

The Association of Friends of the Celiacs

“CROSSED GRAIN”

KRS: 0000345184



Give a **1% tax** to our Association and support our efforts on behalf of the people with the celiac disease

Detailed information can be found on our website:

[www.dietabezglutenowa.pl](http://www.dietabezglutenowa.pl)



We are a “non- profit” organization and we do not conduct any economic activity.

The main aim of our work is to equalize the start and the life chances for the people suffering from the celiac disease.

For the benefit of all the people suffering from the celiac disease and other illnesses that require using the gluten-free diet we are taking up the following actions:

- ✓ We carry out free of charge and professional educational activity in the field of the celiac disease and the gluten-free diet
- ✓ We provide the dietary, culinary, medical, psychological and legal guidance
- ✓ We offer comprehensive support for people suffering from the celiac disease, including financial support
- ✓ We publish books, guides, handbooks and brochures concerning the celiac disease and gluten-free diet
- ✓ We organize as various forms of recreation: summer, winter camps trips
- ✓ We organize a variety of events and well as integration, cultural and festive meetings
- ✓ We cooperate with governmental administration and the local government in order to improve the quality of life and to solve the problems faced by people with the celiac disease because of diet
- ✓ We co-work with the health services to improve health care for the people suffering from the celiac disease
- ✓ Together with the scientific environment we conduct various educational projects in the field of the celiac disease and gluten-free diet
- ✓ We work with the gluten-free food manufacturers and urge them to launch the production of the new gluten-free products



YOU ARE WELCOME TO OUR SITES

[www.dietabezglutenowa.pl](http://www.dietabezglutenowa.pl)

EVERYTHING ABOUT THE CELIAC DISEASE AND GLUTEN – FREE DIET

The service includes, among others:  
- Information about the celiac disease,  
- Information about the gluten-free diet,  
- Tips for persons who use the gluten-free diet,  
- Information about new products on the market,  
- Information about events for people who are on the gluten free diet: holiday trips, social events, meetings and educational workshops.

[www.produktbezglutenowy.pl](http://www.produktbezglutenowy.pl)

LIST OF THE GLUTEN-FREE PRODUCTS

The service includes a constantly updated list of gluten-free products with the information whether the product has been tested for gluten.

[www.bezglutenowakuchnia.pl](http://www.bezglutenowakuchnia.pl)

CULINARY CORNER FOR PEOPLE WHO USE THE GLUTEN-FREE DIET

The service includes a set of proven recipes prepared with gluten-free ingredients.



### REMEMBER!

- If you have problems with gluten-free diet - we will always help you
- Take advantage of what the professional organisation offers you
- The vast majority of our work is free of charge and commonly available

Stowarzyszenie Przyjaciół Chorych na Celiakię „PRZEKREŚLONY KŁOS”

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WE ARE THE ORGANIZATION THAT SUPPORTS PEOPLE SUFFERING FROM THE CELIAC DISEASE AND OTHER ILLNESSES THAT REQUIRE THE GLUTEN-FREE DIET







**THE ACADEMY OF THE CELIAC'S HEALTH** - addressed to the patients and parents of sick children, yearly meetings with the experts in the field of the celiac disease and gluten-free diet, which include: lectures of doctors, nutritionists and food specialists, forum, during which the participants can ask questions to lecturers and meetings with producers of the gluten-free food.

**THE WORKSHOPS OF THE LEARNING OF LIFE WITH THE GLUTEN-FREE DIET** - addressed to the patients and parents of sick children, practical workshops on preparing gluten-free meals and baked goods. Workshops are conducted by practitioners who are the authors of recipes for the people on gluten-free diet.

**THE CULINARY ACADEMY OF THE CELIAC** - addressed to the patients and parents of sick children, workshops on improving the knowledge and skills in the preparation of gluten-free foods and baked goods. Workshops are held in small groups and the participants themselves prepare the food under the supervision of the specialists - renowned chefs

**THE GLUTEN-FREE HOLIDAYS** - summer and winter camps that are based on varied gluten-free diet. For all the participants rich program of events, interesting excursions, active recreation, and great fun are guaranteed. In addition, during the camps we hold cooking workshops and educational meetings with experts in the field of gluten-free diet and celiac disease.

**THE GLUTEN - FREE DREAM TRAVELS** - national and foreign trips with full gluten-free meals provided on site and during the journey.

**WELCOME TO THE SUMMER • FAREWELL TO THE SUMMER** - integration events for children and young people of school age, in which we provide great fun and a gluten-free meal for the participants.

**CLOSER TO THE CULTURE** - common participation in a variety of cultural and entertainment events, to which - depending on the type of the event - we invite suitably adults, adolescents or children.

**THE CHRISTMAS EVE SUPPER • THE EASTER BREAKFAST**- the festive meetings of the members of the Association preceded by the Holy Mass. The meetings have the special festive atmosphere, traditional holiday meals are served, and the participants receive festive treats upon leaving.

**PUBLICATIONS FOR THE PEOPLE WHO SUFFER FROM THE CELIAC DISEASE** – our publications for the people with the celiac disease include:

- Guides about the celiac disease and gluten-free diet,
- Culinary guides for the people who are on the gluten-free diet,
- A list of gluten-free products.



[www.dietabezglutenowa.pl](http://www.dietabezglutenowa.pl)

WELCOME

[www.celiakia.eu](http://www.celiakia.eu)



**THE ACADEMY OF THE LITTLE CELIAC'S HEALTH** - educational meetings about celiac disease and the gluten-free diet aimed at children.

**THE COLOURFUL GLUTEN-FREE KITCHEN** - cooking workshops aimed at children and young people. In the workshops, participants in a fun way learn to prepare the gluten-free meals and baked goods, especially those beloved by children, and gain experience in the kitchen.

**CHILDREN'S GLUTEN-FREE DAY • SAINT NICOLAS GLUTEN-FREE DAY** - special events for children guarantying them a lot of fun among their peers, as well as gluten-free snacks and souvenirs.

**INFORMATION ABOUT OUR OTHER ACTIVITIES CAN BE FOUND ON THIS SITE:**

[www.celiakia.eu](http://www.celiakia.eu)

**THE BEST GLUTEN - FREE PRODUCT OF THE YEAR** - We are the organizer of the only contest aimed at evaluating gluten-free food. The persons selecting the food to be shortlisted are the gluten-free food consumers. For the competition, all the products that fulfill the formal requirements of a gluten-free food are admitted – it is compatible with the European law. The main object of the competition is to develop the gluten-free food production, which is tested for the contents of gluten.

