

Special Thanks

Sponsors and Donors

- ✦ The Fresh Market – Chapel Hill
- ✦ Gluten Free Lifestyle Series
- ✦ Classic Hippie Cafe
- ✦ Patrick Jane's Gourmet Pizza
- ✦ Outside-In Anti-aging Technologies:
Kirsten E Miller Ltd
- ✦ Cameo Edwards

Volunteers

Thanks so much to our wonderful volunteers, who made the planning of this event easier and the execution of it a pure joy. You are much appreciated.

Contributors or Supporters

NC TGIF is grateful for the cooperation of:

- ✦ The Gluten Intolerance Group of North America.
- ✦ North Raleigh Celiac Association - CSA
- ✦ The Gluten-Free Gang of Raleigh-Durham – Facebook Group
- ✦ Joie de Vegan NC

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NC TGIF

NORTH CAROLINA TRIANGLE GLUTEN
INTOLERANCE FAIR

GANYARD HILL FARM
319 SHERRON ROAD
DURHAM, NC 27703
1-6 P.M.



SEPTEMBER 27, 2014

Welcome

NC TGIF Event Schedule

VISIT GENERAL ADMISSIONS TO RECEIVE STICKER PASSES TO ANY AREA

SPEAKERS – General Admissions Area - No food or drink please

~Program will begin after majority of admissions~

- 1:15 PM Debbie Orol – Meaning of Gluten-Free
- 1:30 PM Julie Hutsell-Starling – Healing the Gut – a Common Missing Piece of the Puzzle

- 1:45 PM Cameo Edwards – Journey of a Gluten-Free Business Owner and Cookbook Author

Non-Food Vendors – General Admissions Area – Open duration of event

- ✦ DoTerra International – Deb Orol
- ✦ Exponential Wellness – Julie Hutsell Starling
- ✦ Crave Bakery 10th Anniversary Gluten and Dairy-Free Cookbook
- ✦ Superior Healthcare Physical Medicine – Free Screenings
- ✦ Outside-In Anti-Aging Ltd: Kirsten E Miller
- ✦ Arbonne International – Christina Watts Hayward

Food Sampler Tent open 2:30-5:00 PM - Guided tour demos as follow:

- ✦ 2:30 Primal Food and Spirits - Gluten Free Restaurant
- ✦ 2:45 Mediterranean Deli, Bakery, and Catering –
Gluten Intolerance Group Certified Free Pita Bakery and Deli Items - Pitas ship over the US
- ✦ 3:00 Ada's Cupcakes
- ✦ 3:15 The Produce Box - produce and specialty delivery service - including gluten-free bread
- ✦ 3:30 Old North State Bakery
- ✦ 3:45 GlutenFree with Sarah B - Gluten Free Bakery
- ✦ 4:00 Sonali Birla - Healthful Cookalog - Integrative Health Professional and Cooking Instructor
- ✦ 4:15 Spread: Gourmet Plant Based Cheese- Gluten-Free and Vegan Spread
- ✦ 4:30 Joie de Vegan - Gluten Free and Vegan Bakery
- ✦ 4:45 Vivienne Carosso - Body By Vi and Project 10

PEOPLE'S CHOICE AWARD BAKERS: Joie de Vegan, Ada's Cupcakes, Old North State Bakery, Gluten Free with Sarah B –please vote on slips provided – winner announced 5-6pm

PARTICIPATION IS AT ONE'S OWN RISK – PLEASE CLOSELY SUPERVISE CHILDREN AT ALL TIMES AND USE GOOD JUDGMENT. THANK YOU FOR BEING A PART OF NC TRIANGLE GLUTEN INTOLERANCE FAIR!