

# Gluten Free Eating

*Presented by:* Shannon Carter, Family and Consumer Sciences Educator  
OSU Extension – Fairfield County



*About twenty percent of the U.S. population is looking to reduce or eliminate gluten from their diet. For people who make the decision to eat gluten free as a matter of dietary choice and not a medical necessity, there are many important considerations.*

**Come learn about gluten free shopping, dining, cooking and baking. Program includes helpful handouts, recipes and tasty samples to try!**

**March 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>**  
**6:30 - 7:30 pm**  
**Series fee is \$22/person**

**March 14<sup>th</sup>** – Introduction to Gluten Free Eating  
**March 21<sup>st</sup>** – Gluten Free Shopping & Eating Out  
**March 28<sup>th</sup>** – Gluten Free Cooking and Baking

*All classes held at:*  
**Keller Market House**  
**134 S. Columbus St.**  
**Lancaster, Ohio**

*Attendees are encouraged to attend all three sessions.  
Registration is for the entire series.*

**Register online at**  
**<http://www.kellermarkethouse.org/events.html>**  
**to attend this 3-part series.**

