

THE ULTIMATE *Gluten-Free* HOLIDAY PARTY GUIDE

This email is a subscriber-only exclusive! It was sent on November 26, 2019. We hope it helps you navigate tricky situations for a safe and enjoyable holiday season.

Hey Friend,

Do you ever feel anxious around holiday parties as someone on a gluten-free diet?

A food-focused holiday, family members and friends that don't quite get it, the awkwardness of taking out your own food when you can't eat what's being served ... yikes. But don't worry, I've got some great tips to help you navigate these tricky situations.

Tips for Holiday Potlucks, Meals, and Appetizers:

- **Get to the food first.** Cross contact with gluten can occur when crumbs fall off the hands and plates of gluten-eaters. Utensils can also get mixed up. Make sure to serve yourself first and serve extra - you won't want to go back for seconds.
- **Bring a gluten-free treat to share** (we recommend these [amazing brownies](#)). Take a few to yourself either before you go or right when you unwrap them. After that, they may get cross contaminated with gluten.
- **If a full meal is served, eat beforehand or bring a meal with you.** Personally, I prefer to eat beforehand and enjoy a glass of wine. That way I'm not drawing attention to my 'different' meal.



- When everyone goes silent because they're busy eating during a sit-down dinner (something you would only notice if you can't eat), excuse yourself to the bathroom and **spend a few minutes on [social media](#) in solidarity with gluten free friends** who are experiencing the same!

Alcohol & Holiday Beverages

- **Wine and champagne** are nearly always safe. Cheaper wines with added flavorings should be double checked or avoided. Some wines are sealed in barrels with a wheat flour paste, and this is a popular find in search engines when looking for gluten-free info. In my experience, most wine barrels are NOT sealed with wheat in the USA, and red wine is more likely to be barrel-sealed than white wines or rose wines.

Note: I personally do not call about wines anymore because they have been reliably gluten-free. However I have been glutened by wines twice, but this is over many glasses.

- **Bottled and canned hard ciders** are generally safe as well. Make sure to double check the gluten-free status of any brands you don't recognize - a few add Barley Malt.
- **Gluten Free Beer:** Sadly, there is more and more misinformation about beers that are gluten-free. There are resources saying Corona is gluten-free (it is not), and Omission beers are not safe for people with celiac disease. Read your labels carefully, looking for non-GF grains or disclaimers you don't trust. My favorite reliably Gluten Free beer companies are Glutenberg (the Blonde Ale is a crowd-pleaser) and Ghostfish Brewing.



- **Eggnog, Mulled Wine, Mulled Cider, and more:** If they're homemade and you are sensitive to cross contact, I would avoid them. Talk with your host and proceed with caution.
- **Mixed Drinks:** Things get a little trickier here. Rum (but NOT Bacardi Silver), Vodka made from potatoes, Gin made from potatoes, Tequila made from 100% agave are generally safe. Mixers can also contain gluten, so read labels carefully. I generally recommend avoiding mixed drinks if you are new to gluten free.

Not an alcohol drinker? Bring something you enjoy, like soda, kombucha, etc. I carry a plastic wine glass with me and it's more discreet than drinking out of the original container.

Other helpful tips:

- **Bring extra snacks** in case you decide to stay longer or the food isn't as safe as you hoped.
- **If possible, keep an extra change of clothes in the car.** I do this all the time, and have been very happy to have them once when beer was spilled on me and another time I was covered in crumbs.
- **Show up with a full charge on your phone** for googling the gluten-free status of foods last minute if needed.



I hope these tips help you to enjoy safe gluten-free Holiday celebrations!

Please don't hesitate to send us questions - we are happy to help and are passionate about food celebrations!

Looking forward to hearing from you my friend,

♥ Jamie

p.s. - In case you missed it, our last email included our favorite [Easy Thanksgiving Recipes + Tips](#), our [Top 5 Gluten Free Holiday Travel Tips](#), and a NEW password to our Free Resource Library:

vibrantlygfree.com/free-resource-library

Password: glutenfreetreats20