



News Release

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Healthier Steps Cookbook Author Michelle Blackwood will be Presenting: Understanding Food Sensitivities at the Main Library

(Lancaster) June 26, 2015 – Gluten-free cookbook author, Michelle Blackwood will be presenting Understanding Food Sensitivities at the Fairfield County District Library, Main Library, 219 North Broad Street, Lancaster on Thursday, July 9, 2015 at 6:30 p.m. Blackwood will discuss the difference between food allergies and food intolerances and how you can uncover the hidden allergies in food. Blackwood's book *Healthier Steps* presents over 125 plant based recipes that are free of wheat, rye, barley, milk, cheese, butter, eggs, gums or refined sugar. Blackwood prepared these recipes during her travels to Europe and the Caribbean as well as while she was living at a missionary college for over 10 years. Her recipes include tips for preparing gluten-free breakfasts, lunches and dinners.

Ms. Blackwood will have copies of her cookbook for sale as sponsored through the Friends of the Fairfield County District Library.

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