

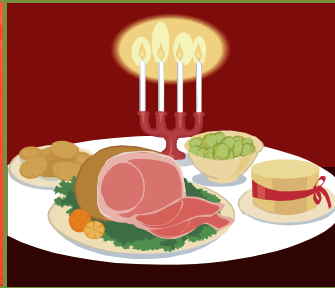
Fish Bones of Danville wishes you all a Very



Living with out Meeting December 13<sup>th</sup> 2010 at 6:00pm

All of our meetings are held at Fish Bones. We welcome you to come and share in the fellowship and Sampling .

Fishbonesdanville.com 111 Sandy Ct. Danville VA. 434-799-9699



## Allergy-friendly tips for enjoying hospitality and good times.

Living with food allergies you will always have concerns when navigating the social scene. Fortunately, there are ways to safely celebrate the Holidays following a few easy precautions.

Call your Host well in advance and politely let your host know about your food allergies. Ask about the menu, be specific in what you can and cannot have. Educate your host about cross contamination so your host won't get offended if you find you have to decline part or all of the meal.

Arrive early, this way you can offer to help and you can see how the food is being prepared.

Eat Before you go, this way if you can't eat what is being served you won't be hungry and disappointed.

Bring your own, bring something you can eat and share with others, this way you know you will have something to eat.

Go first, if they're serving buffet-style, try to be the first in line. This will help to avoid any potential contamination for scattering ingredients and mixing up the spoons.

Don't have time, to make something? Go to Fish Bones and pick up some of our gluten free salads. We also have gluten free dips that we can prepare for you with advance notice. If there is any way we can help you with your holidays entertaining please let us know.



## Open House December 13<sup>th</sup> for our L.W.O. Group.

Doors will be open from 6:00pm to 7:00pm

The table will be set with a Christmas Party theme,

with party food and appetizer ideas!

### We will be sampling

- Baby coconut shrimp
- Grilled salmon with a dill sauce,
- Turkey pot pie.
- Creamy cheesy potato soup
- Crispy Christmas trees
- Chocolate peanut sweetie
- Fruited Swedish tea ring

All of the dishes that we make are gluten free, some will be dairy free.