Summit. From cooking classes that teach you how to make gluten-free meals like a pro, to outdoor adventures that challenge and inspire, every Teen Summit is a unique experience. Whether it's a weekend packed with outdoor adventures, or an exciting getaway featuring expert speakers and fun activities near Disney Springs, you can expect a fun-filled and enriching time. The theme changes every year so there's always something fresh and exciting!

This year's summit will be virtual. We'll have two breakout rooms for different age attendees.

We'll ask if the attending teen prefers the younger or older room during registration, making sure everyone is in the space that fits their needs and interests!

After breakout sessions, participants will regroup for a lively recap and Q&A to share key takeaways and celebrate their progress.

The cost covers an entire family's online registration. All proceeds from this event will help fund the 2026 Teen Summit, ensuring we can continue to support and empower gluten-free teens for years to come!



Room for Ages 10-13: Foundations & Fun

Interactive Games

- Sharpen skills with "Name That Food" and label-reading challenges.

Confidence Building

- Learn self-advocacy for school, restaurants, and family gatherings.

Creative Expression

- Create your own gluten-free superhero persona!

Room for Ages 14-18: Real-World Challenges

Social Navigation

- Tips for dating, parties, and advocating for yourself.

Safety Know-How

- Cross-contamination tips and restaurant strategies.

Practice Makes Perfect

- Role-play scenarios to tackle real-world situations.

Visit gigcares.org/teen-summit for more details!



2025 Gluten-Free Summer Camps for Kids

We are proud to partner with summer camp locations across the United States to provide the opportunity for gluten-free kids and teens to have a summer camp experience. We love that gluten-free kids can have a place to go for a week during the summer and have fun just being a kid. The camp environment builds camaraderie, allowing our members of Generation GF, gluten-free kids, and teens, to be part of a group and not feel isolated due to their dietary needs.

Summer camps that we'll see you at:

- Camp Kanata, North Carolina, GIG Week will be June 22-28th, 2025, find out more at campkanata.org/programs/overnight-camps

Summer camps that are GFFS Validated:

- Gilmont Summer Camp, Texas, June 15-20, find out more at gilmont.org/camp
- NJY Camps, New York, find out more at njycamps.org
- Camp Blue Spruce, Shelton, WA, August 14-19, find out more at campbluespruce.org

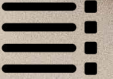
Summer camps that offer gluten-free options:

- Camp WeKanEatIt at Camp Twin Lakes, Georgia, July 13-18, find out more at glutenfreecamp.org
- Celiac Strong Camp, New York, August 14-17, find out more at celiacstrongcamp.org
- Gluten Free Michigan Kids Camp, Michigan, August 10-15, find out more at campcopneconic.org
- Camp Wingate Kirkland, Massachusetts, find out more at camppwk.com (also peanut, tree nut, and sesame free)

2025 Teen Advisory Board Updates

Our Teen Advisory Board is growing! We're adding new members - we're up to five now on our East Coast Advisory Board. The Advisory Board is a great way to pair veteran gluten-free teen mentors with newly diagnosed teen mentees. Advisory Board members also learn about non-profit marketing with Gluten Intolerance Group and GIG Cares. It's a great way for creative kids and teens to contribute to acting, directing, or filming fun and funny content about gluten-free living! There are so many learning opportunities on our board to gain valuable tools for college and your career beyond your teens! Apply to the GIG Cares Teen Advisory Board.

Learn more at www.gigcares.org/teen-advisory-board



MAKE IT:

BUTTERCREAM FROSTING

One of the basics of being a good gluten-free baker is mastering frosting! After all, I think it's the best part of any cupcake or cake! Frosting doesn't typically contain gluten, but it may contain dairy or other allergens (especially if you are making dairy-free buttercream). You'll want to keep this recipe around for all of your gluten-free bakes!

Buttercream frosting can seem intimidating before you make it, but it is actually really easy. It only has 4 ingredients and some simple kitchen tools. Make sure that you have an adult's permission to use these kitchen tools, and always practice kitchen safety!

This frosting will work great for piping and decorating cupcakes or cookies, spreading on cake or cinnamon rolls, or even for stacking and decorating a layer cake for a celebration.

There are a few secrets to easily making the best buttercream you've had!



There are a few secrets to easily making the best buttercream you've had!

- Use room temperature butter or palm shortening for this recipe. Don't use butter straight from the fridge, but don't let it get too soft by getting too warm. I don't like softening butter in the microwave for frosting because it gets too melty.
- Beat your butter or shortening with an electric handheld or stand mixer until it is super fluffy before you add anything else. Using a mixer helps add air into the butter, and helps make the buttercream to become fluffy and the perfect texture for something like cupcakes. It is much easier to add the air to the butter before you add powdered sugar and milk. If you don't whip the butter enough, your frosting will be thick and harder to spread. I like to whip it for a full five minutes before I add the powdered sugar. Set a timer!
- If you are dairy-free, I have a special note for you! I've made this hundreds of times, and most of those have been dairy free. Just use 1 cup of palm shortening, or you can use ½ cup of vegan butter with ½ cup palm or other shortening. I think that vegan butter on its own is too greasy and it makes a frosting that is too soft. Using half vegan butter and half shortening is perfect!
- Measure your powdered sugar by scooping it into the measuring cup with a spoon, and then leveling off the measuring cup with a flat edge, like a butter knife. If you scoop the powdered sugar with the measuring cup, it can get too much sugar packed into the cup.
- When you first add the powdered sugar, mix it at the very lowest speed so that you don't explode powdered sugar all over the kitchen like snow! But if you do have a powdered sugar mess everywhere, wipe it up with a wet cloth or paper towel first, and then go over it with a clean wet cloth so that the surface isn't sticky from leftover wet sugar.
- Add only a little milk at a time. I add it 1 tablespoon at a time so I don't add too much. If you add too much, your frosting can get too soft and sloppy, or even look curdled. If you do this by accident, it is okay. You can add more powdered sugar 2 tablespoons at a time until it isn't too soupy, up to ½ cup. If it looks curdled, but doesn't seem like it is too soft or soupy, try whipping it with the beaters for 2-3 minutes. If it is still looking curdled, add 2 tablespoons of powdered sugar and beat it again.
- The milk should also be room temperature! If you add cold milk, it can make your frosting separate and look curdled. If this happens, beat it with your mixer for 3-5 minutes. Eventually it should smooth out and come together.
- This recipe is easy to flavor and color, so the sky is really the limit!



Buttercream Frosting Recipe

*Makes about 3 cups of frosting
(double this recipe if you are
making a two-layer cake)*

Ingredients:

- 2 sticks (1 cup) butter (or dairy-free alternative), room temperature OR 1 cup of palm shortening
- 4 ½ cups powdered sugar
- 2 teaspoons vanilla extract
- 2-3 tablespoons milk (or dairy-free alternative), room temperature

DIRECTIONS:



In a large mixing bowl with handheld electric beaters or in a stand mixer, whip the butter at medium/high speed until very soft and fluffy, about five minutes.



Add 4 cups of powdered sugar and the vanilla extract. Mix at very low speed, and add 1 tablespoon of milk. If the frosting looks crumbly or is too hard, add another 1 tablespoon of milk. If your frosting looks too soft or soupy, you can add more powdered sugar, 2 tablespoons at a time, up to ½ cup of extra powdered sugar.



Once you have what looks like a very thick frosting, increase the speed and whip your frosting at high speed for 3-5 minutes. You want it to get super fluffy.



Once your frosting is smooth and fluffy, you can use it to frost and decorate any of your gluten-free creations. You can color it with food coloring, or use it as it is.

Flavor Variations



Strawberry Buttercream

Add 2-3 tablespoons of strawberry jam to your buttercream before you add the milk. You may need less milk, or you may need a little extra powdered sugar.



Chocolate Buttercream

Melt $\frac{1}{4}$ cup of chocolate and let it cool to room temperature. When your frosting is almost done whipping, add the melted and cooled chocolate and whip it in. If your chocolate is warm or hot, it will melt the frosting so make sure it cools all the way.



Raspberry Buttercream

Add 2-3 tablespoons of raspberry jam to your buttercream before you add the milk. You may need less milk, or you may need a little extra powdered sugar.



Mint Buttercream

Add $\frac{1}{4}$ teaspoon of mint extract with the vanilla extract. Taste it, and add another $\frac{1}{4}$ teaspoon of mint extract if it isn't minty enough. Be careful, the mint extract is very strong and if you add too much it will taste like toothpaste!



Gluten-Free Cinnamon Swirl Bread

Did you know that it's easy to make gluten-free bread at home? Breads that don't have yeast in them are called "quick" breads, because they don't need a long time to sit and rise (or get bigger). When you make gluten-free sandwich bread, the recipe requires yeast and a long time to sit and wait until the bread gets bigger, and it uses yeast to rise. Quick breads, like this, use a chemical reaction with a leavening (or rising) agent like baking soda to rise. So this gluten-free cinnamon swirl bread recipe is great for when you want cinnamon rolls, but want something easier and quicker to make.

This gluten-free cinnamon swirl quick bread recipe is the perfect cinnamon-roll flavored treat! It is easy to mix the batter, and bake with an adult's help. As it bakes and the bread batter rises, it makes a swirl in the middle. The cinnamon swirl layer has a lot of sugar in it, but you need that much so that the cinnamon swirl layer doesn't disappear.

This recipe uses homemade "buttermilk" by mixing milk (even non-dairy milk) and lemon juice together before you start mixing the batter. The "buttermilk" and the baking soda in the recipe will make your bread rise. It's the same kind of reaction that you see if you have ever made a science fair project "volcano" with vinegar and baking soda! Because of this cool chemical reaction, you want to bake your bread batter soon after mixing it, don't let it sit on the counter or it won't rise enough.



Gluten-Free Cinnamon Swirl Bread

Ingredients

For the cinnamon swirl:

- ¼ cup granulated sugar
- 1 tablespoon ground cinnamon

For the bread batter:

- 1 cup milk (or dairy-free alternative)
- 2 teaspoons lemon juice
- 2 cups gluten-free cup-for-cup flour (if your flour does not contain a gum - read note below)
- ¾ cup granulated sugar
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 eggs, room temperature
- ⅓ cup oil (sunflower, canola, or avocado oil)
- 1 teaspoon vanilla extract

Directions

1. Make sure that you have adult supervision to use the oven. Preheat the oven to 350°F and lightly grease a 9x4 loaf pan* with cooking spray or softened butter.
 - *I like using a narrower 9x4 loaf pan to make gluten-free bread. If you would rather use a 9x5 loaf pan instead, your bread may bake faster. Check it with a toothpick at 50 minutes instead of 55.

Tip

Note: If you aren't using a gluten-free cup-for-cup flour, or a gluten-free flour that doesn't have xanthan or guar gum, add ¾ teaspoon of xanthan gum with the dry ingredients. Most gluten-free flours already have xanthan gum in them, so you don't want to add extra. Only add it if your flour doesn't have xanthan or guar gum in it.



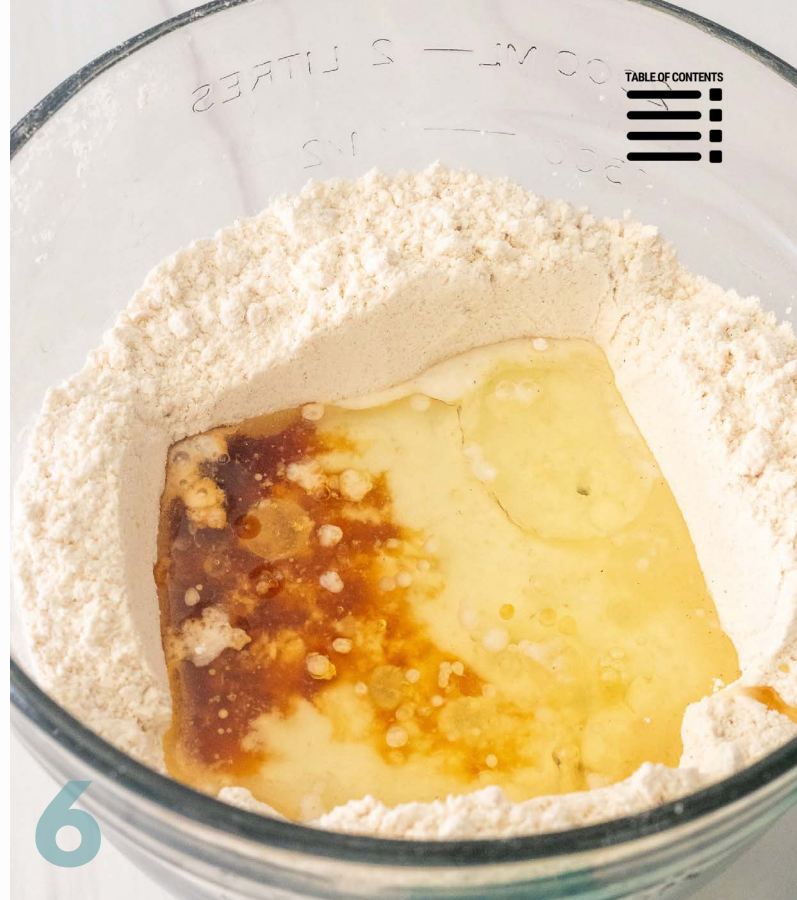
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2. Mix together the sugar and cinnamon for the cinnamon swirl in a small bowl and set it aside.
3. In a liquid measuring cup, measure the milk and add 2 teaspoons of lemon juice to it and set aside. It needs to sit for at least 5 minutes before you add it to the batter.



4-5

4. In a large mixing bowl, whisk together the gluten-free flour, granulated sugar, baking soda, and salt.
5. Make a “well” in the middle of the bowl of dry ingredients by pressing the dry ingredients up against the side of the bowl with a silicone spatula.



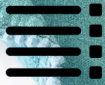
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6. Add into the “well” the oil, eggs, vanilla extract, and the milk with lemon juice mixture. Gently mix the wet ingredients together, and then mix in the dry ingredients that are around them.

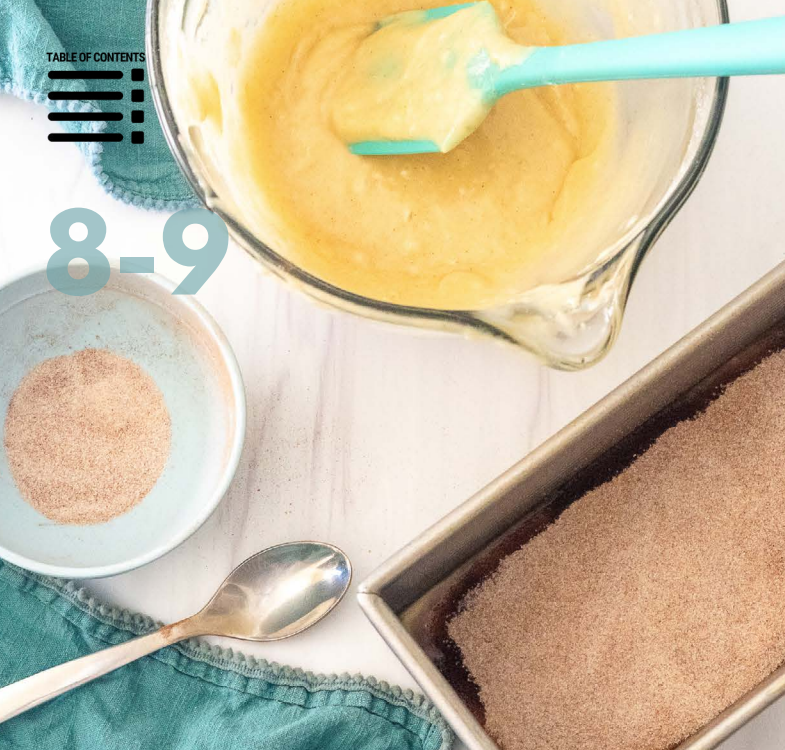
7. Add $\frac{2}{3}$ of the batter into the prepared loaf pan, and spread it smooth.



7



8-9



8. Set aside two tablespoons of the cinnamon sugar mixture that you've made, and sprinkle the rest over the top of the batter in the pan.
9. Gently spoon the remaining portion of the batter on top of the cinnamon sugar layer. Spread it smooth, and then sprinkle the two leftover tablespoons of cinnamon sugar on top.
10. With a butter knife, gently swirl the batter once or twice. Insert the knife straight down, and then pull it through the batter in a zig-zag motion in each direction. This will create the cool swirl pattern in the bread.



10

11. Right away, bake your cinnamon swirl bread in the preheated oven for 55-65 minutes. Check on your bread by inserting a toothpick in the middle of the loaf. When it is finished, the toothpick will come out clean without any wet batter on it.
12. Let your cinnamon swirl bread cool before you take it out of the pan and slice it. If you cut it while it is warm, it will fall apart.



11-12

Friendship Bracelet Cupcakes

“Make the friendship bracelets, take the moment and taste it.”

Friendship bracelets are so popular right now. Everyone seems to have a stack of the beaded bracelets on their arms - including me as I write this! Each one means something special, and each one is unique - just like you! So what's a better way to get in on the fun than make a friendship bracelet out of cake.

All you need is a good cupcake recipe (or cupcake mix), cupcake liners that are two different sizes, buttercream frosting, and food coloring!

With your small and your regular cupcake liners, draft what your bracelet will say. Try using a short word or phrase so it can all fit on a baking sheet or tray. You'll want all the cupcakes to fit onto this so your friends can read what it spells, and that it looks like a friendship bracelet! The bigger cupcake liners will be used for your letter or number “beads” and the smaller cupcake liners will be used for the beads between the letters or numbers, and to fill the rest of your “bracelet.” For example, I used 5 bigger cupcake liners for G-F-B-F-F, or gluten-free best friend forever! The rest of the cupcake liners were smaller and used as the beads of the bracelet and between my two words.

Fill the right amount of cupcake liners with your cake mix, and bake according to your instructions. When they are done, you need to let them cool completely before decorating! While the cupcakes are baking, you can make your frosting, and decide what colors you'd like to use for your beads!





There are many frostings that are labeled 'gluten free' that are found in cans or pre-prepared piping bags. You can also make it from scratch with a few simple ingredients. Despite the name, buttercream can easily be modified to be dairy-free if necessary. Check out the buttercream frosting recipe in this issue to make your own!

Food coloring is generally safe, but always read the label for any hidden ingredients that don't fit your diet. There are plenty of plant-based food coloring that are

died from things like turmeric and beets, if you're looking for a more natural option!

Make sure that you save enough white frosting to make your letter or number beads and enough black frosting to write out your words or numbers! You can always use whatever color you want in your bracelet, just remember to save enough of the frosting to spell everything out! After your frosting is done, assemble the cupcakes into the shape of a friendship bracelet and serve to your GF BFFs!



Visit a gluten-free tea room

Afternoon tea is a fun tradition that started in England in the 19th century. Today, it's a way to gather with friends and have a little tea and small bites of food - usually finger sandwiches and small tarts (small sandwiches about two fingers wide, meant to be eaten with your hands - not made with fingers!). But for people who are gluten-free or gluten or lactose intolerant, traditional afternoon tea is full of gluten and dairy!

In the Summer of 2020, with inspiration from her favorite book, *Alice in Wonderland*, Melissa H. opened an Afternoon Tea Room in Tempe, Arizona. But it wasn't just any tea room, the restaurant was going to be dedicated gluten-free and also 100% plant-based and vegan. Melissa lives with food intolerances herself, and it was extremely important to her that she could create a place that anyone could visit and to be able to enjoy all the treats of an afternoon tea without the worry.

Drink Me Tea room quickly became a popular spot for afternoon tea because of their delicious treats served along with seemingly endless choices of tea. I love

taking my friends there because I can eat safely and they can enjoy a charming tea date! My friends always say "I can't believe this is gluten-free - it's so good!"

In 2024, they opened a second take-out only location in the same plaza, just for to-go tea and treats. I regularly drive there to pick up my favorite Earl Grey tea flavored macaron, coffee cake, and some of Melissa's famous shortbread cookies. I still can't believe that Melissa shared her recipe with *Generation GF Magazine*! You'll definitely want to save this one!

I want to note that her royal icing recipe uses aquafaba. Aquafaba is a great alternative to using eggs in a royal icing recipe! But I bet you'll never guess what aquafaba is! Aquafaba is the liquid found in a can of beans - like garbanzo beans or other white beans! I promise that the royal icing will *not* taste like beans. Learning about aquafaba has totally changed the way that I bake without eggs!





Drink Me Tea Room Shortbread Cookie

This recipe makes about 42 “Eat Me” Alice in Wonderland cookies, about 2.5” in diameter.

RECIPE

- 2 1/2 cups (5 sticks) of vegan butter
- 1 1/2 cups (190 grams) powdered sugar
- 5 cups (840 grams) 1-to-1 gluten-free flour
- 1 1/2 tsp vanilla extract

INSTRUCTIONS

1. With adult supervision, preheat oven to 350° F.
2. In a stand mixer with the paddle attachment, cream dairy-free butter until smooth
3. Add in dry ingredients and combine. Go slow at first so you don't have a powdered sugar explosion in the kitchen!
4. Add in vanilla and mix until well incorporated, but don't overmix the batter.
5. Wrap cookie dough in plastic wrap and let rest in refrigerator for a few hours (minimum) or overnight.
6. With a rolling pin, roll out cookie dough semi-thick, about 1/4 inch.
7. Use cookie cutters for desired shapes (signature “Eat Me” cookies are made with with fluted circle cookie cutter).
8. Bake for 12-15 minutes, and turn trays around after 7 minutes.
9. When baked, this dough is sturdy and should not spread. The cookies should be light in color, but firm, when done.
10. Let cool completely before icing.





Drink Me Tea Room Royal Icing

RECIPE

- 1/2 cup aquafaba (liquid drained from a can of unsalted chickpeas)
- 1/8 teaspoon of cream of tartar
- 2 lbs of powdered sugar
- 1 tsp vanilla
- Water or lemon juice, to thin icing as needed
- Food coloring of choice

INSTRUCTIONS

1. In a stand mixer, whip aquafaba with cream of tartar until foaming.
2. Add in powdered sugar and vanilla. Whip on low until incorporated, then increase speed and whip until the icing is a glue-like consistency. Again, be careful with the powdered sugar to minimize sugar dust.
3. Add more sugar if needed to thicken, or add water or lemon juice to thin as needed for decorating.
4. Split into smaller amounts to add food color and create multiple colors for decorating. Use a piping bag or dip cookies to make your decorations.
5. Keep icing airtight and covered when using as it dries out quickly.

To learn more about Drink Me Tea Room, and schedule your own afternoon tea, visit drinkmetearoom.com.





Let's Get Moving:

Celiac Disease, Anxiety and Physical Activity

Did you know that celiac disease, anxiety, and physical activity could be related? There was a study done by Columbia University that tested the association between physical activity in people with celiac disease and psychological benefits. Between two groups of people with celiac disease, the group that did more physical activity had more psychological benefits, like less anxiety and depression. While this study was only done in adults, it's important to start good habits early - so let's brainstorm some good ways to get more activity into your day!

Dance Party:
Take 10 minutes and turn on your playlist full blast while you dance around.



Walking Pets:

Help the family by walking the dog daily!



Trampolines:

Have you been to a trampoline park? Yes there's non-stop jumping, but I've seen them also offer dodge ball and other activities inside.





Biking:

Bike to school, but remember to always wear a helmet.



Hiking:

Take the family on a hike or nature walk!

Join the Marching Band:

If you play an instrument, a marching band is a way to get more activity and be a part of a big community!



Homework Breaks:

Taking a break between homework tasks are a great time to get out and get active.



Always modify activity to fit your physical needs and any limitations. Always work with an adult and a doctor to determine what level of activity is safe for your personal needs.



Play on a Sports Team:

Joining a school sports team is an easy way to be active regularly.

Citations: Lee A., Longo R., Krause M., et al. Association of Physical and Psychological Factors with Physical Activity Levels in Adults with Celiac Disease. Int J Gastroenterol Liver Dis. 2023;3(1):1-7. DOI: 10.51626/ijgld.2023.02.00010



MEET THE GROUP: SHARING YOUR PHOTOS

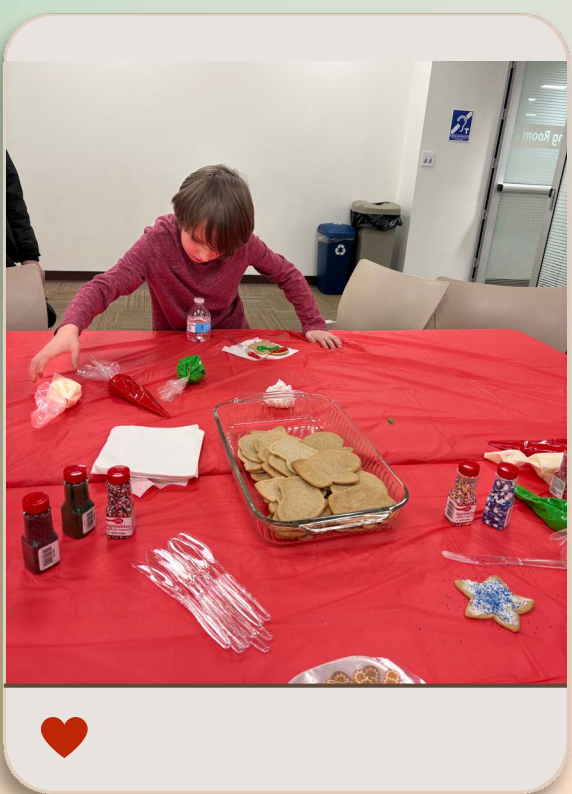
Did you know that we have over 20 groups across the country with Generation GF? During the holidays, three of our Generation GF groups hosted cookie decorating parties! As one parent said "it ended up being about so much more than decorating cookies...there was a connection with other families that get it." We love being a part of your gluten-free journey!

**Thank you to Alexis M for sending photos
from the Homosassa Florida Generation GF
Holiday Party event!**



Thank you to Jess J for sending over photos from the Generation GF Green Bay Holiday party!

It looks like you all had a great time during your cookie decorating party! We can't wait to see what comes next for your Generation GF groups!



Thank you to Nicole M. for sending over photos from the Central NY Generation GF Holiday Party!



If your Generation GF group is doing something fun, share it with us! If you're interested in starting a Generation GF group in your area, email caresadmin@gigcares.org!



KITCHEN SKILLS DRILL

USING A KNIFE >>>



Learning how to cook can be scary sometimes, especially with sharp objects like knives. You were probably taught your entire childhood to avoid knives, because without proper handling they can be very dangerous. But they're also a very important kitchen tool, especially because gluten-free people cook a lot at home. Learning how to use a knife properly can keep you safe and help you become a better cook!

First, it's really important to work with an adult when in the kitchen around sharp objects like knives. Eventually you'll get to a point where you are comfortable handling the knife and an adult can make sure you have enough skill to handle a knife on your own. This is a discussion you should have along with talking about other kitchen safety items, like using the stove, burners, and how to deal with kitchen fires. Every home should have a first aid kit and a fire extinguisher to ensure safety for all!

Did you know that there are different types of knives for different types of cuts? You've got to use the correct size and type of knife for the job.

A "chef knife" is used for basic chopping and dicing



A "boning knife" is used for removing bones from meats and poultry



A "slicer" is used for slicing meats, poultry and breads



A "bread knife" is used for cutting slices of bread without squishing the loaf (a personal favorite for me when I make homemade gluten-free bread)



A "paring knife" is used for peeling fruits and vegetables



If you've got to learn on one knife, I would recommend a chef knife to practice chopping and dicing skills.

Always use a sharp knife. A sharp knife is safer than a dull knife because it requires less pressure while cutting. An adult can take your knives to a professional sharpener, or get an at-home sharpener. Knife sharpening should be left to adults for safety.

With the help of an adult, you can use these new culinary skills to help prepare meals, and eventually cook gluten-free meals on your own!

Thank you to The Culinary Institute of America for providing these knife tips to our Generation GF Teen Summit campers!



Here are some more safety tips for when you're learning knife skills.

- Hold the knife firmly in your hand and cut away from your body.
- Always use a cutting board on a flat surface.
- Always place knives on flat surfaces away from the edge of the table with the blade facing away from you.
- Never cover a knife with towels or other materials, you don't want to grab for a towel and accidentally get a knife instead!
- Do not grab blindly for a knife: reach deliberately for the handle.
- If a knife falls off the table, do not grab for it.
- When handing another person a knife, point the handle toward them.
- Always walk with the tip of the knife toward the ground, not out.
- When you cut, always tuck your finger in towards your body, to protect them from getting chopped!



Now that you know about your knife and knife safety, learn about some different, simple cuts that you can do with your knife! These cuts are often used for cutting fruits or vegetables. The most important thing to know - regardless of the type of cut - make them even so they cook evenly.

DICE

You can dice a vegetable by making them equally sized cubes, so they look like a dice

MINCE

Make it teeny tiny, often used for garlic

STICKS

or "batonnet" are a straightforward cut to look like sticks

COINS

or "rondelles" are shaped like a coin (ex. The size of a quarter or nickel)



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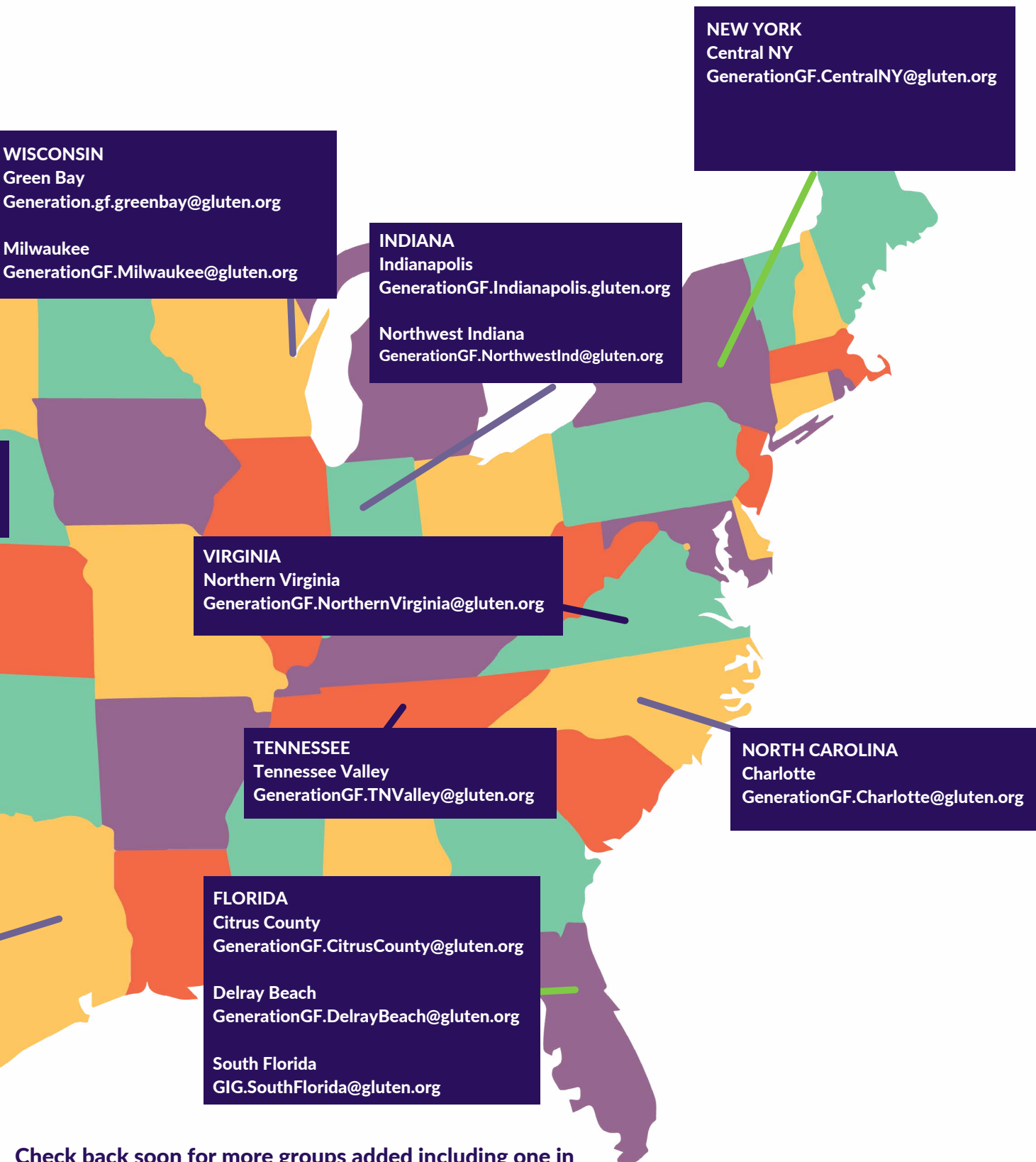
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If you are interested in starting a chapter of Generation GF support group in your area, please contact us at GenerationGF@Gluten.org



Check back soon for more groups added including one in Austin, TX! There are a lot of exciting changes happening soon to our support groups!

