



Napa Valley, California

LET'S TALK ABOUT THE TWO BED AND BREAKFAST INNS IN THE UNITED STATES:

Do you like wine? Then a trip to the **Inn on Randolph** in downtown Napa Valley, California, is a must. Guests stay in stunningly renovated rooms or private cottages complete with expertly manicured landscaping and all the modern conveniences. Have a seat on one of the outdoor spaces perfect for appreciating the breathtaking scenery or stop by the onsite spa for a rejuvenating treatment or two. Gourmet breakfasts, made with fresh and local ingredients, feature two courses, beginning with homemade granola and fresh-made yogurt paired with seasonal fruit or homemade baked goods, followed by a hot entree. Whatever your pleasure, the Napa Valley region delivers a vibe of rest and relaxation that tantalizes the senses with its wine country charm.

The **Riverside Inn** transitioned to a gluten-free environment in July 2012 and remains the first and only bed and breakfast inn in New England offering a safe experience for gluten-free guests. Serving as their headquarters for exploring nearby North Conway, the surrounding Mt. Washington Valley and White Mountain National Forest, the three-story Victorian-era home in Intervale, New Hampshire, hosts guests in one of the lovingly restored rooms complete with cozy fireplaces. A full country breakfast greets guests every morning, curated from local eggs and vegetables, seasonal fruits, regional honey and herbs from the inn's garden, served with homemade breads and baked goods like English muffins or coffee cakes. The sounds from the East Branch River combined with the beauty and serenity of the landscape create a tranquil and relaxing getaway.

Travel to the 100 percent gluten-free hotels and inns in the United States and abroad

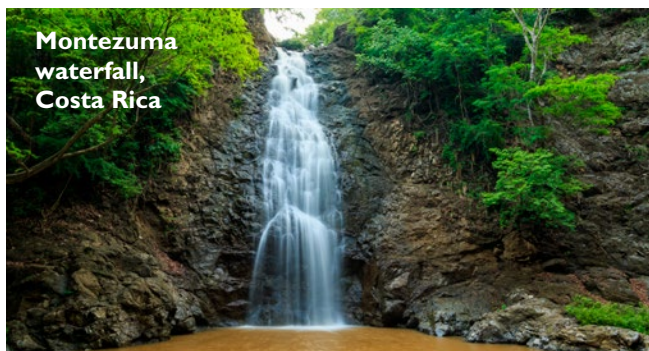
A new study, conducted by OnePoll on behalf of Travelex, investigated the travel habits of 2,000 Americans and discovered that they spend 284 days every year thinking about vacations. Why? Because a vacation represents an escape from the daily grind and a time to create lasting memories. We research, poring over reviews and travel recommendations before taking that plunge to book airfare, hotels and activities, ensuring we can get the most out of a trip.

While some people may travel with the intent of having an adventure, 52 percent of Americans say relaxing is their top priority when choosing a

destination. And for people with celiac disease, one of the keys to being relaxed on vacation is their gluten-free food. In fact, many plan their vacations around where they want to dine.

Why not visit one of the five 100 percent gluten-free travel destinations (in the United States and abroad) and leave the gluten-free cuisine to the professionals?

Yes, there is such a creature as a dedicated gluten-free hotel with exceptional food and accommodations. We found two bed and breakfast inns and three hotels where great care is taken to ensure the cuisine is 100 percent delicious and free of gluten.



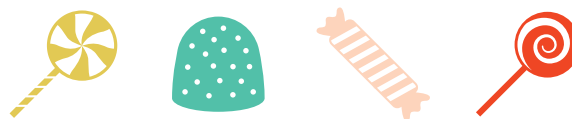
NOW ON TO THE INTERNATIONAL LOCATIONS:

Located in the tropical beach town of Montezuma in Costa Rica lies the **Anamaya Resort**, offering 100 percent gluten-free and organic meals prepared by Chef Jeff Horton with local and natural ingredients. Anamaya is Sanskrit for good health, and this exotic resort delivers a true sensory experience with incredible ocean views from eco-friendly and open-air cabanas, soothing sounds from the Montezuma waterfall, and stunning views of the surrounding rainforest. Known for its yoga classes, Anamaya puts its guests in touch with their bodies and minds, creating an ideal location to recharge and relax while immersed in nature. Rates include accommodations and three daily meals.

The chefs at **Tauber's Bio Vital Hotel** In South Tyrol, Italy, are trained to prepare all gluten-free dishes with great care to guarantee 100 percent safe organic and gluten-free dining experiences. Fresh, homemade pastries are paired with breakfast, and homemade breads accompany the four to six course evening meals. The menus, which rotate daily, are full of gorgeous world-class cuisine. Each room in this boutique hotel (that looks like a castle) uses natural woods and chemical-free materials to create a welcoming space. Take advantage of the outdoor activities of hiking in the summer or skiing in the winter; then head over to the spa for a steam in the sauna or soak in the outdoor pool. The family-owned hotel succeeds in delivering an unforgettable experience from start to finish. Rates include accommodations and three daily meals.

By the end of August 2019, guests will be able to travel to the city of Parella in the Piedmont region of northern Italy for a stay at the **Villa Vigne di Castello**. Parella is about 30 minutes north of Turin, one and a half hours from Milan and an hour's drive south to the Italian Alps, where you can pretty much ski year-round. The bed and breakfast inn is owned and operated by Jackie and Mama Jim, the same team who run Mama Jim's Gluten Free Kitchen food truck in Arizona. The property overlooks the restored Castello di Parella, now called Vistaterra, and features a vineyard, lush landscaping, private gardens and a cantina for the daily cocktail hour. There will be six guest rooms with modern conveniences, some with private terraces, and breakfast will be included with a stay with the option of adding lunch and dinner. Jackie and Mama Jim are taking their food concepts created for Mama Jim's to Italy, giving guests a taste of their cultural backgrounds of Mexican, American, Indonesian and Italian cuisine. Their motto is to "provide comfort food without the discomfort!"

If only we could take five vacations a year, we would be all set.



Top 5 naturally flavored candies for Easter baskets

The search for dye-free candies to fill Easter baskets is upon us, and I am so thankful for the brightly colored delights created by caring companies for children and adults alike. With sweet and sour, hard and chewy, and eye-catching creations, these companies have replaced the artificial candies of the past with healthful versions that taste even better.

Here are our top picks (in no particular order) for companies producing product lines with only natural ingredients, so everyone can enjoy Easter (and every day) in sweet, sugary goodness!

THE LOVELY CANDY COMPANY only uses non-GMO and natural ingredients to create its vast line of sweets that deliver on taste and texture. Choose from: caramels, sweet and sour gummies, fruit chews, hard candy, lollipops and juicy chews in tropical and traditional flavors like cherry, apple and mango. And their chocolate offerings are equally intriguing with honey patties, dark and milk chocolate pretzel balls and dark chocolate-covered almonds and espresso beans.

There is no added sugar, sugar alcohols or artificial sweeteners in **SMARTSWEETS'** plant-based candy. Swedish fish, sour gummy bears, fruity gummy bears and sour blast buddies boast vibrant colors and flavors from only natural sources and are produced on lines free of peanuts, tree nuts, milk and wheat.

The jelly beans from **SURF SWEETS** and its naturally flavored candies, including gummy bears, gummy worms and watermelon rings, are a fabulous treat any time of year but especially during Easter. These allergen-friendly treats are made with organic fruit juices and organic sugar and are free of the top 10 most common food allergens, artificial colors and corn syrup. Produced in a nut-free facility, the candy offers traditional flavors choices of cherry, lemon, strawberry, grape, orange and grapefruit to delight the young and old.

Celebrate the spring season with **WHOLESOME'S** adorable bunny-shaped lollipops in lemon, strawberry and watermelon. And while you're at it, its cinnamon gummy bears, DelishFish, and fruit chews are perfect for rounding out that Easter basket. Made with organic cane sugar, they have bright flavors and colors derived from vegetable juices. They're also free from gluten, dairy, nuts and high-fructose corn syrup. Clean treats at their finest!

What started with lollipops has expanded into a natural and organic empire of hard candies, bite-size licorice, gummy bears and worms, chewy fruit snacks, and sour twists and beans. Using the simplest ingredients, flavors and colors, **YUMEARTH** has created a line of candy that tastes like it should.



Flying the friendly skies: Packing tips for the 21st century

When it's time to board a flight to a much-needed vacation destination, packing the right foods and tools goes a long way to relieve anxiety.

A trip to the store solely for snack foods and ready-to-eat meals that will keep hunger away during the flight and once you arrive is paramount. No need to be caught off guard and unnecessarily hungry if your flight gets delayed or during a layover.

Here are our best tips for enjoying a safe and tasty flight full of gluten-free food and relaxation.

PRE-BOARDING

If possible, ask to pre-board the flight and use antibacterial wipes to clean the seat, seatbelt, armrests and tray table. Germs are everywhere, but so are crumbs from whatever the person before you consumed, which may have contained gluten. Start the flight free from the anxiety of transferring gluten to your hands and the gluten-free food you have packed.

RESEARCH IT: AIRPORT RESTAURANTS, GRAB-AND-GO FOOD AND SNACKS

A quick search for gluten-free options

at the airport is a must. You might be surprised what you find and can nosh on before your flight. Depending on the length of the flight, it may be a good idea to eat a full meal, and it can't hurt to grab an extra snack or two before boarding.

PACK IT: FOODS AND TOOLS TO PACK IN YOUR CARRY-ON

I pack a full meal in my carry-on, complete with dessert, to keep me full during the flight. I keep it fresh by packing a sandwich, hard boiled eggs, fruit, pretzels and a homemade muffin. Delta Airlines offers gluten-free snack mix from Pretzel Perfection and Kind Bars, but not

all airlines are as accommodating. Make sure to also pack reusable utensils, napkins, condiments and a reusable water bottle that gets filled before boarding, because it can take a while before beverage service begins.

PACK IT: FOODS TO PACK IN YOUR SUITCASE

Packing isn't just about what foods to pack and eat during the flight; it is also about what you are going to eat once you land. Pack foods that travel well and can tide you over until you get to the hotel. Start with shelf-stable options like cereal, nuts (I put these in my suitcase because the chance of a passenger being allergic to nuts is high), protein bars, jerky and dried fruit. Packing instant soup cups, ready-to-eat-meals, snack packs, instant oatmeal and a loaf of your favorite bread along with nut butter and jelly equals perfection when you must eat in the hotel room

because jet lag has taken you down and you aren't up to going out to eat. Also remember to pack resealable bags and bag clips to keep food from going stale or spilling.



PACK IT: OVER-THE-COUNTER MEDICINE

It is easy to get caught up with food packing and forget to pack those needed over-the-counter medicines. Make sure your carry-on includes pain relievers, eye drops, inhalers, sinus pills, anti-nausea medicine, motion sickness medicine,

cough drops, etc. Traveling to another time zone and climate can trigger allergies or an asthma attack with coughing or itchy eyes. And if the flight has been turbulent, motion sickness medicine

can save the day. Wearing a pair of acupressure wrist bands can also alleviate the symptoms of motion sickness. Those resealable bags come in handy to create an ice pack if motion sickness medicine fails. Put an ice pack on the back of your neck, recline, turn up the air and relax as the nausea fades away.

My carry-on also includes a sleep mask, soft jacket, ear buds, phone charger and a book in case I can't find a movie to watch or, gasp, the flight doesn't have movies. Coming prepared to the airport starts the trip out on the right foot and ensures you arrive relaxed and ready to create memories.

News Editor Jennifer Harris is a gluten-free consultant and blogs at gfgotoguide.com.



Enjoy our delicious GLUTEN FREE MUFFINS any time of day, individually wrapped for on-the-go convenience!



Look for us
in your
grocer's
freezer!

Certified
GF
Gluten-Free

4 - 1.75 OZ (50g) MUFFINS
NET WT 7 OZ (198g)

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NET WT 7 OZ (198g)

4 individually wrapped
READY-TO-EAT muffins

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READY-TO-EAT muffins

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