

# The Gluten Free COOKING EXPO



**Jen Cafferty**

*Founder, Gluten Free Cooking Expo*

*President, Gluten Free Life with Jen*

As founder of the *Gluten Free Cooking Expo* and *President of Gluten Free Life with Jen*, Jen Cafferty is a nationally recognized expert on cooking and living gluten free (GF). She considers it her personal mission to help others who follow a GF diet learn delicious, nutritious and convenient ways to live a happy and healthy GF life. Cafferty, her husband and two children follow a GF diet due to a variety of health concerns, so she has first-hand experience with eating, living and thriving without gluten.

Cafferty founded the *Gluten Free Cooking Expo* in 2008 to introduce Chicago area attendees to some of the leading culinary and health experts in the GF field. In only three years, the *Gluten Free Cooking Expo* has grown to reach over 700 attendees throughout the United States and Canada. Cafferty and her team of notable chefs, cookbook authors and nutritionists present cooking demonstrations and educational sessions. In addition, the two day event includes a *Vendor Fair* with over 50 GF companies from across the country.

Through her award-winning website ([www.gfreelife.com](http://www.gfreelife.com)) and culinary classes, Cafferty teaches others how to prepare healthy and delicious GF meals at home and educates them about the wide variety of GF ingredients that are readily available today in grocery and natural food stores. As a GF dieter herself, Cafferty is a knowledgeable resource on both shopping for GF foods and dining out with dietary restrictions. She consults with numerous food retailers and restaurants to ensure that they are offering the most delicious and safest GF products for their customers.

Cafferty is the National Gluten Free reporter for Examiner.com and the Gluten Free Consultant and Blogger for the American Nutrition Association. She is also a contributing writer for celiac.com, The Special Foods Group and allergysense.com. She has published several e-cookbooks and many of her delicious recipes are available at [www.gfreelife.com](http://www.gfreelife.com).

Cafferty is extremely active in the GF community in Chicago. She serves as the Branch Manager for The Gluten Intolerance Group (GIG) of Greater Chicago, which is comprised of four local branches throughout the Chicagoland area. In addition to providing a support network and resources for adults, GIG of Greater Chicago also supports children and their families as they learn to live gluten free. More additional GIG resources visit [www.chicagoglutenfree.com](http://www.chicagoglutenfree.com).

For more information or to schedule an interview, contact Jen Cafferty at [jen@gfreelife.com](mailto:jen@gfreelife.com) or 847-217-1317.