

Get Ready for a Gluten Free Summer



with a little help from your friends at Bakery On Main
[Click here for summertime savings!](#)

Dining Cards



It's hard enough explaining gluten to a busy waitress, never mind one that speaks a different language than you do! Companies like [Triumph Dining](#) and [Celiac Travel](#) make dining cards in

several languages so all you have to do is hand over the card, sit back, relax and enjoy your vacation.

Gluten Free Sunscreen



There's some debate over whether gluten free really matters in cosmetics, lotions, soaps, etc. We think that even if there's a teeny-tiny chance it could end up in your mouth, it's not worth the risk. Check out [Celiac.com's Gluten Free Mall](#) for a good selection.

Gluten Free Guide



Whether you're traveling abroad or just picking up a few things for a picnic in your backyard, it's a good idea to have something in your pocket that makes it easier to determine a product's gluten free status. It could be a gluten free pocket guide, an iPhone app like "Is That Gluten Free?" or any mobile phone with web browsing capabilities.

Emergency Snacks



No matter how prepared you are, armed with your dining cards and pockets bursting at the seams with gluten free guides, you will still find yourself in situations where there is nothing you can safely eat. This is where zip-top bags full of gluten free crackers or pretzels come in handy, or some delicious Bakery On Main gluten free granola bars...go ahead, make those gluten-lovers jealous.

So as the weather warms up, stay smart, stay safe, and keep those taste buds happy!

Thank you,

Michael Smulders
Founder, Bakery On Main