



## 12 TIPS FOR A GLUTEN FREE CHRISTMAS

### GETTING READY FOR CHRISTMAS

<p>Always check the label: products which are <b>gluten free</b> will be labelled with our <b>Crossed Grain symbol</b> or state '<b>gluten free</b>' on the pack</p> 	<p>Use our award winning <b>Gluten Free Food Checker app</b> to scan products and check whether they are suitable for your diet</p> 	<p><b>Different sizes</b> of the same product <b>may not have the same gluten status</b>. Don't forget to check the label</p> 
<p><b>Have another allergen you need to avoid?</b> Get our Gluten Free Food Checker app and set your preferences for easier shopping</p> 	<p>Use our <b>Christmas List</b> to find the latest festive gluten free foods <a href="http://www.coeliac.org.uk/gfchristmaslist">www.coeliac.org.uk/gfchristmaslist</a></p> 	<p>Check out Coeliac UK's <b>GF accredited venues</b> for gluten free Christmas menus <a href="http://www.coeliac.org.uk/gfvenues">www.coeliac.org.uk/gfvenues</a></p> 

### CELEBRATING

<p>Keep gluten free foods <b>separate</b> from those that contain gluten</p> 	<p><b>Make your gluten free guests feel included</b> with snacks and treats – use our handy Christmas List to help you choose</p> 	<p>Make sure you <b>handle food with clean hands</b> and use clean equipment</p> 
<p>If you're putting food out, <b>make sure it's clear to all which foods are gluten free</b> and keep them separate from gluten containing food</p> 	<p><b>Top Christmas foods to make or buy gluten free:</b> gravy, stuffing, pigs in blankets, Yorkshire puddings, bread sauce, pastry, mince pies, chocolate logs, Christmas pudding, trifle, Christmas cake</p> 	<p><b>Wine, sparkling wine, cider and spirits are all gluten free</b>, as are mixers like tonic water, soda water and lemonade</p> 