

Gluten-Free Restaurant Awareness Program

Updated June 2011



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What is the Gluten-Free Restaurant Awareness Program?

The Gluten-Free Restaurant Awareness Program (GFRAP), a program of the Gluten Intolerance Group of North America, facilitates a relationship between individuals with celiac disease and other forms of gluten intolerance, and restaurants. This relationship builds a win-win opportunity for restaurants to provide service to people following a gluten-free diet, and to gain increased patronage. Participating restaurants are able to provide gluten-free meals from their regular meals. At www.glutenfreerestaurants.org you will find links, directions and other valuable information about each participating GFRAP restaurant.

By working together, using consistent guidelines and listing participating restaurants on one Web site, we are creating a growing network that allows those following a gluten-free diet to socialize and travel with more confidence in dining away from home.

The Gluten-Free Restaurant Awareness Program is funded through donations, sponsorships and grants. We would greatly appreciate your help! Donations to support this program may be sent to:

GFRAP
c/o GIG
31214 124 Ave SE
Auburn WA 98092.

How does the GFRAP work?

Each participating restaurant is provided with specially designed resources, which aid the restaurant in being able to provide gluten-free dining experiences. The materials include gluten-free dietary information, guidelines for managing an allergen-controlled kitchen environment and staff training information. Restaurants choose the level of GFRAP participation. A GFRAP Resource Person is available to offer assistance and answer questions, while the owner seeks to bring his restaurant in line with expectations. Through this relationship, restaurants gain support and knowledge useful in providing persons with gluten intolerance a pleasurable dining experience. Diners needing a gluten-free diet can use this Web site to locate participating restaurants. The Gluten-Free Restaurant Awareness Program™ only suggests possibilities for gluten-free dining. Each diner is ultimately responsible for their dining food selections.

Prospective restaurant information

How will your restaurant benefit from offering a gluten-free menu? -
-Approximately 1 in 133 people have celiac disease. They all require a totally gluten-free diet.

Levels of participation chosen by GFRAP restaurants:

Basic Level: The basic program level includes a complete packet of education and training materials and a review of the restaurant's GF menus.

Advanced Level: The advanced level includes Basic Level materials and GFRAP dieticians will develop GF menus based on purchasing and recipe information provided by the restaurant.

GFFS Level: This level is covered by our Gluten-Free Food Service Accreditation Program. Go to gffoodservice.org for more details. It includes Basic Level materials, Advanced Level developing of menus as well as setting Best Practices in Management, Quality Control and Training.

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- A gluten-free diet is sometimes recommended for other medical conditions.
- Individuals requiring a gluten-free diet have expressed difficulty dining out due to the inability to find safe, gluten-free meals in restaurants.
- Individuals with celiac disease or other gluten intolerances enjoy dining with business associates, friends and family. Because of this, individuals following a gluten-free diet are often asked to select the restaurant.

We invite you to participate in the Gluten-Free Restaurant Awareness Program in an effort to improve the quality of life for people eating gluten-free.

For more information about the gluten-free diet visit www.gluten.net. To become a participating Gluten-Free Restaurant Awareness Program restaurant, e-mail us at GFRAP@comcast.net. Include your name, the name and location of your restaurant(s), and information on how we may best reach you. Please indicate if you are the owner and/or the chef. Or, fill out the application online at www.glutenfreerestaurants.org. A Gluten-Free Restaurant Awareness Program representative will contact you.

What participating restaurants say about the program:

"I am pleased to serve gluten-free selections, because the people who need them are so appreciative."

"With a little bit of care and slight modifications, cooking gluten-free is not so difficult!"

"I was skeptical at first, but having monitored the ordering of the gluten-free menu items, I find it has increased our business 8-10%."

"We started the process with two gluten-free entrees; now we have six gluten-free entrees, three appetizers, and two desserts. Ours is a patron-driven menu."

"I am VERY happy with the GFRAP program. I have someone ordering gluten free every night! I was really surprised at the number of new customers this program brought in. It is great not to have to figure out all the information in the middle of a busy night - which foods the customers can eat and which they cannot. I will soon change all of my menus, so that they all have gluten-free selections. We recently added gluten-free pasta and beer."

"The other day I went to talk to some of my customers – a group of ten. They were from 200 miles away. Gluten-free people like to travel! They found us on the GFRAP Web site."

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Other helpful information is available at www.GLUTEN.net.

Advances in celiac disease are fast-paced. If this document is more than 2 years old, please visit our Web site for updated documents.

This information should not be used to diagnose or treat anemia or celiac disease. For questions about anemia and celiac disease consult your healthcare team when considering this information.

Please consider your local GIG branch as another resource.

Gluten Intolerance Group (GIG)
31214 – 124th Ave. S.E.
Auburn, WA 98092-3667

Phone: 253-833-6655
Fax: 253-833-6675

www.GLUTEN.net
info@GLUTEN.net

GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.



Look for this sign

Restaurants that participate in the Gluten-Free Restaurant Awareness Program can display this sign for patrons. For more information, visit www.glutenfreerestaurants.org

For more information about celiac disease and gluten intolerance, visit WWW.GLUTEN.NET

The materials in the Gluten-Free Restaurant Awareness Program have been reviewed for nutritional accuracy by nutrition experts, under the direction of Cynthia Kupper, RD, CD, Executive Director of the Gluten Intolerance Group® of NA. This information is consistent with the gluten-free dietary guidelines provided by the American Dietetic Association.