



**Food for Thought: S.A.F.E. Food Pantry
Free Information and Educational Session
Gluten Free Baking**

When: Thursday, April 20, 2017 from 7:00-8:30PM

Where: Albert Einstein Classroom of the Savage Branch
Howard County Library, 9525 Durness Lane,
Laurel, MD

Back by popular demand - Special guests, Board Secretary June Ramey and Kristine Dzagan, authors of ***Celiac Creations for Multiple Food Allergies: How to Survive When Your Food Is Killing You***, will share information about food allergies and practical strategies to keep safe in a world not geared toward people with dietary sensitivities. They offer a message of hope and encouragement with topics on Gluten Free Baking including: Peculiar Reactions of Ingredients, Extensive List of GF Flours to Keep Life Interesting, Substituting Ingredients, Baking Tips to Head Off Disasters, and much more....

- 7:00-8:00PM - Educational Session: Gluten Free Baking
- 8:00-8:15PM - Overview of the S.A.F.E. Food Pantry
- 8:15-8:30PM – Optional: Q&A and Open Discussion

RSVP at: www.safefoodpantry.org