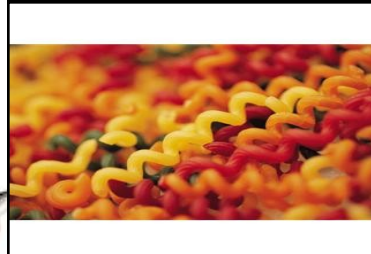


Gluten Free Workshop

& Vendor Fair

Cooking Demo



Taste-Test the Pasta Bar



Take Home Samples

Go Gluten Free Nutritiously

Are you interested in learning more about a gluten free lifestyle? Whether you eat gluten free or want to help someone else, learn how to deal with this fast rising food intolerance that affects many of all ages.

Workshop includes:

Dietitian/Dietetic Technician discussions on:

- Mainstream gluten disorders
- Gluten free health benefits

Information on

- Stocking your pantry
- Shopping lists
- Substituting Ingredients
- Working with whole grains such as rice & quinoa

Cooking Demonstration

Recipes



Date: October 25th, 2011

Time: 6:30-8:00 pm

**Location: American Legion
McClure, Ohio**

Cost: Free

- This building is not handicap accessible but has small sets of stairs with a couple landings off the back entrance.
- Parking is available around the facility.

Pre-registration Required

Wood County Hospital at 419-354-8887

Brought to you by...

Wood County Hospital
950 West Wooster St.
Bowling Green, OH 43402

Henry County Hospital
1600 East Riverview Avenue
Napoleon, Ohio 43545

Samples may have not been prepared in a 100% gluten-free environment.

If you have severe GF/Food intolerance, please take caution with sampling and read ingredient lists carefully.