

PRESS RELEASE

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Contact: Malory Speir,
Editorial Coordinator
Company: Simply Gluten Free, Inc.
Phone: 727-738-5735
malory@simplygluten-free.com

Carol Kicinski, gluten free TV chef, to appear at Gluten & Allergen Free Expo in San Francisco Bay Area, January 25-26

Gluten free TV chef Carol Kicinski, in her fifth season on NBC-based *Daytime* TV, will be appearing at the Gluten & Allergen Free Expo at the San Mateo County Event Center in San Mateo, California on Saturday, January 25th and Sunday, January 26th. The event runs from 9 a.m. to 3 p.m.

The meet and greet will take place at the Simply Gluten Free magazine booth, where Kicinski 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.

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.

Simply Gluten Free began as a website in 2007 that has now risen to 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.

Kicinski makes several appearances a year at gluten free expos and events. This event will be her first in 2014. Stop by to discuss the world of gluten free with Carol this weekend.

Admission is \$20-33 for adults, \$15-25 for seniors and \$5-7 for kids 3-12 years old. The event is free 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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