



**GLUTEN  
INTOLERANCE  
GROUP**  
of Chester County



## A Note from the board members...

If you missed our breakfast meet-up, you missed a good one. Bright Spot Café in Eagleview Towncenter has a dedicated gluten-free toaster and gluten-free bread. The pancakes were hot off the griddle for our group, so thank you to everyone that showed up. Don't forget to purchase your tickets for our Wine and Cupcake event on November 23<sup>rd</sup>. You can mail \$25/pp to our P.O. Box 45, Uwchland, PA 19480 or purchase on [Eventbrite](#).

Please keep up to date on future events (below) by checking our Facebook, Instagram and at [GIG.ChesterCounty@Gluten.Org](mailto:GIG.ChesterCounty@Gluten.Org)



## Our mission...

To unite the Chester County, PA gluten-free community through information, resources, sponsored events and social networking!

Let's work toward our mission by attending some amazing local events this spring (and beyond):

October 21 - 6:30-8:00p.m. – [Your Safe & Successful Gluten-Free Kitchen class at the Malvern Public Library](#)

October 22 – 6:00-8:00 pm - [GF/DF Seasonal Cooking Demonstration at the Exeter Library.](#)

November 23 – Fundraiser at Stonebarn Cellars. [Tickets \\$25/pp](#)

## Fall Newsletter



[tealpumpkinproject.org](http://tealpumpkinproject.org)

### [Teal Pumpkin for Halloween](#)

Putting a teal pumpkin on your doorstep means you have non-food treats available, such as glow sticks or small toys. This simple act promotes inclusion for trick-or-treaters with food allergies or other conditions.

1. Provide [non-food treats](#) for trick-or-treaters
2. Place a teal pumpkin in front of your home to indicate to passersby that you have non-food treats available. Click [HERE](#) for resource.
3. Add your home to the Teal Pumpkin Project map <https://www.foodallergy.org/>
4. [Spread the word!](#) Share the Teal Pumpkin Project with your friends and family

If you are providing candy for any gluten-free children, here is a list of safe gluten-free candy choices...

<https://www.verywellfit.com/gluten-free-candy-list-562806>

# Spring Newsletter

Group Information/Resources

E-Mail:

[GIGofChesterCounty@Gluten.org](mailto:GIGofChesterCounty@Gluten.org)

## Mailing Address:

P.O. Box 45  
Uwchland, PA 19480

Please consider making a donation to the group by mailing a check TODAY!

## Websites:

Gluten Intolerance Group  
<https://www.gluten.org/>  
<https://www.gigofccpa.com>

## Local Resources:

<http://www.3stepstoglutenfreeing.com/>  
<http://www.glutenfreephilly.com>

Gluten-Free Food Pantry  
<http://www.therachelway.org/>

## Sponsors:

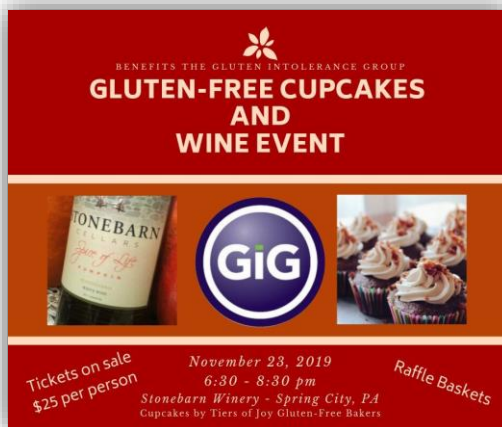
**WE NEED YOUR HELP IN FINDING SPONSORS!!!**

**E-mail** us and we'll send you a brochure to drop to your favorite gluten-free restaurant!

Our website was donated by...



## CUPCAKES and WINE Event – November 23rd



Fall is here, and it's the perfect time to come together to support our parent organization, [The Gluten Intolerance Group](http://www.gluten.org/), Renton, Washington.

The Gluten Intolerance Group (GIG) has been empowering the

gluten-free community through consumer support, advocacy, and education for over four decades. GIG's outreach is not only to those with gluten-related disorders but to everyone who has made the decision to live gluten-free. Buy your tickets today for our Cupcakes and Wine Event. [Tickets are \\$25/pp](#) and an evening at the [Stonebarn Cellars Winery in Spring City](#). A variety of cupcakes will be provided by our Gold Sponsor, Tiers of Joy, Gluten-Free Bakery in Coatesville.

## Our GOLD Sponsors...

Thank you to the following businesses for becoming GOLD sponsors for our group. If you are in need of their services, please mention our group as a thanks; **Lionville Natural Pharmacy, Tiers of Joy Gluten-Free Baker and Main Line Gastroenterology.**



**We are always looking for volunteers! If you would like to help set-up a fun activity or have something to share with the group, please reach out to us!**

*"The greatest good is what we do for one another." Mother Teresa*