



Buying gluten-free gifts

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Are you worried about how to treat your gluten free loved ones on Valentine's Day or Mother's Day? With a huge range of goodies available to buy it can seem like a bit of a minefield, but it needn't be too difficult, as long as you go for good quality and clearly labelled brands. If wheat, barley or oats are highlighted in bold then they are a no-no, and watch out for 'may-contain' statements too. Health food stores are great when you are catering for a dairy free or vegan diet as well as a gluten free one, and you can always consider a gift voucher or non-food item too. If planning to take your Valentine or Mum out for a meal then do check and book ahead with your venue to make sure that they can cater for you. Afternoon tea or carveries are usually a good option, but you can also find approved venues on www.coeliac.org.uk where you'll also find lots of seasonal advice, hints and tips, and recipes to cook at home.

Happy gluten free giving everyone!

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