

**The Gluten-Free Restaurant Awareness Program™ (GFRAP)** is an innovative program that makes gluten-free dining safer and more pleasant for individuals with celiac disease and other forms of gluten intolerance.

Participating restaurants are provided materials on meal preparation in order to provide gluten-free meals to their gluten intolerant guests.

### **What Participating Restaurants Say About GFRAP:**

“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 the ordering of the gluten-free menu items, has increased our business 8 -10%.”

“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.”

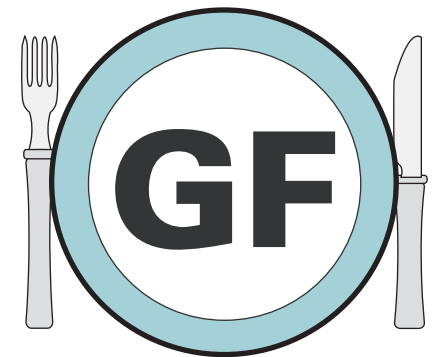
“The other day I went to talk to some of my customers – a group of ten. They were from 200 miles away. Gluten-free people like to travel! They found us on the GFRAP website.”

The Gluten-Free Restaurant Awareness Program™ only suggests possibilities for gluten-free dining. Each diner is ultimately responsible for their dining food selections.



For more information contact GFRAP at:  
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Web: [www.GlutenFreeRestaurants.org](http://www.GlutenFreeRestaurants.org)  
253-833-6655

# Gluten-Free Restaurant Awareness Program™



**A Program of the Gluten Intolerance  
Group of North America®**

## Knowing Your Gluten-Free Customer

- 3 million (1 in 133) people in the USA have celiac disease. A strict gluten-free diet is required for their health.
- 6 million people have other allergies, including wheat. Some of these people choose a gluten-free diet.
- An estimated 6-10 million people with autism spectrum disorders, gluten sensitivities, and other conditions choose a gluten-free lifestyle.
- Individuals requiring a gluten-free diet have expressed difficulty dining out due to the inability to find safe, gluten-free meals in restaurants.
- Gluten-Free diners like dining with family and friends.
- People needing a gluten-free diet regularly seek out participating restaurants for catering or hosting parties and meetings.

## Many National, Regional, and Local restaurants have joined GFRAP

see: [www.GlutenFreeRestaurants.org](http://www.GlutenFreeRestaurants.org)



## How Does GFRAP Work?

Participating restaurants are given resources that aid restaurants in being able to provide gluten-free meals. The materials include gluten-free dietary guidelines, kitchen management tips and staff training. Restaurants choose the level of GFRAP participation.

GFRAP personnel are available to assist restaurants as needed. Dietitians with expertise in the gluten-free diet are also available upon request.

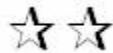
Diners needing a gluten-free diet use the GFRAP website to locate participating restaurants.

### Choose Your Level of Participation



#### The basic program level

includes a complete packet of education and training materials, a review of the restaurant's GF menus, and the assistance of a Resource Person to answer questions.



#### The advanced level

includes 1-star level materials as well as intensive assistance in menu review by qualified nutrition experts.



#### The specialized level

includes 1-star level materials, intensive assistance in menu review by qualified nutrition experts, and a comprehensive restaurant training program approved by GFRAP. This level may be achieved from either Level 1 or 2.

## Please send more about the Gluten-Free Restaurant Awareness Program.

I am a:

Consumer \_\_\_\_\_

Support Group Leader \_\_\_\_\_

Food Establishment Manager / Chef, in a:

Restaurant \_\_\_\_\_ Camp \_\_\_\_\_

School \_\_\_\_\_ Club \_\_\_\_\_

Hospital/Extended Care \_\_\_\_\_

Other \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization / Company Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Website: \_\_\_\_\_