

the
Gluten Free
Food Festival[®]



CANTERBURY 2025

FESTIVAL DIRECTORY

Festival Features

Over 60 exhibitors

Coeliac New Zealand workshops

...and more

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IN PARTNERSHIP WITH



Festival Features



Master new skills
in the
Masterclass
Kitchen!



Attend free
informative
workshops



GF cookie
decorating and
more for the kids!



Discover
crossed-grain
logo businesses



Make festival
memories in the
photobooth!



Find new recipes
and share your
own!



Live Music

Enjoy live music
(Saturday only)



Watch Kelly Gibney,
sponsored by
Griffin's Snacks



Your breakfast,
lunch, and early
dinner sorted!



Coeliac
New Zealand

Workshops & Seminar Schedule

*Gluten Free Family Picnic and
Chat with Coeliac New
Zealand*

Friday 5.00pm - 6.00pm

*Living Gluten Free - The
Pathway from Diagnosis to
the New Normal - S1*

Saturday 10.30am - 12.00pm

*Living Gluten Free - The
Pathway from Diagnosis to
the New Normal - S2*

Saturday 1.30pm - 3.00pm

During the Gluten Free Food Festival, Coeliac New Zealand will be hosting FREE seminars and workshops. We welcome participants to join in the discussion, allowing for an opportunity to collectively share thoughts, ideas, and strategies to support each other in the coeliac community.

Our aim is for participants to come away with tools and strategies to help support them to live well and flourish with coeliac disease.



Food Demonstration by Griffin's Snacks

12.15pm in the Coeliac New
Zealand workshop area

Learn tips and tricks for gf desserts and treats in this food demonstration hosted by Kelly Gibney, an Auckland-based cook, food stylist, photographer and mother of two. Over the last decade, her recipes and photography have appeared in Dish Magazine, Fashion Quarterly, NZ Herald, and Stuff. She's also collaborated with many of New Zealand's most-loved food brands.

Kelly has appeared on TV3 and TVNZ and you'll regularly hear her on RNZ. Kelly's background was previously in hospitality in New York, Melbourne and Auckland. She's been a judge for Metro Magazine's "Restaurant of the Year" awards and enjoys hosting and MCing food and hospitality industry related events.

Her debut cookbook **WHOLEHEARTED** was released in 2017. Her second book, **ENJOY:** food worth sharing with the people you love, was released in 2023 and has been shortlisted for both an NZ Booklovers Award and a PANZ Book Design Award.

Masterclass Kitchen

Gluten Free Sourdough with The Ferment Kitchen

Saturday 10.00am

Homemade Gluten Free Sourdough can be simple and delicious!

In this session we will cover looking after your starter bug so it thrives, gluten free flours, starches & binders and baking simple no-knead bread.

Sourdough bread is pre-digested and the nutrients in the grains have increased bio-availability - it really is baking your own superfood!

Please bring a jar so you can take some sourdough starter home.

Gluten Free Scones with Alternative Bread Co

Saturday 1.30pm

Join us for a hands-on Gluten Free Masterclass and unlock the secret to baking light, fluffy, and irresistibly delicious gluten-free scones! Perfect for bakers of all skill levels, this workshop will guide you step-by-step through creating scones that rival even the gluten-filled classics. Embrace your gluten-free living with this class packed with tips, tricks, and techniques to elevate your baking game.

We'll use our Alternative Bread Co Bread Mixes as the base, showcasing their versatility while giving you the confidence to create your own baking magic at home. Enjoy a relaxed and fun environment, with plenty of opportunities to ask questions and learn from a gluten-free baking expert.

By the end of the session, you'll leave with freshly baked scones, a foolproof recipe, and newfound confidence in the kitchen.

Masterclass tickets are \$30pp. Some tickets may be available on the day.

Head to the Masterclass Kitchen to enquire.

Photobooth

**Make some memories at the Gluten Free Food Festival!
Jump in the photobooth, grab a gluten free prop or two, and
have some fun!**

Photos can be emailed or airdropped to your device.





Kids' Zone

Kids deserve to be able to enjoy themselves without worrying about gluten too! Here in the Kids' Zone you'll find a variety of activities and workshops just for the kiddies (under 12) to enjoy.

Gluten Free cookie decorating, activities, games, and facepainting (Saturday only) will be available for the kids to pop in at their own leisure - the kids' zone will be a great place for them to hang out and get to know other gluten free kiddies!

The Kids' Zone will operate during both the Firday preview session and the Saturday main day.

Kids' Zone FAQs

Q. Do I need to book my child in for the cookie decorating?

A. No, we are operating it on a "drop in" basis. There are 30 kid seats available so space shouldn't be an issue.

Q. Can I leave my child alone at the Kids' Zone?

A. That is entirely up to you. However the Kids' Zone is not a babysitting service, we will only have one staff member on to supervise. No liability will be accepted from either the staff member or Sapphire Events Ltd for the behaviour and whereabouts of your child/ren.

Q. Does the facepainting cost?

A. No! We're operating this for you free from charge. The facepainter will be on site from 9am - 2pm on Saturday, and will paint on a first in first serve basis





Goodie bags will be available from the Info Desk for \$25 (and for pre-purchase pick-ups).

Contents will vary, and will be a combination of the brands shown above. Enjoy!

Festival Prize

Be in to win an epic festival prize comprising of more than 35 gluten free products and vouchers!

Scan the QR codes at the entry, and fill in your details to enter.

Spot Prizes

Spot prizes will be given away to a few lucky visitors!

A.
Allergywise - CNZ2
Alternative Bread Company - CNZ6
AURY Acai - C7

B.
Badass Brownies - B1
Bennetto Natural Foods - D5
Bin Inn - A8
Black by Whyte - D2
Blue Frog Breakfast - F3

C.
Cannonhill Gourmet - F8
Castle Rock Fine Foods - F6 & F7
Coeliac New Zealand - CNZ1

E.
Eat Choice - C8 & C9
Eden Orchards - E7
Eris Studios - A7

F.
FOG Food -B3
Fogdog Limited - F6 & F7
FoodArtScience - D7
Foragers Honey - A9 & A10
Fudge by Hopkinsons - A3

G.
GF Treets - CNZ7
Gluten Free by Bubbles - F1
Gluten-Free Goods Online Store - F6
Griffins - E1

H.
Howler Hotdogs - CNZ7
Hunter Gatherer Gourmet - F2

J.
Jack Marco Dumplings - D8 & D6
JonJon Bakeries - C1

K.
Ka kā wā Confectionary - A4
Kea Cookies - B2
Kiki Seed Cracker Mix - E5
Koé Cheese Bread - A1

L.
Lucy's Gluten Free - CNZ3

M.

3 Monkeys Kettle Corn - B5
Mediterranean Foods - E4
Mushroomate - F6 & F7
Mylk Made - E9

N.

Nicely Sauced - D3
Nosugarhouse - F4

O.

OCHO - CNZ5

P.

Pa Hill Produce Ltd - F6 & F7

R.

Rainbow Candy Floss - C10
Rainbow Kitchen - B4
Remarkable Cream - E3

S.

Select Seeds - D4
Selwyn Council - A2
Sugarhouse - F4

T.

The Crafty Weka Bar - E6
The Friendly Food Co - E8
Thermomix - C6
Totally Gluten Free Bakery - A5

V.

Venerdi - A6

Y.

YUM Granola - A11

Food Trucks.

3 Monkeys Kettle Korn
Bangkok Wok
Coptic Orthodox Church
Delicious Dosa
Fush Face Limited
Kiwi Espresso
OMG! Decadent Donuts
Rollicious Vietnamese
The Coffee Lady 2021 ltd

Door Prices

Adults

18 years and over

\$17 +fees

Teens

13 - 17 years

\$14 +fees

Children

12 years and under (under 3 free)

\$3 +fees

Card Payment Only

We hope you enjoy your visit to The Gluten Free Food Festival, and hope to see you again next year!