

All of those affected by Gluten are invited to attend the Canadian Celiac Association Manitoba Chapter's



Annual Hot Potluck Lunch and Speaker

Winter Support Meeting

Saturday December 2nd, 2023

At the Maranatha Church

910 Sturgeon Road

11:00 a.m. to 1p.m.

We ask that the items food items for the gluten free potluck are prepared in an environment free from cross contamination of gluten. We ask that individuals include the ingredients written out with their food item and a dedicated serving utensil if required.

Please bring a gluten free item for Harvest Manitoba Gluten free food Hampers.

GUEST SPEAKER

Marilyn J. Wells of "MY GLUTENFREE KITCHEN" who is connecting VIA ZOOM to give a gluten free gingerbread baking demonstration!

If you would like to connect via zoom please contact the Manitoba Chapter.



**Vendor Tables will be present: Piccola Cucina and Steeped Tea
Prizes and Raffles**

If you are uncomfortable consuming food prepared by others but still would like to have lunch, you are welcome to bring container of your own food that you can consume on your own while others are eating. Foil will be available for those who wish to take away a plate of gluten free food to consume in a non-public/shared space.