

Eating Gluten-Free at Parties

I have celiac disease.



That means I should not eat foods with gluten.



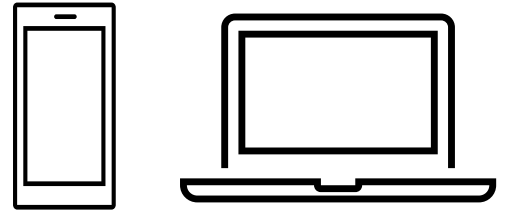
Even though I have celiac disease, I can still go to parties!





Before the Party

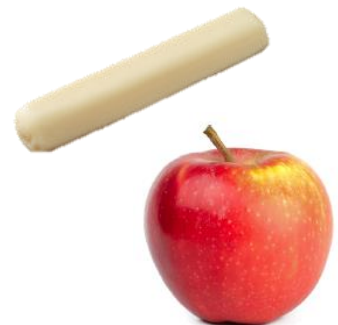
I can contact the host and ask if there will be a gluten-free option.



If there is not a gluten-free option, that is ok!



I can eat a light meal or snack before, so I am not hungry at the party.





Before the Party

I can pack a bag with gluten-free foods to bring with me.



At the Party

I can do lots of things at the party to have fun.



When it is time to eat, I will look for gluten-free options.





At the Party

I will look for options that can be made gluten-free. For example, I can eat a burger with no bun.



I can use apps such as [The Gluten Free Scanner](#) to check if a food has gluten in it.



If I am not sure if a food has gluten in it, I should ask a trusted adult.





At the Party

I will only eat gluten-free foods at the party.



Going to parties is fun!

