



Gluten Free Eating Basics

Register by Monday, June 4, 2018

To register, email:
lconley@co.somerset.nj.us or online at
goo.gl/uiH1PF.

Fee: \$15 per person

The decision to eat gluten free varies from medical necessity to a dietary choice. Learn about gluten free shopping, dining, cooking and baking. The class is not about whether or not to adopt a gluten free diet outside of a medical diagnosis.

Recipe:

Light refreshments and
tasting gluten free foods
and salad included.



**June 13, 2018
6-9 pm**

or

**June 14, 2018
10 am-1pm**

**Location:
310 Milltown Rd.
Bridgewater**

Family & Communities Health Sciences is a program within Rutgers Cooperative Extension (RCE), which is a division within Human Services of Somerset County. Visit RCE at <http://somerset.njaes.rutgers.edu>.