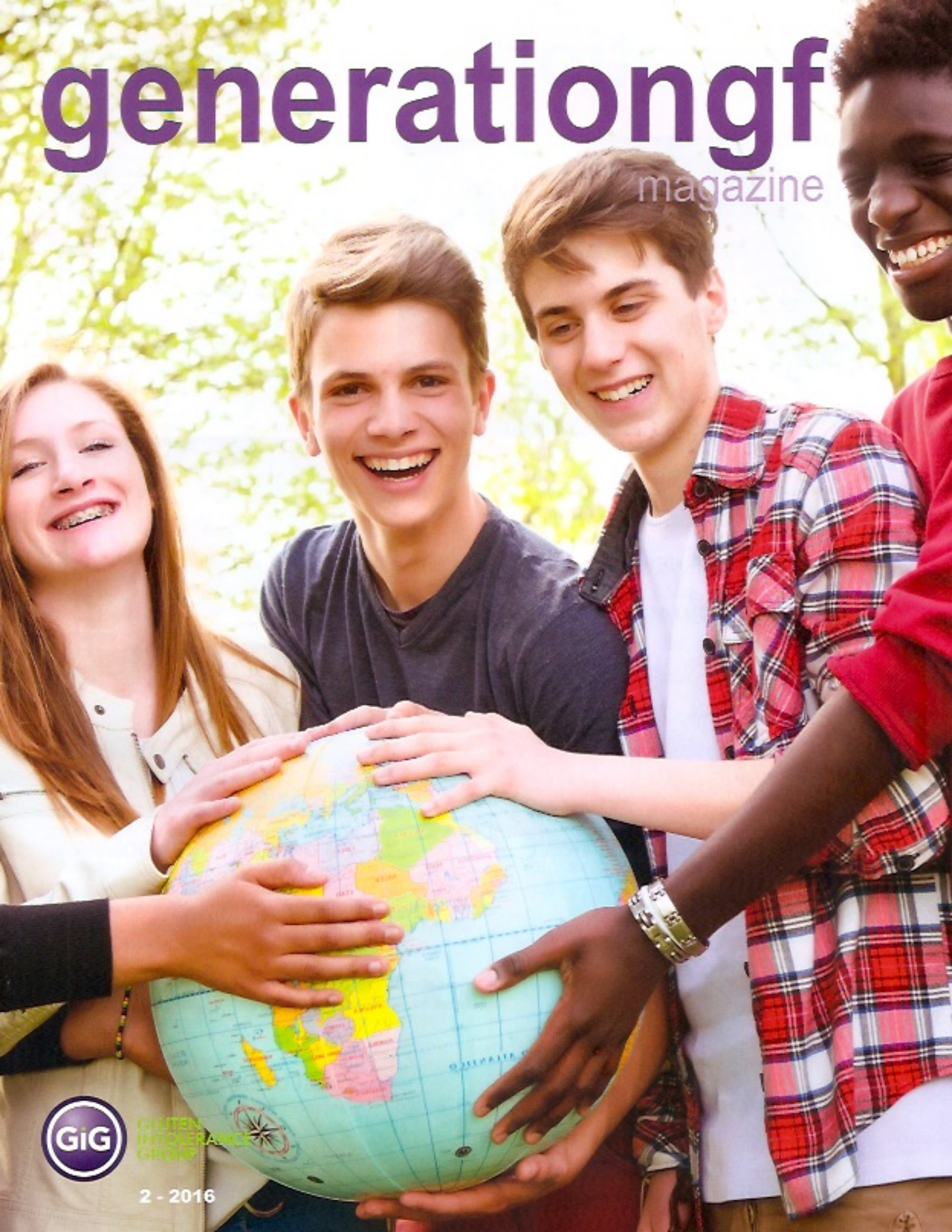


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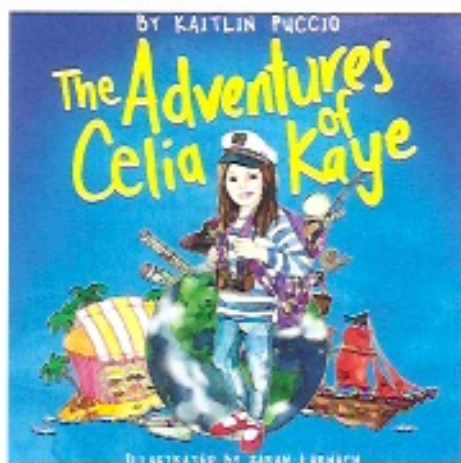


GLUTEN
INTOLERANCE
GROUP

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Meet Kaitlin Puccio, Author of "The Adventures of Celia Kaye"



Kaitlin Puccio is a writer and a filmmaker. She has always been a storyteller, and while she was in college at New York University she started to explore big ideas through creative writing. Kaitlin has written a short film, a feature film, a novel, two children's books, short stories, poetry, and articles on celiac disease. We asked her what inspired her to create Celia Kaye, a story about the adventures of a celiac girl with a big imagination.

"I was tested for celiac disease and went gluten-free almost four years ago," says Kaitlin. "At the time I didn't understand much about celiac, so I started researching and learning as much as I could about it. I decided to share my experience and my knowledge with others by writing for The Huffington Post, but I wanted to reach a younger audience as well. I wrote "The Adventures of Celia Kaye" in order to provide a role model for children with celiac disease or other food allergies/intolerances.



In school, Celia Kaye's friends were all sharing the joy of school lunches. When their Cindy asked Celia Kaye if she wanted a vanilla cupcake, Celia Kaye looked away.

The book does deal with celiac disease, but it is at its core an adventure book. It was fun to follow Celia Kaye on her adventures and give her such an exciting imagination."

Kaitlin hopes that kids who read the Celia Kaye adventures and who are struggling with any kind of difference, like having celiac disease, will understand more about it and will find it easier to cope. She says that at first Celia Kaye didn't want anyone to know that she had celiac, but she came to learn that she could have a lot of fun with it by being creative.



Look for more Celia Kaye stories in the future as Kaitlin is currently working on a sequel and is looking to turn the Celia Kaye stories into an animated TV show. You can buy "The Adventures of Celia Kaye" wherever books are sold online--on Amazon, Barnes and Noble, Indiebound, etc.



I'm Gluten-Free Too!

This is Celia Kaye. She is gluten-free and the stories of her exciting experiences can be found in *The Adventures of Celia Kaye*. Let's find out more about her!

How old are you and how long have you been gluten-free?

I'm still in single-digits! I can't imagine what it's going to be like when I reach double-digits, but I have lots of time before then. I've only been gluten-free for a little while. Just before this school year started I learned I couldn't eat gluten. I couldn't eat first-day-of-school cupcakes, but my mom gave me special snacks that I could have at snack time.

Are you the only person in your family who needs to be gluten-free?

My dad does too. My mom told me that celiac is genetic, and I'm just like my dad. My mom doesn't need to eat gluten-free foods, but she

does anyway sometimes because they're tasty. She likes Ocean Bakery cupcakes even though they're made without wheat flour. We ate them for breakfast one day!

What do you like to do for fun?

I like to explore new lands and make important discoveries. One time I went all the way to France and met a King. When I grow up I want to be an adventurer.

Do you have a favorite gluten-free food or snack?

Martian crackers are my favorite! They're made on Mars. The martians can't throw them far enough to get them all the way to my house, so whenever they make more for me, my mom has to pick them up from the top of the highest mountain in the world.

Do you have any advice for kids who are just starting their gluten-free diet?

At first I was scared that my friends wouldn't like me because I was different. Sometimes it's hard for me to remember what I can't eat, so I don't trade snacks anymore at snack time. It used to make me sad, but now I think it's cool. I am the only one who brings special snacks, and everyone wants to try some because they're different.

Now I know that my friends don't care that I'm different, they care that I'm me! So I wouldn't worry about being different from your friends, because real friends, like my best friend Cindy, won't mind one bit. Plus, if you tell your friends that you can't eat certain things, they might even help you remember!