



Gluten Intolerance Group® of Utah
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Today's Date: October 15, 2006

Event Date: November 18, 2006 (Pre-registration requested by October 31)

Gluten-Free Pre-Thanksgiving Feast: Serving Gluten-free Pies, Stuffing, Rolls, Gravy and Desserts
All food will be free of gluten grains: wheat, rye, and barley

Salt Lake City, October 15, 2006—The Utah Gluten Intolerance Group branches will host their fifth annual Gluten-Free Pre-Thanksgiving Feast at the Wasatch Presbyterian Church hall, 1700 South 1700 East, Salt Lake City. The event will be held Saturday, Nov. 18, 3 - 6 p.m.

“There is no reason for people who are gluten intolerant to miss out on Thanksgiving,” says Marcie Coda, Salt Lake City Gluten Intolerance Group branch manager. “We’ve seen people cry with joy when they come to our pre-Thanksgiving feast and realize that they can continue to enjoy traditional holiday foods with their families.”

Feast attendance has more than doubled since its first year when it was held in a branch member’s dining room. Nearly 300 people are expected at this year’s feast. Traditional foods will be served including turkey, ham, mashed potatoes, gravy, rolls, pumpkin pie, cranberry sauce, stuffing, candied yams and vegetables. Gluten-free recipes for pies, cookies, stuffing, rolls and turkey basting will be distributed. Against the Grain, a Taylorsville retail store specializing in gluten-free food, is a sponsor of the feast.

Cost in advance for the event is \$8.00 per person or \$16 for a family of four. To register, go to www.gfutah.org and download the registration form or call (801) 486-4140 to request a form. The completed form and a check are requested by Oct. 31. Attendees can also pay at the door, but admittance will be limited depending on space. Cost at the door is \$10 per individual and \$20 for a family of four.

Side dishes are provided through assigned potluck; attendees are asked to provide copies of their side dish recipe. For more information, go online to www.gfutah.org or call (801) 486-4140. Dress for the event is casual. The event is open to the public, people who are gluten intolerant and their families. Gluten sensitivity and celiac disease are common in the U.S. population, but thought to be the most under diagnosed illness in the country.

About Gluten Intolerance Group in Utah

Utah County Gluten Intolerance Group®, the Salt Lake City Gluten Intolerance Group®, and the Northern Utah Gluten Intolerance Group® are branches of The Gluten Intolerance Group®, also known as GIG®, and are 501(c)(3) not-for-profit organizations. The Gluten Intolerance Group’s mission is to increase awareness of and knowledge about this common, but highly under-diagnosed illness. To learn more, go to www.gfutah.org

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