

WINTER/SPRING 2026

generationgf

gluten.org

magazine

**BAKE IT:
HOT COCOA
COOKIES**

**MAKE IT:
EASY CHILI**

*Is Dirty Soda
Gluten-Free?*

**+ SAFE GF
KISSING**



Adina

**THE
ADINA
ACT**

How You Can
Help Shape
Gluten-Free
Labeling in
Medication



generationgf

magazine



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



Magazine Staff

Publisher: Channon Quinn

Managing Editor: Erica Dermer

Contributors:

Erica Dermer

Brianna Hesch

Jules Shepard

Adina Togonal

Seth and Jennifer Togonal

Devyn Quinn

A special thank you to Dr. Anne Lee and the Celiac Disease Center at Columbia University team for their amazing research on gluten-free kissing!

Designer: Nichol Creach



National Office

830 Sleater Kinney Rd NE Suite D, Lacey, WA 98506

P: (253) 833-6655 | Generationgf@gluten.org

www.gigcares.org

www.gluten.org

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.

To subscribe to this magazine or to request permission to reproduce an article from *Generation GF*, please send an inquiry to CaresAdmin@GIGCares.org or:

Gluten Intolerance Group Attn: Generation GF
4250 Martin Way E Ste 105 PMB 190, Olympia, WA 98516-5317

Gluten Intolerance Group® (GIG®) are registered trademarks of Gluten Intolerance Group of North America.
© 2026 Gluten Intolerance Group of North America. All Rights Reserved.

table of contents



**what's
up with
generation
gf**

page 5



**gluten-free
hot chocolate
cookies**

page 8



**the adina
act**

page 14



**gluten-free
soup season
vegetarian
chili**

page 18



**meet the
gluten-free
kid: adina of
the adina act**

page 22



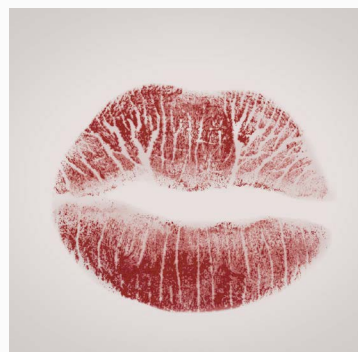
**dirty soda
is it gluten-
free?**

page 24



**easy healthy
habits for
teens**

page 27



**a gluten-free
kiss**

page 29



**community
groups
map**

page 30



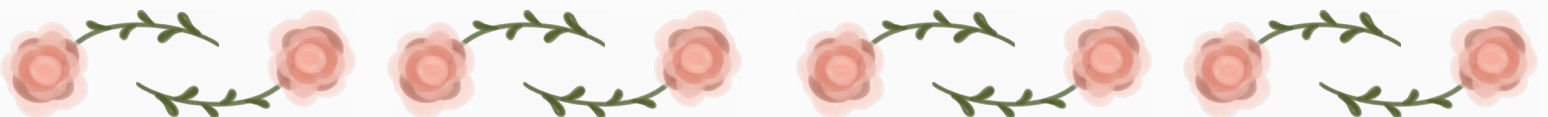
Letter from the Editor



I hope you enjoy this issue of Generation GF Magazine. For this issue, the first of the year, I wanted to talk about trying new things. I know that as someone with celiac disease, a strict gluten-free diet can feel limiting. Sometimes, we may feel like we're stuck in a rut - doing the same thing over and over again, like going out to the same restaurant, baking the same things over and over again, or not being very adventurous with your food. But I hope this year you'll take the time to learn something new, or develop a new skill. One thing I always wanted to learn was cake decorating.

I watch a lot of baking shows, and I've always been so impressed with how bakers can decorate a cake to look like a magazine or cookbook! This year, I ended up at the International Baking Show and signed up for a cake decorating class. Many in this class were professional bakers looking to improve their cake decorating skill. The instructor asked "everyone decorated a cake before, right?" I was so nervous, I didn't have enough courage to raise my hand and be the only one that didn't have experience. So I didn't, and I had to fake it until I felt confident enough to just have fun and decorate the cake! I paid close attention to the instructor, but also wanted to have fun experimenting on my own. I ended up making a beautiful cake, but I can tell you that it had a lot of competition with all of the experienced bakers at the class. Even though my cake might not win any awards in class, I was so impressed by how much I learned in such a short amount of time.

Even if I never bake a cake and decorate it to look like this, it was a great time and I learned so much about the skill of cake decoration. This class showed me that I can have fun learning a new skill, even if it's not perfect, even if it's not the best in the class. Because learning something new isn't about perfection, it's about embracing how difficult it may be to learn a new skill, and the excitement that comes with learning something new. I hope you all get to try something new and develop a new skill that makes you feel just as good as I did learning how to pipe a fancy border on a cake!



WHAT'S UP WITH GEN GF

Something New For Your AirPods

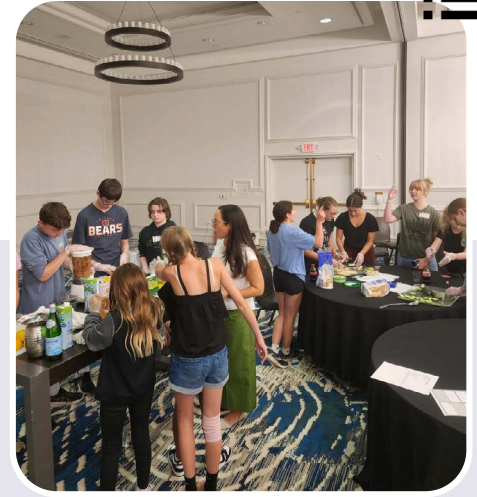
Did you know that we launched a podcast? *At the Table* is hosted by Channon Quinn, the CEO of GIG Cares. Each episode features a different topic about living gluten-free. This podcast pulls up a chair for real conversations about food safety, health, trust, and the systems that shape our everyday choices. You don't want to miss some of the episodes about growing up gluten-free, and hearing Channon's story about how gluten shaped her path in adulthood. Listen and subscribe wherever you get your podcasts!



Summer Camps

Summer is practically here. GIG Cares, Generation GF and Gluten Intolerance Group 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 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 & teens, to be part of a group and not feel isolated due to their dietary needs. Make your reservations now for this summer at camps like Camp Kanata in North Carolina, Camp Gilmont in Texas, NJY camps in Pennsylvania, and Camp Blue Spruce in Washington. And you can hang out with us at the Teen Summit taking place at Camp Blue Ridge in Georgia this August.

Learn more at gigcares.org/gluten-free-summer-camps.



Teen Summit

Our annual teen summit is one of our favorite activities that happen all year. The 2026 teen summit is about to be our biggest summit yet! If you or your child is between 12-18, this is the place to be this summer!

The 2026 Teen Summit is going *all in* with five days full of fun, friendship, and zero stress. This in-person camp at Camp Blue Ridge in Clayton, Georgia is your chance to connect with other gluten-free teens who truly get you, just in time for one last summer hurrah before school starts!

For 2026 we are promoting independence and encouraging you to be yourself. In order to achieve these goals, we have made this an overnight experience that will have you surrounded by teens just like you! This is also a parent-free zone! That's right, no adults allowed (except for the amazing camp staff and counselors). Parents, don't worry - you can trust us that they will be cared for, have so much fun, and be incredibly safe!

We'll have break-out sessions by age, so you'll feel most comfortable with people going through the same transitions you are. We provide all the activities and that includes breakfast, lunch and dinner. You'll never have

to ask if the food is gluten-free! We're making sure the menu is up to our standards and safe for you.

This camp is also a phone-free zone. I know, don't start panicking. We promise, this is going to be what's best for you! To help everyone stay fully present and build stronger connections, we will be collecting phones at the start of the event. Your phones will be securely stored on-site, and participants will have access if they need to call an adult. This small step helps create a space where teens can truly unplug, have fun, and focus on the experience.

This isn't just another event. This is your *place*, where you can show up as your full self, meet others who totally get it, and walk away with gluten-free memories that last way beyond the week. Register today, and *find your place*.

Find out more about the Teen Summit, August 2nd-6th at Camp Blue Ridge at gigcares.org/teen-summit.



BAKING COMPANY

DON'T GO WITHOUT COOKIES

Soft-baked cookies made with real ingredients:

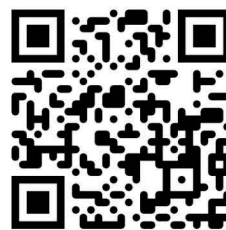
- Cage-free eggs
- Creamy butter
- No artificial flavors or colors.

For over 20 years, WOW Baking Company has made cookies so delicious you'd never know they're gluten-free.

Worry-free cookies everyone can enjoy.

Chocolate Chip, Lemon Burst, Snickerdoodle and more soft-baked favorites.

Visit WOWBaking.com for recipes, new flavors, and giveaways.





Gluten-Free Hot Chocolate Cookies

by Brianna Hesch



Do you love hot chocolate on a cold day? What if you could eat that cozy feeling? These gluten-free hot cocoa cookies taste just like a mug of hot chocolate, but in cookie form!

These cookies are easy to make and perfect for kids. You don't need anything fancy. All the ingredients are simple pantry staples you may already have at home. You'll use butter, powdered sugar, an egg, vanilla, cocoa powder, baking soda, and a pinch of salt. The best part, you'll also add marshmallows!

I used mini marshmallow bits, like the tiny dried marshmallows found in hot cocoa mix. They stay fluffy and cute when baked. They also keep their shape and don't turn sticky or gooey like softer marshmallows. I buy mine online, but sometimes they can be hard to find in a grocery store. If you don't have marshmallow bits, that's okay. You can use regular mini marshmallows instead. Because they start out softer, they will melt more in this recipe, especially any remaining near the edge of the cookie. Any marshmallows touching the pan will turn into caramel, which is very tasty. They will all taste great, just look a little different.

The dough comes together quickly, and the cookies bake fast, so your kitchen will smell like chocolate and winter right away. These cookies are great for playdates, school parties, or a cozy afternoon snack. Try serving them with a warm cup of milk or hot cocoa. You can even pack one in a lunchbox for a special treat!

Best of all, these cookies are made without gluten-free flour, making them great for beginner gluten-free bakers. Grab an apron, have your grown-up preheat the oven, and get ready to bake a batch of chocolatey, marshmallow-filled fun!

Let's make hot cocoa cookies!



Gluten-Free Hot Chocolate Cookies

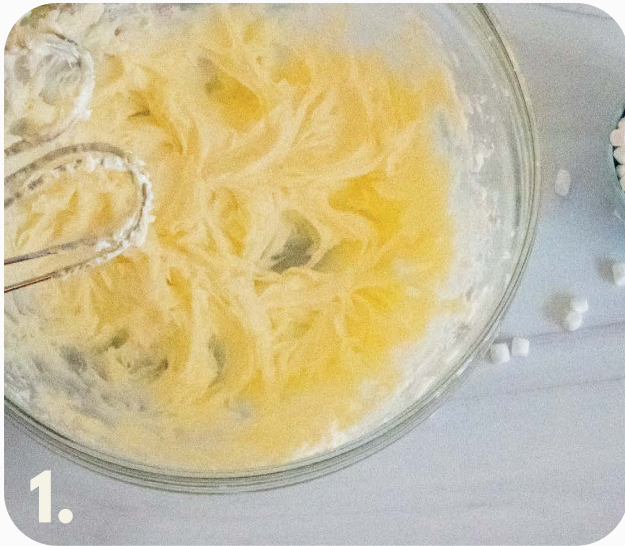
Ingredients:

- ½ cup butter, softened
- 1 cup powdered sugar
- 1 egg (these work best with eggs, but if you need a substitute, try aquafaba)
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup cocoa powder
- ½ cup mini marshmallow bits (see note)

Dairy-free? No worries. You can make these dairy-free by using shortening instead of butter.

DIRECTIONS:

Remember to have a grown-up with you when handling a hot oven and cookie sheets!



1.

Turn the oven on to 350°F. Put parchment paper or a silicone baking mat on your cookie sheets.

In a bowl, use a stand mixer or hand mixer to mix the softened butter and powdered sugar until it looks creamy and smooth.



2.

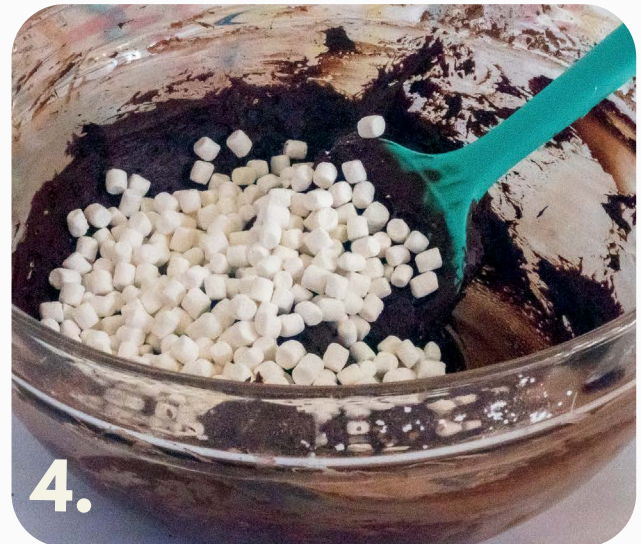
Add the egg and mix again until everything looks nice and fluffy.

Add the baking soda, salt, and mix until you can't see them.



3.

Add the cocoa powder and mix until you have a smooth cookie dough.



4.

Gently stir in ½ cup of mini marshmallow bits.

Use a cookie scoop or spoon to scoop dough onto the cookie sheets. Leave lots of space between cookies (about 3 inches). Top each cookie with 3-5 more mini marshmallow bits.



Put the cookie in the oven and bake for about 10 minutes. The cookies will still be soft, and might not “look” baked, but they will set as they cool. Carefully remove the cookies from the oven.



Wait until cookies are cooled slightly and enjoy your hot cocoa cookies!



2026 TEEN SUMMIT



📍 CAMP BLUE RIDGE - CLAYTON, GA → AUG. 2ND - 6TH 2026

Ready for the gluten-free adventure of a lifetime?

Join gluten-free teens, ages 12 to 18, from all over the country for a week packed with games, activities like low ropes, real talk by great speakers, tie-dye, amazing food, and more!



- 100% gluten-free meals
- Cabin-style overnight stays with AC!
- Activities that actually get you excited
- A community that understands you

Whether you're outgoing or just figuring things out, this summit is where confidence grows, friendships form, and fun is guaranteed.

Spots are limited, so register today!

**Registration Closes
June 30, 2026 - or when full**



gigcares.org/teen-summit

THE ADINA ACT

Author: Seth and Jennifer Togonal



I was so lucky to meet the Togonal family recently. Besides having an adorable family, they are the passion (and name) behind the Adina Act. The Allergen Disclosure In Non-food Articles Act – or better known as The Adina Act – pushes for disclosure of allergens like wheat/gluten in things like medications. It all starts with a girl named Adina, and her story. Thank you to mom Jennifer and dad Seth for helping to share this story!

Adina’s Story

From early on, we assumed Adina had some form of dietary intolerance. When she transitioned to milk and solid foods as a baby, she had a difficult time keeping dairy down. Every time we asked her pediatrician about it, they kept saying it was nothing to be alarmed about. Our concern didn’t go away.

When Adina was in 1st grade, we went to a parent-teacher conference and her teacher told us that she had been to the nurse’s office dozens of times. The teacher said that she found it convenient that Adina always had a stomach ache right after lunch when they did math! Instead of connecting the stomach aches and vomiting to Adina’s lunch, the teacher said, “I think she doesn’t want to do math!” Adina had also displayed frequent rashes within the creases of her elbows, on her back, chest and around her mouth. Because of all this, Adina’s mom pushed again for allergy testing. They ended up doing a skin test which showed typical seasonal allergies, but nothing else. But because Adina had a visible rash in her elbow on that day, the allergist decided to do a blood test. The allergist said “I doubt that it’s this, but let’s throw a celiac panel in here too - why not since were already drawing blood.” We had the results the next day confirming a dairy allergy and showing that her TTG IgE was off the charts! The allergist made an immediate referral to a pediatric gastroenterologist. After a scope, they confirmed she was in complete villi atrophy and had celiac disease, but also discovered she had three intestinal

ulcers, and EoE (eosinophilic esophagitis) on top of it!

How The Adina Act Started

An incident at summer camp happened in the summer of 2022. Strep throat was going around and Adina caught it halfway through the camp’s session. While we as parents always worked with the camp on her food safety, it never occurred to us that she might also need an antibiotic while there. Camp called us on a Saturday at 4pm and asked us to help determine whether the meds they had on hand were safe or not. They gave us the manufacturer, type, form, dosage, and we called 5 or 6 different local pharmacies but none of them would provide us with any ingredient information for liability reasons. The camp was in a very rural area, so getting a different medication would have been nearly impossible too. So I (Dad) gave the instructions for camp to administer the meds and watch her very closely. I determined that the worst that could happen is that she stays in the nurse’s cabin while she recovers, which was better than not treating the infection. Not long after she took the medications, she started experiencing horrible reactions. She ended up transported to a hospital because of very serious and scary reactions! We drove to get there as fast as we could.

Adina and mom Jen came home from the hospital the next day, with the meds from camp in hand. We immediately started calling the manufacturer and asked if the meds contained gluten, dairy or anything else that could’ve triggered such a horrible response. After going back and forth with them, we asked to speak to a supervisor, and they responded stating that only a doctor can do that. We had Adina’s pediatrician call on our behalf. It took them longer than three weeks to get back to us, and their answer was a refusal to provide any more information than they already had. We already had the list of technical ingredient names but they all didn’t have ingredient derivatives/sources or allergens labeled!



Why can't medications be labeled? Food products in the US are required to be labeled with the top major food allergens, so why wouldn't the FDA require this same thing for drugs like the antibiotic Adina took?

We started writing our U.S. Senators, Amy Klobuchar and Tina Smith, and our U.S. Representative Dean Phillips offices with this exact request. After a week or so of emailing and calling, we got a meeting with our representative's office, shared our story and they took it from there. They researched past legislation attempts and current efforts. It helped that Adina has both celiac disease and a food allergy. There had been a previous legislation specifically for celiac disease and labeling gluten, but we could bridge the gap and pull together the entire food allergic disease community! Instead of impacting 1:100 people (or 3,000,000 people) for celiac disease, or 33,000,000 people that have food allergies, this would benefit over 100,000,000 people who have celiac, food allergies, MCAS, EOE, dietary intolerances (including personal and religious preferences) and more!

Where The Adina Act is Now

In a matter of 4 months, US representative Phillips' office had bill language and a name – The Allergen Disclosure In Non-food Articles Act, aka the ADINA Act, named after Adina. The bill was introduced to the 118th Congress on June 21st, 2023.

The more and more we told the story to other politicians and media, the easier it got, and the more receptive people were. We soon found content creators talking about the bill on TikTok and Instagram, so I reached out to them to ask for their support and help turn this into a true grassroots social media push.

In March 2024 we were invited to speak at FARE's Courage at Congress, where we told our story to 250 food allergy advocates, physicians and professionals. That same week we went with those advocates and participated in over 200 meetings with Congressional staffers and legislators, asking them to support the ADINA Act, as well as other critical food allergy legislative efforts! It's so cool to see how far this has come since that night at camp!

How Can Your Family Participate

To continue supporting our efforts we have a few simple tasks:



Go to www.adinaact.com to find helpful information tools and resources about food allergens and gluten in medications, the current risks for not having these labels and ways to advocate.



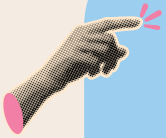
Follow @the_adina_act_effort on Instagram



Call or write your U.S. Representative and urge them to cosponsor the ADINA Act (current bill H.R. 3821, for 2025-2026 119th Congress). Your US legislators are supposed to represent you. They're supposed to speak with you, meet you, listen to you and help you.



Share your story with others – your physicians, pharmacists, friends, family and anyone involved in politics and shaping laws!



Share your story with us. Have you had a reaction to a medication due to gluten or a food allergen? Did you delay or avoid treatment because you couldn't determine if a medication was safe? Is there an insurance barrier for you in getting a medication covered that's safe for you? These real life help to tell our stories to others. Email hello@adinaact.com

Gluten-Free Soup Season

VEGETARIAN CHILI

When it's cold outside, all I want is a nice warm bowl of soup. I know, you might be thinking that soup is a little boring to be talking about in a magazine. But I promise, once you start to understand the creativity behind making soups I think you'll be way more excited about making a bowl of your favorite soup.

Unlike baking, cooking - and especially soup - is more a creative project than the science of measuring flour. With soup you can truly change any recipe and add ingredients with your heart, instead of a tablespoon. The colder months are a perfect time for you to get creative in the kitchen, practice your knife skills, and refine your tastebuds.

Soup is also really nutritious, everything you need to keep you powering through after school activities and homework! Depending on what you put in your soup, it can offer several servings of vegetables - fiber and protein too. Soups are also a great way to help your family clean out the fridge. You can chop up bits of vegetables that would otherwise be thrown in the garbage!

Chili is a great example of a soup you can really customize to fit your unique tastes. The base of most chili recipes is going to contain broth, tomatoes and beans. Besides that, you can really play around with the recipe. Vegetarian? Easy. Vegan? Easy.

Dairy-free? Easy. Love onion? Add more. Hate onion? Leave it out. It's also a great way for you to try new vegetables or new spices that you've never tried before. If you've only tried a green bell pepper, try a red or orange bell pepper and see if you can tell the difference. Never tried cumin or oregano before? Maybe now is the time to add a little and see what it does to the recipe. There are endless variations to a chili recipe. Try out as many as you can to find your favorite.

Most good soups start with a vegetable or chicken broth base. You can buy these broths at the grocery store, but always check the ingredients because some use gluten as a flavoring or binder. Always look for the phrase "gluten free" on the product, or look for a GFCO certification on the package.

We worked with gluten-free blogger gfJules to give you a chili recipe that you can use as is, or make it your own! This recipe includes using the stove and using a knife to chop vegetables, and - if needed - a pan to brown meat. Please ask an adult to help you if needed and have adult supervision around the stove and knives.

VEGETARIAN CHILI RECIPE

If you'd like more vegetarian recipes, visit gfJules.com.

Ingredients

- 2 Tbs. olive oil
- 1 medium red onion, diced
- 1 red or orange bell pepper, diced
- 1 large portobello mushroom or a handful of smaller mushrooms, chopped
- 2 medium carrots, diced
- 2 ribs of celery, chopped
- 3 Tbs. chili powder, or to taste
- 1 Tbs. cumin
- 1 tsp. paprika
- 2 cans (15 ounces each) diced tomatoes
- 2 cans (15 ounces each) cooked black beans, rinsed & drained
- 2 cans (15 ounces each) cooked kidney beans, rinsed & drained
- 1 can (15 ounces) cooked pinto beans, rinsed & drained
- 1 can (15 ounces) corn kernels, rinsed & drained
- 6 cups vegetable broth
- 1 Tbs. lime juice, optional
- 1 bay leaf, optional

NOTE: Jules is a vegetarian, so this recipe naturally does not include any meat. If you'd like to add meat to this recipe, use a pan to brown a pound of ground beef or turkey and add to the chili and add to the recipe along with the broth and spices.





Directions

First, you'll want to make sure that all of your vegetables are rinsed and chopped. Be careful using your knife and use this as a great way to work on those knife skills.

Then, heat oil in a large stock pot on the stove. Once the oil is heated, add in your diced onion, bell pepper, mushroom, carrots and celery. Stir over medium heat until the onion is translucent, at least for 5 minutes.

Add in the spices with the diced tomatoes, beans, broth, lime juice and bay leaf. Stir to combine, then cook over medium heat for at least 30 minutes to one hour – the flavor becomes more full the longer it cooks.



There are many ways that you can serve this chili too! You can have chili different ways to extend your leftovers and explore flavor combinations.

Serve chili

- Over a plate of cooked gluten-free spaghetti noodles - this style of chili is popular in the Midwest
- Over a hot dog in a gluten-free bun
- Topped with shredded cheese
- On top of a cooked baked potato
- With a side of gluten-free Saltine-style crackers
- With a side of gluten-free cornbread (try gf' certified gluten-free cornbread mix)



This chili recipe is a great way to learn new kitchen skills and have a few hearty meals during the winter season.

MORE WAYS TO CONNECT WITH OTHERS LIKE YOU!



SCAN THE QR CODE TO FOLLOW US ON DISCORD



discord.com/invite/UpAQ8HNdV



SIGN UP FOR THE *GENERATION GF* MAGAZINE



gluten.org/become-a-member/



Meet The Gluten-Free Kid: *Adina of The Adina Act*

Author: Adina Tegal

Adina is a teen living with celiac disease and EOE. She's the Adina of The Adina Act, featured on page 14.

Life with Allergies

Living with my allergies as a teen is a struggle. There are so many times where I feel left out, different, weird, and that I will never be normal again. That 'bottomless pit' feeling overwhelms you and takes over your brain. It's hard to deal with allergies.

It took a while to realize that this is just how my

life is going to be and that if the allergies can adapt themselves to my life – then I can adapt my life to the allergies.

When I take a deep breath, I can think about all the different perspectives about my life. When I do this, it keeps that 'pit' feeling away and makes situations easier to cope with.

So High School

When I joined high school, I didn't know if my new group of friends would be as supportive and nice as the tight-knit friend group I had at my old school. I struggled a lot before my first day of high school, filling my brain with 'what-ifs'. *What if I get bullied again like I did in elementary school? What if they think I'm weird and I have no friends? What if I really am just different?* This anxiety filled my head, consuming me and making it hard to think about the new friends I was going to make.

Hanging out with friends and going to group gatherings have been a real struggle. It was hard for a really long time to know that people did care about me and wanted to keep me safe, no matter how hard I tried to get that into my head I still struggled with that trust of my friend group.

I went and talked to my parents and they helped me through all of those 'what ifs' I had. They reminded me that all feelings matter, but it's also important to not let them get the best of you. They reminded me that I should make sure I'm still trying to live my life to the fullest.

When the light bulb above my head finally turned on, I was able to see that the people around me cared about me, and that I was important to them. This made it much easier to go to events, and bringing my own food a little less scary.

While I am less anxious now, I know many other teens have fears like this and social anxiety. It's ok to feel that way! When I feel like that again, I stop and think about all my closest friends, and the things that they do to make sure that I stay safe. The questions they ask to make sure food they have for me is safe, the way that they try to learn what I can and cannot eat so that they have it for me when I come over...that's how I know that I have a community that loves me.

The ADINA Act

When I first heard that the ADINA act was going to be named after me, I felt like it was my superpower! How cool to imagine a piece of legislation that would forever have my name on it that would help so many people! It is something that I can look at whenever I feel that sense of being different or struggling.

Being a teen advocate can make you feel very powerful - knowing how much your voice matters. That feeling doesn't go away! When I go to events like Courage for Congress with FARE (Food Allergy Research & Education), and I meet with legislators to talk about the ADINA act and other very important bills, that's a powerful feeling that can take over your whole body!

If there is something that you know many other people struggle with - advocate for it and make people hear your voice. The number one thing I tell everyone is persistence, make sure that you push your way through. It's easy to let that 'pit' feeling take over, but it's also easy to push it out of the way and use the people around you that care about you to help you with whatever you are dealing with!



DIRTY SODA

Is it Gluten-Free?

Dirty sodas are everywhere right now. I know where I live, there are dirty soda shops popping up in neighborhoods all around me. While coffee shops still outnumber soda shops, I can't deny that soda is having its moment. So what makes a soda - dirty? Dirty Soda is soda (or cola or pop depending on where you live!) plus sugar-based syrups, and creamer. I didn't understand the name at first, but it's dirty because adding in a creamer into a soda makes it cloudy or dirty.

But are dirty sodas gluten-free? Not always! Gluten can be hiding in a few different parts of a dirty soda recipe.





Soda

Almost all sodas are gluten-free, especially the mainstream brands that you can get at most restaurants and grocery stores. But some international sodas, “malted” sodas, or “old fashioned” sodas may contain barley malt. Always look at the ingredients.



Syrups

Barley malt may be used as a flavoring in some syrups. Torani is one of the most popular syrup companies in the US, and almost all of their flavors are gluten-free, with the exception of a few. Monin is another big brand you might see at soda shops. Almost all of their syrups are gluten-free. There are many different types of syrup used in dirty sodas, so it’s always a good idea to visit the store’s website for more information before ordering. Keep in mind that some syrups also contain other top allergens, like nuts, too!



Creamer

If you can drink dairy, pure whole milk, cream and half and half are all gluten-free. If you can’t have dairy, gluten can hide in some non-dairy milks and creamers. For example, some oat milk creamers are not gluten-free because they do not use gluten-free oats. Make sure the creamers made from oats state “gluten-free” on the label or have the GFCO certification. Some rice milks contain barley malt.



Easy Dirty Soda Recipes

The Classic

Cola, half and half, coconut flavored sugar syrup, and a squeeze of lime



Orange Crush

Orange soda, half and half, vanilla syrup



Strawberry Cream

Sprite, half and half, strawberry purée, vanilla syrup



Can you make dirty sodas DAIRY-FREE?

Yes! There are plenty of dairy-free creamers that you can use to make a dirty soda recipe.

You want something a little heavier in fat than a traditional plant-based gluten-free milk. Try a dairy-free half and half, dairy-free creamer or full-fat coconut cream.

Easy Healthy HABITS FOR TEENS

Author: Devyn Quinn

As teens, we're busy - and always on the go. Making new habits as a teen can feel almost impossible. You have a very busy life with school, your friends, spending time with family, and maybe even work. All year long you have deadlines to meet and specific times to be somewhere. Sometimes, we are so busy we forget to take a minute to ourselves and fuel up. Let me help you find some fast and easy ways to create some healthy habits, no matter how your schedule looks.



Daily Healthy Habits

Here are some healthy habits to implement into your daily life.

- Setting a reminder on your phone to drink water will help remind you to drink up and keep you hydrated.
- Keeping safe snacks in your backpack, car, and/or locker can be good just in case you find yourself very hungry with nothing safe around.
- Take time on Sundays to plan and prep meals and snacks for your week.
- When you feel overwhelmed with studying or just need to move, take little 10-minute walks to keep you moving and also help you focus.
- Switch up where you study or watch TV. Go outside or to a park. Change of scenery is good for you, and so is being outdoors!

Dealing With Your Stress

Stress is natural and *will* show up. When you try to change things or add something to your routine, you can find yourself questioning some of your decisions and even doubting if you can do it. This can cause stress, but don't worry, we have some tips for you! The methods we talk about for reducing stress are good for stress in general as well as other stressors like school, trying new foods, and even big groups of people.

First things first is taking deep breaths. While it is common for people to tell you to breathe when you are stressed, it truly is so important in calming your nervous system. No matter the situation, deep breathing should always be your first step to calming yourself and relieving stress.

For some people, breathing alone does not work, and that is okay. You can doodle, journal, or vent about what is going on in your notes app or even on a blank page. Just remember to keep your notes secured so that people do not read things they were not meant to see.

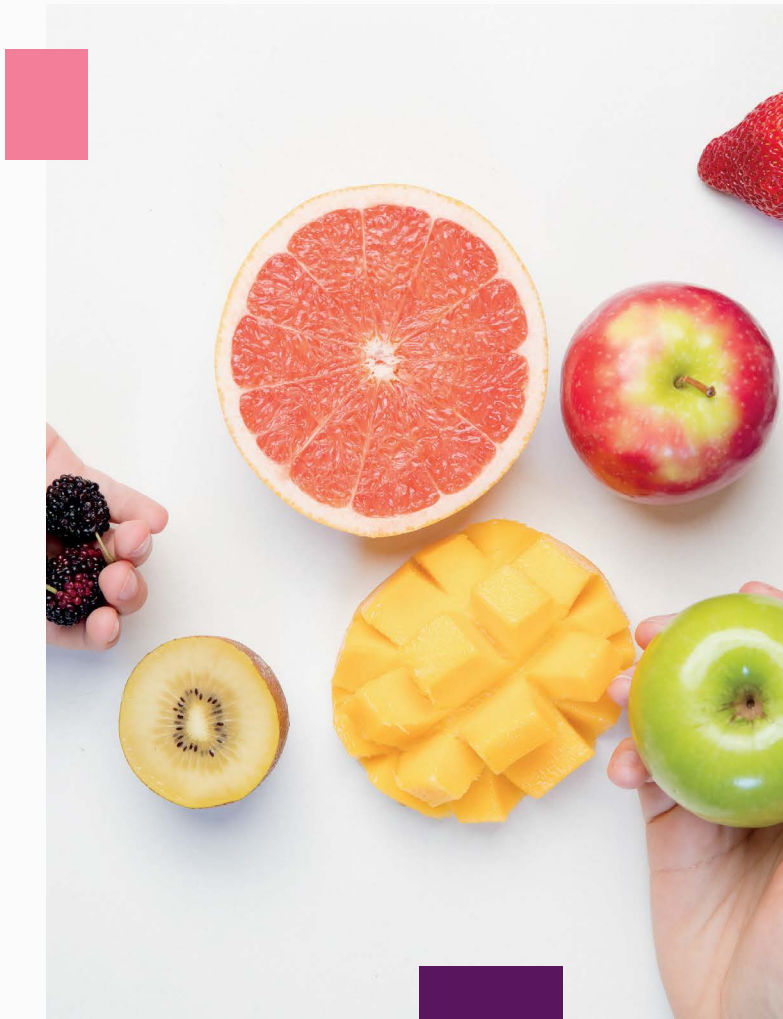
If you are someone who likes to get moving, taking short walks or even dancing it out (just like Christina Yang) can help to relieve stress. Not only is getting your body moving good for your health, it can be a fun and maybe something you would not normally do.

Something none of us want to admit is our doomscrolling habit. While it is okay to doomscroll sometimes, limiting this before bed can significantly help you with sleeping quality, and you will even start to notice how you have been able to focus better.

My final tip for you is to create a playlist that makes you feel amazing. Whatever kind of music gets you in your happiest mood, add them all to a playlist and listen to it when you feel down, stressed, or upset. If you have a big day ahead of you, this is your playlist!

Final Note from Me to You

To be the best version of you, you have to take proper care of your overall health. You are not alone in making these changes. They can be small and gradual because it all makes a difference. If you ever need some help or guidance, GIG is always here to help!



A Gluten-Free Kiss

By: Erica Dermer

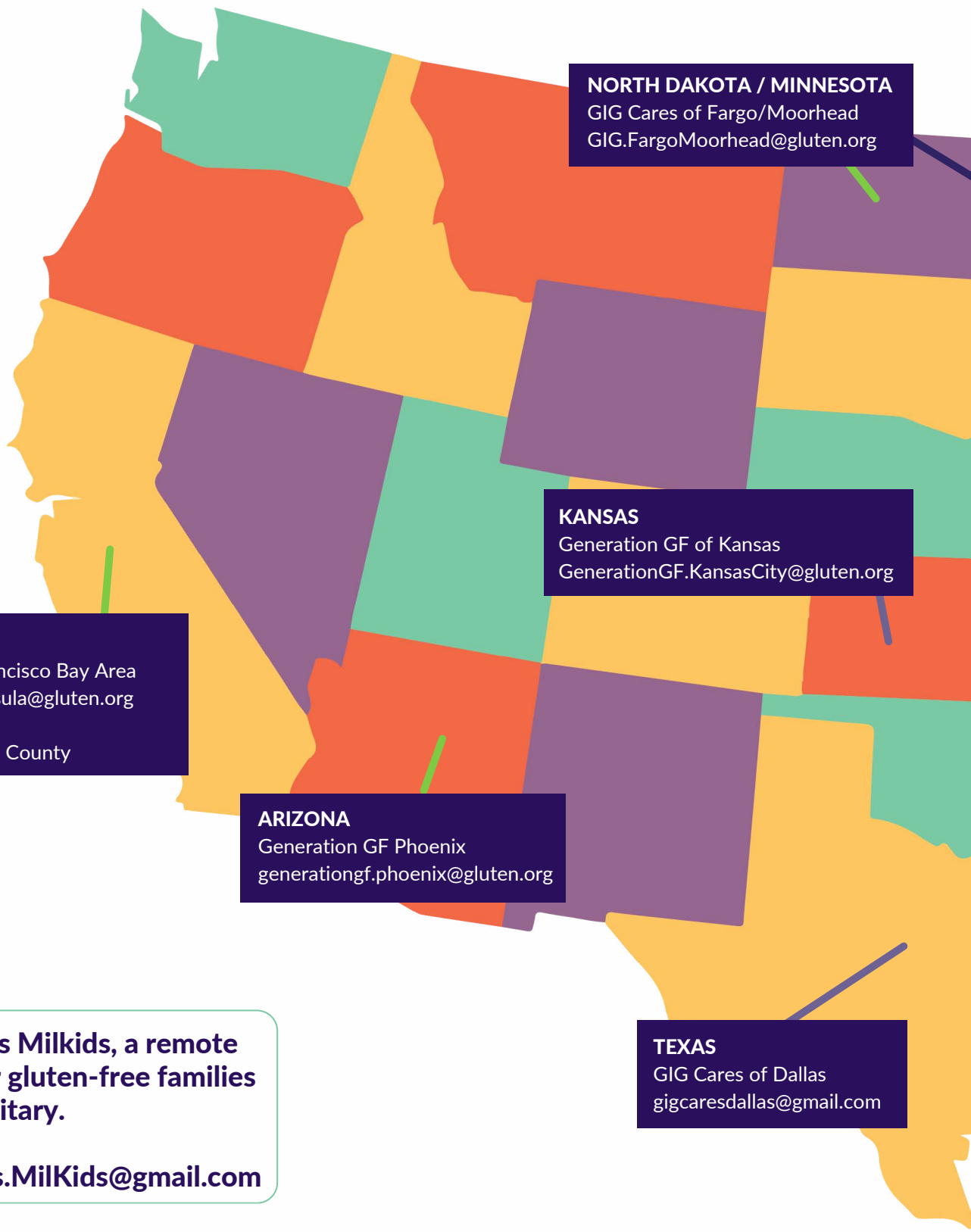
I have to warn you, this post is about kissing. If you feel like screaming about cooties or laughing because you're a little embarrassed —that's okay. But we've got to talk about kissing! Let's learn how kissing can be safe for someone avoiding gluten.

At a recent scientific meeting, I had the chance to interview Dr. Anne Lee at Columbia Celiac Disease Center about a recent study she did about kissing! For years, celiac disease experts said that kissing could be dangerous because of cross contamination! If you have celiac disease, and you kiss someone that just ate gluten - could you get sick from that gluten exposure? Do I have to ask my date to brush their teeth and floss before they kiss me? Even I was super careful around kissing my husband if he just ate gluten. While the world thought that it could be scary, did we really know the data behind kissing? Someone had to make a study to find out!

"We actually did the study on kissing because so many of our patients were really concerned about possible gluten contact and exposure when they're kissing their partners," Anne said. Their study had 10 couples with one partner with celiac disease and the other that did not. The partner without celiac disease ate about 10 gluten-filled saltine

crackers. That amount of crackers contains enough gluten to be detected in a urine test looking for something called Gluten Immunopeptides. That way, if there was gluten they could measure it in a scientific way. After the partner ate 10 crackers with gluten, they waited, and then kissed the partner with celiac disease. After the kiss, they collected saliva from both people, and measured the amount of gluten that transferred between the couple through kissing. They did a couple different studies like this, from 5 to 10 to 30 minutes between kissing and testing the saliva. What they found out was so interesting - there's lots of gluten in the saliva of the person who ate the crackers, but there is minimal gluten in the saliva of the celiac partner after being kissed. The study also showed that the risk is less when the partner also drinks a little bit of water (4 oz) to wash the gluten from their mouth before kissing.

"So our big takeaway is that it's totally safe to smooch, and we want you to enjoy your your life," Anne said. "It's a great study, but the best part is that we can reassure our patients that, you know, they don't have to worry about this." This is, as much as you can base kissing on science, the science behind the fact that kissing and gluten can be safe.



NORTH DAKOTA / MINNESOTA
GIG Cares of Fargo/Moorhead
GIG.FargoMoorhead@gluten.org

KANSAS
Generation GF of Kansas
GenerationGF.KansasCity@gluten.org

CALIFORNIA
GIG Cares of San Francisco Bay Area
generationgf.sfpeninsula@gluten.org

GIG Cares of Ventura County

ARIZONA
Generation GF Phoenix
generationgf.phoenix@gluten.org

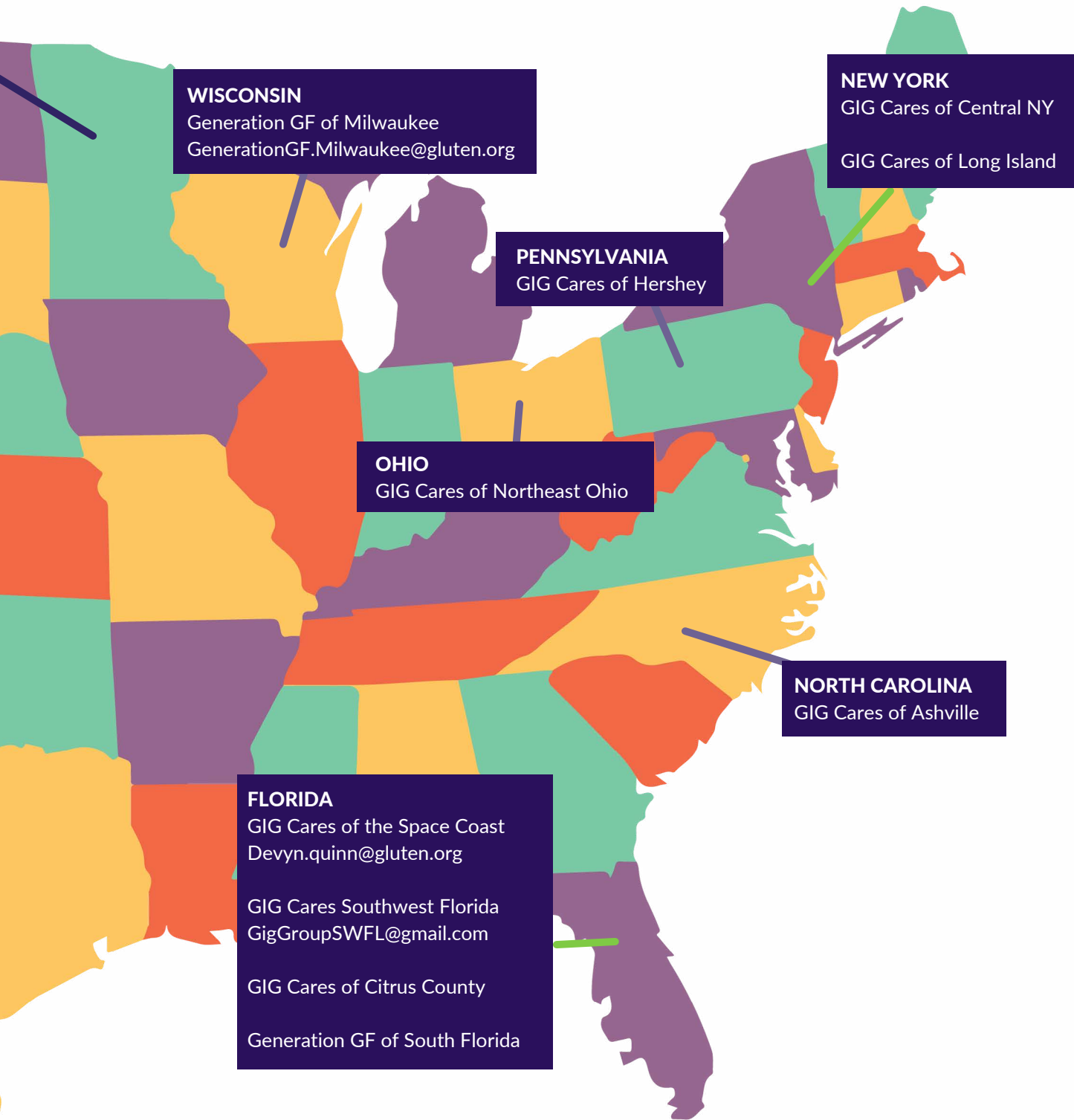
GIG Cares Milkids, a remote group for gluten-free families in the military.

GIGCares.MilKids@gmail.com

TEXAS
GIG Cares of Dallas
gigcaresdallas@gmail.com



If you'd like to get in touch with a group near you ,
or if you would like to start a group, scan the QR
code or contact caresadmin@gigcares.org.





Gluten Intolerance Group® (GIG®) are registered trademarks of Gluten Intolerance Group of North America.

© 2026 Gluten Intolerance Group of North America. All Rights Reserved.