

## Gluten-Free Food Options at the Iowa State Fair

This year two Iowa Celiac support groups, the Des Moines Celiac Support Group and the Fort Dodge Celiac Support Group, have combined efforts to develop a list of vendors who have some type of food/drink option for those dealing with food allergies or health related issues. They sent a survey out to all Iowa State Fair concessionaires inviting them to have menu items included.

*This information was provided by the individual concessionaires. It is not an all-inclusive list of gluten-free foods on the Fairgrounds. As with any diet limitation, we encourage you to ask questions of the vendor as you decide what food options are best for you.*

Vendor	Location	Gluten-Free Foods (no wheat, barley, rye, oat, malt flavoring)	Gluten-Free Beverages (no wheat, barley, rye, oat, malt flavoring)	Low Sugar or Lactose-Free Items	Space dedicated to prepping food for dietary restrictions? (clean grill/tools, counter space, storage)	Can you or are you willing to accommodate a person with special food need if they request such preparation?
Iowa Pork Tent	Two locations: On Grand Ave near Heritage Village; On Rock Island Ave	IA Chops, Pork Chops on a Stick, Pork Loin, BBQ Pork & Burgers w/o Bun,	Water, Pepsi products, Ice Tea	All Pork Products	Yes	Yes
Iowa Fruit Vegetable Growers	Ag Building – west side of main floor	Dill Pickles		none	No	No
Midwest Dairy Association	Two locations: Dairy Barn on Rock Island Ave; Main floor of Ag Building	Ice Cream	Milk, Shakes	Milk (low sugar)	No	Yes
Hill Concessions	Grand Avenue in front of VI Building	All	Coke products	All products; Low sugar-Diet Coke	Yes	Yes
Turkey Time Concessions	North Side Triangle; South Side of Riley Stage; North Side of Grand Ave in front of Grandstand; Stalling Barn - Open Arena	Grilled Turkey Tenders, Smoked Turkey Leg	Strawberry Smoothies		No	
Moonlighting Concessions	Walnut Square; North Side of Grand West of DNR Bldg; Heritage Village; East of VI Bldg. by Farm Bureau Park; SW corner of Livestock Pavilion; front of V.I. Bldg.		Lemonade		No	No