

CONTACT:
Lisa Williams
773.665.0430
lisanwilliams@rcn.com

Allergen-Free Safe & Sound Dinner Saturday September 12

Based on the success of her previous allergen-free dinners at the Cooking and Hospitality Institute of Chicago, and Carnivale (photos attached), Lisa Williams, of **Lisa Cooks Allergen Free** hosts another *Safe & Sound Dinner* from 1:30 to 3:30 p.m. Saturday, September 12 at DaLuciano's Restaurant, 8343 West Grand Avenue, River Grove, Illinois.

Lisa Cooks Allergen Free *Safe & Sound Dinners* challenge local chefs to create a complete, multi-course dining experience free of gluten, and as many of the 8 most common food allergens as possible: dairy, wheat, eggs, soy, fish, shellfish, peanuts, tree nuts. Dinners are served family-style, open to the public, and require advance reservations.

Following her own diagnosis of multiple food allergies, Lisa now helps other "allergenistas" learn to cook, shop, and dine their way around Chicago allergen-free with her popular website www.LisaCooksAllergenFree.com, and blog www.LisaCooksAllergenFree.blogspot.com.

The September 12 Safe & Sound Dinner at DaLuciano's is \$50 per person. For reservations and more information visit www.LisaCooksAllergenFree.com or call 773-665-0430.

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