

Gluten Free Eating

Presented by: Shannon Carter
OSU Extension Family and Consumer Sciences Educator



This program is all about eating gluten free, both for those who choose to and those who have to. We'll discuss important considerations before going gluten free and how to find and prepare tasty and nutritious gluten free foods. Try a sample of gluten free recipes prepared by Shannon Carter who cooks for her family with Celiac.

Tuesday, May 23
6:30-7:30 P.M.

Program location...
Fairfield District Library
219 N. Broad Street
Lancaster, Ohio 43130

**PROGRAM
IS FREE!**

For more information, contact:
Shannon Carter at 740.652.7270 carter.413@osu.edu
www.fairfield.osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity

Ohio State University Extension
Fairfield County
831 College Avenue, Suite D
Lancaster OH 43130-1081
Phone: 740-652-7260
Fax: 740-687-7010