



Introductions

Having a Gluten Free Social Life: Tips & Tricks for Staying GF While Out With Friends



Group 'Norms'

- If you have a question, ask!
- I reserve the right to put it in the "parking lot"
- Please respect everyone's opinion, it doesn't mean you have to agree!
- Participation is good but you can always pass
- Any others?

Keeping a Gluten Free Social Life

An adult in your life coordinates it for you

You risk getting **glutened** and eat something that *might* be gluten free

You take a chance and hope you can eat something

You take control and bring your own food

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"Maybe she's gluten intolerant."

An adult coordinates it for you

pros



cons



You risk getting **glutened** and eat something that *might* be gluten free

pros



cons



You take a chance and hope you can eat something

pros



cons



You take control and bring your own food

pros



cons



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"I'll trade you my gluten-free sandwich for your lactose-free milk."

What are the situations?

School

Prom

Parties

Holidays

Hanging Out

Sports

???

You Be the Experts

- What is the hardest part for you?
- What have you tried?
 - What worked?
 - What didn't work?
- Come up with a plan to share...

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"You fight the Gluten Hordes, make your way through the Peanut Fields, battle the Lactose King..."

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Questions???

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