

Gluten-free/Casein-free Diet

Transitioning With Ease

A free workshop for parents and guardians of children with special needs

Thursday, April 22, 2010

7:00 pm – 9:00 pm

UCP of Orange County (see address below)

Transitioning to the gluten-free/casein-free diet is a huge challenge for everyone in the family. Often parents wonder...

- ❖ What do I make for breakfast?
- ❖ What can I bring to school or sports games?
- ❖ What do I put in my child's lunch?
- ❖ How do I help my child with social situations?

Join this informative class that will focus on how to adjust to a gluten-free or gluten-free/casein-free diet and lifestyle with ease.

Elizabeth Kaplan, chef and founder of The Pure Pantry (and mother of three children on GF diets), will provide recipes, food samples and hand-outs, as well as tips on helping your child cope with the challenges of living gluten/casein-free.

Workshop Location: UCP of Orange County
980 Roosevelt, Suite 100
Irvine, CA 92620

RSVP to Janet Winter (949) 333-6428

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for children with disabilities

