

Navigating the Holidays

On a Gluten Free Diet

Presented by

RCSG Panel

Basic Tips

- Don't take chances
- Focus on the social aspects of the holidays and not the food
- Eat before you go
- Bring a dish to pass that you like (GF Lasagna)
- Give family a list of brands you like if you are staying overnight so they don't

Basic Tips

- Use separate utensils (some people use color coding)
- If having guests overnight mark your GF toaster.
- Check on Butter/margarine and be sure you use new sticks as others may be contaminated.
- Prepare all your GF items first.
- Dish up your plate first or from the

Turkey Dinner Preparation

- Do not eat turkey stuffed with regular bread stuffing.
- Do not eat gravy that has been made with flour or with drippings from the turkey made with regular stuffing
- Make stuffing in a crock pot. Get a large one for the majority of people and a small crock pot to make some GF

Turkey Dinner Prep

- If family refuses to make a turkey without the stuffing, make your own and bring it. Don't make a big deal out of it, just don't try to be nice and eat it anyway.
- Think of gluten as poison
- If using cooking bags, be sure to use corn starch and not flour to coat the bag
- Stuff the inside of the turkey with Celery, onions, Sage and Celery Salt and Pepper

Stuffing prep

- Make your stuffing in a crock pot
- Coat the crock pot with cooking spray (GF)
- Sauté Celery, Onions, Sage, Celery Salt and Pepper in Margarine
- Cube bread of your choice. I used Udi's Bread for the stuffing
- Mix the sautéed vegetables with the bread crumbs
- Place in the crock pot and cook on low while turkey cooks. Add Broth if desired

Gravy Prep

- Boil giblets with celery, onion, celery salt and pepper. (you can add some of this stock to the stuffing if desired)
- Take drippings from turkey and separate the fat from
- the juice
- Mix Corn starch and cold water or cold stock (the amount depends on how much gravy you make)
- Heat the corn starch mixture until thickened

Potatoes Prep

- Boil potatoes in salted water until tender
- Drain and add margarine
- Beat until smooth
- Add milk to taste

GF Dessert ideas

- Make a cookie crust with arrowroot cookies instead of graham crackers
- Make apple crisp instead of apple pie
- Make pie filling in a small crock pot with no crust
- Make a crustless pumpkin pie
- Make pumpkin mousse
- Bring a GF dessert but don't tell anyone it is GF until they rave about it

Children and the Holidays

- Call the host ahead of time to review the menu
- Bring dinner foods for your child to enjoy if necessary. Even if it's a microwave can of baked beans. if your child likes them - bring them
- If you are hosting - allow your child to help with the food preparation
- Review the appetizer area and food table (if a buffet) with your child on arrival
- Explain what is absolutely safe to eat.
- Bring a special dessert for your child to enjoy so they don't feel deprived
- Perfect opportunity to teach your child to advocate for themselves – in a family friendly environment

Naturally GF Traditional foods

- Cranberries (cranberries, water and sugar)
- Squash (squash, brown sugar)
- Corn
- Apple Cider
- Mashed potatoes
- Turkey if not stuffed with bread

Attending Parties

- Eat before you go
- Stick to safe foods
- Bring dish to pass you can eat. Even if the host/hostess does not request one, call and explain it would help you out.
- Stay away from dips
- Beware of "multigrain" tortillas
- Don't expect host/hostess to know how to prepare food safely for you

Hosting Parties

- Much easier in your own home
- Prepare your own meat trays.
 - Ask Deli to cut all meat first of the day (does not guarantee no cross contamination but makes it better). Order night before
 - Only put GF meat on the tray
- Instead of Cheese and crackers offer Tostito Chips
- Only Provide GF Crackers
- Purchase GF pretzels instead of regular
- Place all GF items on the table first or separate from gluten containing items if you

Hosting Parties

- Put spoons in all dips and set some aside for yourself and take it directly from the fridge.
- Pre-slice rolls and put at end of the line with the
- meat.
- Set some of every item you may want to eat aside and serve yourself from there and not the buffet line.
- Put stickers on GF items if you have children with CD or color code serving

Baking Cookies

- Use flour mixes like Mr Ritts (Fountain of Youth in Brockport) and you can use your favorite traditional recipes. It really helps.
- Look for your naturally GF cookies
- Come to the cookie exchange in December
- Decide this will be the year you don't

Enjoy the Holidays

Questions???