



## **Annie Cronin**

### *Gluten Free Advisor*

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## **Introduction to a Gluten-Free Culinary World**

When someone learns they have gluten intolerance, it can feel like their world has turned upside down. Suddenly they are told that the foods they've enjoyed all their lives, like bread, pasta, and desserts, have been poisoning them. The old recipes, foods, and food preparation techniques are off limits. Eating out in a restaurant or at a friend's house is now difficult, if not dangerous. On top of all that, they have to educate their friends and family about their new diet.

But it doesn't have to be scary or overwhelming. Eating gluten free can be easy, manageable, and delicious. **Annie Cronin** will help newly diagnosed people feel normal and start loving food again!

### **About Annie Cronin**

Annie started her business because, over the last 12 years, she learned the hard way how to enjoy a gluten-free life. She is ServSafe certified and has graduated from the Culinary Arts Certificate Program at Boston University. She brings her lifetime joy of cooking for family and friends to helping her clients learn to cook, eat, entertain, and live gluten free.

### **What We Offer People Who Are Gluten Intolerant**

- Cupboard clearing  
*Learn to identify hidden glutens in everyday foods*
- Friends and family education  
*Teach the ones you love about your gluten-free diet*
- Cooking classes  
*Take group classes or private lessons in your home*
- Shopping trips and tips  
*Find out which grocery stores or specialty stores carry gluten free products*
- Online resources  
*Pinpoint the best places for support, information, and gluten-free food*
- Helpful organizations  
*Locate local support groups*
- Best resource books and magazines  
*Discover where to find gluten-intolerance resources in bookstores*
- Guidance in selecting safe restaurants  
*Learn how to have a comfortable, stress-free meal*
- Recipes and cookbook recommendations  
*Enjoy delicious meals and dishes all made without gluten*