

PRESS RELEASE

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Carol Kicinski, gluten free TV chef, to appear at Gluten & Allergen Free Expo in Phoenix/Glendale



Gluten free TV chef Carol Kicinski, in her fifth season on NBC-based *Daytime TV*, will make a special appearance at the Gluten & Allergen Free Expo at the Renaissance Glendale Hotel & Spa in Glendale, Arizona on Saturday, February 22 and Sunday, February 23. The event runs from 9 a.m. to 3 p.m.

“The Gluten & Allergen Free Expo in Phoenix is a great expo to attend,” Kicinski said. “The Phoenix area is beautiful and the people are very supportive and involved in the gluten-free lifestyle.”

Kicinski will be at the Simply Gluten Free magazine booth for a meet and greet, where she will be available for autographs and photos. Kicinski’s best-selling cookbooks will be available for purchase, as well as subscriptions to Simply Gluten Free magazine.

Kicinski is the founder of Simply Gluten Free, which began as a website in 2007 that has since become one of the top gluten and allergen free sites in the world, with more than 950 recipes with more than 775,000 hits monthly and more than 160,000 unique visitors per month. Kicinski then published two successful cookbooks and wrote articles and recipes for more than 650 newspapers and magazines across the country.

In November 2012, Kicinski launched *Simply Gluten Free* magazine, a gluten and allergen free lifestyle magazine that has become wildly popular in America’s health food stores and national chains such as Whole Foods and Barnes & Noble. The magazine is a media sponsor for the Gluten & Allergen Free Expo.

Tickets are \$15-25 for general admission, \$10-15 for seniors and free for kids under 10 years old and for active military. For more information about the Gluten & Allergen Free Expo, visit www.gfafexpo.com.



About Carol Kicinski:

Carol was diagnosed with gluten intolerance more than 20 years ago. In addition to her popular website, she is also in her fifth season as a monthly syndicated gluten free chef on NBC-based WFLA-Tampa Bay’s *Daytime TV* show. In November 2012 she launched *Simply Gluten Free* magazine, which has now become the most popular gluten and allergen free magazine in America.

Simply Gluten Free can be viewed at www.SimplyGluten-Free.com

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