

# Seven Day Challenge Report Card



The stomach aches you have been having have gotten worse. Your doctor just confirmed you can not have gluten. Any gluten makes you very ill and you're finding out gluten is in EVERYTHING! What are you going to do with your daily cooking, and your Food Storage? This is a very common thing for many of our readers, and we hope that today is a day of sharing ideas and encouragement for those who face this in real life. You never know when you may need to help someone who has specific dietary needs.

**Today's Goal: Learn about gluten free cooking and food storage.**

## Daily Evaluation Questions (Things to Ask Yourself)

- Take a few minutes and think about how a gluten-free diet would impact your daily life AND your emergency preparations/food storage
- Have you considered having things on hand to help people outside of your family who may have special dietary needs? What could you keep on hand?
- How hard was it to find out if foods contained gluten?

## Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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