



## Message to Food Bank Volunteer

Greetings!

This shopping bag has been generously donated for someone with celiac disease (or a gluten disorder) by an individual or family who is familiar with the disease or disorder.

The contents of this package should be safe for a person with one of those conditions to consume. The products should be **gluten free** (*no wheat, rye or barley in the list of ingredients or in the Contains statement*). Please do not substitute any items unless you are familiar with celiac disease and food label reading.

Please save this bag for someone who has celiac disease **because their health depends on it**. Even the smallest amount of gluten will make them sick and damage their body.

If you'd like more information on celiac disease or would like to request more donated bags, please visit [www.celiac.ca](http://www.celiac.ca).

Note: CCA does not review the contents of the grocery bags prior to donation and is not responsible for any illness or product quality.

## Message to Client

Greetings!

This shopping bag has been generously donated for someone with celiac disease or a gluten disorder by an individual or family who is familiar with your dietary needs. Enjoy!

The products should be **gluten free** (*no wheat, rye or barley in the list of ingredients or in the Contains statement*).

The Canadian Celiac Association – a national charity dedicated to empowering people with celiac disease - has many **FREE** resources available including a dietitian to help you on your journey.

Visit [www.celiac.ca](http://www.celiac.ca) or call [1.800.363.7296](tel:1.800.363.7296)

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