

YOUR MEMBERSHIP AT A GLANCE

Wherever you are in your gluten free journey, our community is the place to be. We can help you make safe food choices more easily and connect with other people just like you.

| | Individual | | Concessionary | Household | |
|--|------------|----------------|---------------|-----------|----------------|
| | Complete | Digital | Complete | Complete | Digital |
| Annual fee (One off payment) | £27 | £15 | £21 | £33 | £18 |
| Quarterly (Direct Debit) | £6.75 | £3.75 | £5.25 | £8.25 | £4.50 |
| Monthly (Direct Debit) | £2.25 | £1.25 | £1.75 | £2.75 | £1.50 |
| Services Available | | | | | |
| Welcome Pack* | ✓ | | ✓ | ✓ | |
| Annual Food and Drink Guide | ✓ | | ✓ | ✓ | |
| Live Well Gluten Free Magazine | ✓ | ✓ (digital) | ✓ | ✓ | ✓ (digital) |
| Crossed Grain newsletter | ✓ | ✓ (digital) | ✓ | ✓ | ✓ (digital) |
| Live Well Gluten Free App | ✓ | ✓ | ✓ | ✓ | ✓ |
| Food and Drink Information | ✓ | ✓ | ✓ | ✓ | ✓ |
| Venue Guide | ✓ | ✓ | ✓ | ✓ | ✓ |
| Recipe Service | ✓ | ✓ | ✓ | ✓ | ✓ |
| Monthly Email Newsletters | ✓ | ✓ | ✓ | ✓ | ✓ |
| Helpline | ✓ | ✓ | ✓ | ✓ | ✓ |
| Member2Member | ✓ | ✓ | ✓ | ✓ | ✓ |
| Local Groups | ✓ | ✓ | ✓ | ✓ | ✓ |
| Exclusive discounts and offers | ✓ | ✓ | ✓ | ✓ | ✓ |

Scroll to the next page to find out more about the services included in your membership.

YOUR MEMBERSHIP SERVICES

WELCOME PACK* (COMPLETE PACKAGE ONLY)

Living well gluten free starts here, with your guide to getting started, gluten free checklist, coeliac disease factsheet and our printed annual Food and Drink Guide.

FOOD AND DRINK INFORMATION

Over 150,000 gluten free and mainstream products, updated daily on our app.

1,200 GLUTEN FREE RECIPES

You'll find delicious recipes for every occasion including videos, blogs and tips for cooking and baking gluten free, in our Home of Gluten Free Recipes.

EATING OUT VENUE GUIDE

Eat out safely and choose from over 3,000 Gluten Free accredited venues as well as other recommendations from our community on where to eat.

LIVE WELL GLUTEN FREE APP

Food shopping made easy with our handy barcode scanner and comes highly recommended by our members. Browse our Gluten Free accredited venues whilst on the go with our handy app.

SUPPORT FROM OUR EXPERTS

Have your diet and health questions answered by qualified dietitians on our Helpline.

COMMUNITY NETWORKS

Share experiences and connect with people just like you, through our Member2Member service and local meet ups and groups.

LIVE WELL GLUTEN FREE MAGAZINE

Our flagship magazine worth £5, delivered to your door (or inbox!) twice a year.

GLUTEN FREE TRAVEL GUIDES

Our travel guides show you where to eat out and shop, alongside useful translations for over 50 countries.

EXCLUSIVE OFFERS AND DISCOUNTS

Best of all, you get over £100 worth of exclusive member offers each year plus you will be the first to receive news of our exciting giveaways and seasonal campaigns!

Are you ready to become a part of our gluten free community? [Click here](#) to go back to our Join Us page and start your sign up.

Do you have a question about membership? If you're still thinking about becoming a member and need more information, please get in touch with us on **0333 332 2033**, or email generalenquiries@coeliac.org.uk.

