

WHAT TO SAY TO A  
*Party Invite*

**Hello** MY SON/DAUGHTER JUST GOT YOUR PARTY INVITATION. THANK YOU FOR THINKING OF & INVITING THEM. YOU MAY KNOW THAT HE/SHE HAS CELIAC DISEASE, THIS IS AUTOIMMUNE DISEASE WHERE HE CAN NOT HAVE GLUTEN. NOT EVEN A CRUMB. I AM MORE THAN HAPPY TO BRING HIS FOOD. WHAT ARE YOU PLANNING ON SERVING SO I CAN BRING SOMETHING THAT IS SAFE AND SIMILAR. I WILL ALSO PROVIDE A SWEET TREAT SO WHEN YOU ARE HAVING CAKE TIME, MY SON/DAUGHTER WILL ALSO BE PARTYING AWAY JUST WITH HIS OWN TREAT.

I ALSO WANT YOU TO KNOW THAT CROSS CONTAMINATION IS A VERY REAL THING AND TO PROTECT MY CHILD, HE/SHE WILL NOT BE ABLE TO EAT ANYTHING PREPARED OR BAKED IN YOUR HOME. WE CAN ONLY TRUST COMPANIES THAT ARE CERTIFIED GLUTEN FREE.

THANK YOU SO MUCH FOR UNDERSTANDING AND WE ARE EXCITED FOR THE PARTY!

XOX,

*Celiac Mom/Dad*



**CELIAC COACH**

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