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Everything You Want to Know About A Gluten-Free Lifestyle in the State of Florida: Resource Information on Everyday Life for Gluten-Free People

Jennifer V. Spersrud

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Everything You Want to Know About A Gluten-Free Lifestyle in the State of Florida: Resource Information on Everyday Life for Gluten-Free People Jennifer V. Spersrud
Look forward to seeing a book like this for each state! This book is designed to help those people allergic to gluten (wheat, barley, oats, rye and malt). I have structured this book with lists of gluten-free grocery stores, gluten-free health food stores, gluten-free supermarkets, gluten-free restaurants, and gluten-free bakeries in the whole state. Not to mention gluten-free drugs and medications are listed in this book. With this being resource book, it may seem hard to imagine when you will actually use it. However, let's say your family is on vacation and you don't know which grocery store has gluten-free items. You open the book, turn to gluten-free groceries stores, and find the one closest to you. Perhaps you travel for business and you need to find a restaurant to have your meeting, but one of your clients is allergic to gluten. Grab the book and now you have choices! Coming soon for each state, Everything You Want to Know About a Gluten-Free Lifestyle for Children

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