

TAMING OF THE SPRUE



Denver Metro • Chapter #17 of CSA/USA, Inc. • Celiac Sprue Association/United States of America, Inc. • www.denverceliacs.org
January 2012

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No Oats at Meetings

In consideration of newly diagnosed members and those unable to tolerate oats, please do not bring snacks that contain oats.

Newsletter Editor Needed!

Good with graphic design? Doesn't matter if it's in Word, Quark, Publisher or what program you use! We are looking for a new editor for our Taming of the Sprue newsletter. Our current editor is moving out of state, and we need someone to start with our March issue. If you're interested, please reach out to president@denverceliacs.org.

Save the Date - Cooking & Tasting Demo

Thursday, February 2, 2012 @ 7:00 PM
The First Plymouth Congregational Church
Plymouth Hall
3501 S. Colorado Blvd.
Englewood, CO 80113



We have a very fun evening planned. The owners and chefs from Last Crumb Bakery will be with us doing a cooking and tasting demo of several gluten free courses. The Last Crumb Bakery is a local Denver bakery started by two women after they found out that they both had Celiac Disease. They did not want this to stand in their way of their love for baking. Come and taste some of their wonderful gluten free products and learn some new cooking recipes. This bakery has one of my favorite gluten free flour blends on the market; so if you are having issues converting your favorite recipes, their flour might be for you. Don't miss out on this fun evening!!

December Meeting Recap

By Katie Uhlenbrock, Vice President, Programs

Another Snow Storm – we do not have much luck with the weather for our cookie exchange but regardless of the weather we had a great meeting! Thanks so much to all of you who journeyed out on that very cold, snowy winter day. We had a very fun evening which started with a great presentation from Maria Gordon. Maria is a personal trainer, dietician, and the owner of Plate 2 Plate Nutrition where she helps guide people to a healthier lifestyle. She shared several wonderful healthy holiday recipes with us and tips on how to get through the holidays without giving up on healthy eating. See inside this newsletter for some of her recipes. After Maria's presentation we had a fun cooking demo and tasting from Meals in a Minute. This company started here in Colorado and they have developed some wonderful gluten free sauces to help make cooking gluten free tasty and flavorful. To learn more about these great sauces and recipes visit the website at <http://mealsinaminute.com>.

Thank you to everyone that brought cookies to share, they were wonderful! See some of the wonderful recipes that came from this meeting in this newsletter.

A very special thank you to Crunch Burgers and Juice Plus+ who were our other wonderful vendors for the evening. Also Katz Gluten Free sent us lots of wonderful gluten free goodies!

Recipes from the December Meeting from Maria Gordon

African Bean Soup

Sweet potatoes and peanuts are familiar ingredients in many African cuisines. In this colorful soup they are combined with garbanzo beans and other vegetables and served over cooked rice. Makes 8 servings.

1/2 cup water
3 Tbsp. reduced-sodium/gluten-free soy sauce
1 onion, sliced
2 small sweet potatoes or yams, peeled and diced (about 2 cups)
1 large carrot, thinly sliced
1 celery stalk, thinly sliced
1 red bell pepper, seeded and diced
1 15-ounce can crushed tomatoes
4 cups Vegetable Broth or water
1 15-ounce cans garbanzo beans, undrained
1/2 cup chopped fresh cilantro
3 Tbsp. peanut butter
1-2 tsp. curry powder
4 cups cooked brown rice

Heat water and soy sauce in a large pot. Add onion and sweet potatoes or yams and cook over high heat, stirring often, until onion is soft, about 5 minutes. Add carrot, celery, and bell pepper. Cover and cook 3 minutes, stirring occasionally. Add tomatoes, broth or water, beans and their liquid, cilantro, peanut butter, and curry powder. Stir to mix, then cover and simmer until vegetables are tender when pierced with a fork, about 10 minutes. To serve, place 1/2 cup of cooked rice in a bowl and top it with a generous ladle of soup.

Quinoa Stuffing Recipe

Serves: 8
Prep Time: 20 minutes
Cook Time: 4 hours (in turkey)

1 cup quinoa, rinsed
2 cups water
1 onion, chopped
1 pound fresh mushrooms, sliced
2 apples - peeled, cored, and chopped
1/4 cup pine nuts
1/3 cup raisins
2 cloves garlic, minced
1 teaspoon salt
1/4 teaspoon ground black pepper
2 teaspoons poultry seasoning

Place the quinoa and water in a large, microwave-safe bowl; cover. Cook on HIGH for 20 minutes. Stir the onion, mushrooms, apples, pine nuts, raisins, garlic, salt, pepper, and poultry seasoning in with the quinoa. Pack lightly into uncooked turkey. Roast turkey as directed.

Mushroom Rosemary Gravy

6 Tbsp. sorghum flour
7 Tbsp. olive oil
1/4 cup onion, diced
1/4 cup carrot, diced
1/4 cup celery, diced
2 tsp. dried rosemary
2 tsp. dried thyme
1 cup mushrooms, thinly sliced
3 cups vegetable stock
2 Tbsp. Gluten Free soy sauce
1/2 tsp. honey
Salt and pepper to taste

Sautee mushrooms in 1 tablespoon olive oil until browned and liquid is evaporated. Set aside. Make a roux by heating 6 tablespoons of olive oil in a heavy skillet at medium/high heat. Add 6 tablespoons of flour, one at a time, stirring constantly. Cook 5 to 7 minutes until flour is lightly browned. Add onion, carrots, celery and dried spices to roux. Lower heat and cook for 2 to 3 minutes. Slowly stir in the stock, 1/2 cup at a time, blending as you go. Add soy sauce, honey, mushrooms and vegetables. Stir and cook for 15 minutes over medium/low heat until sauce is thickened.



Pecan Delights

1 cup sifted TIANA coconut flour
1/2 cup butter
1 cup brown sugar
4 eggs
1/2 teaspoon vanilla
1/8 teaspoon salt
1 1/2 cups grated or flaked coconut
3/4 cup pecans, chopped

Mix together butter, sugar, eggs, vanilla, salt, coconut and pecans. Stir in coconut flour. Drop batter in spoon sized mounds 1 inch apart on greased cookie sheet. Bake at 375 degrees for 14 to 15 minutes or until lightly browned. Cool slightly and remove from cookie sheet. Makes about 2 dozen cookies.

Maria Gordon's Recipes continued

Cranberry Dark Chocolate Chip Scones

2 ½ cups blanched almond flour
1 teaspoon arrowroot flour/starch
1 teaspoon xanthan gum
½ teaspoon salt
½ teaspoon baking soda
½ cup grapeseed oil
¼ cup brown sugar
2 large eggs
½ cup unsweetened cranberries
½ cup dark chocolate chips

Preheat oven to 350 F. Spray cookie sheet with cooking spray. In a large bowl, combine almond flour, arrowroot flour, xanthan gum, salt, and baking soda. In a medium bowl, whisk together grapeseed oil, brown sugar, and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined, and then add cranberries and dark chocolate chips. Drop the batter, in ¼ cups 2 inches apart onto baking sheet. Bake for 15-20 minutes, until golden brown or a toothpick inserted into the center of a scone comes out clean. Let the scones cool on baking sheet for 5-10 minutes, then transfer to cooling rack and cool completely for about 30 minutes. Makes 12-16 scones.

2011 Cookie Exchange Recipes

Here are just a few of the recipes from our 2011 Cookie Exchange. More can be found online on our website at denverceliacs.org

Crispy Peanut Butter Balls

(The hit of this year's cookie exchange!)

Ingredients:

2 sticks butter, softened
3 ¾ cups powdered sugar
3 cups Gluten Free Rice Krispies Cereal
2 (8 oz.) large Hershey Candy Bars (I have always ended up using at least twice this amount because I like to make the balls a single bite size, so I get well over 100 from a recipe. If you make a large ball, you will not need as much dipping chocolate)

In a large bowl, blend together butter, peanut butter and sugar until smooth. Fold in cereal, stirring as little as possible, to prevent cereal from being crushed too much. Roll batter into ¾" to 1" balls and place on waxed paper – I prefer to make them small enough so you can pop a whole one in your mouth. Melt candy bars (break into pieces and microwave until melted—be very careful not to overcook, or chocolate will turn into a grainy mess. Stir after the first minute of cooking on High, then keep stirring every 15 seconds until all is melted.)

I use 2 forks to dip the balls in the chocolate, dipping one at a time. HINT: the chocolate will adhere much better, with less mess and dripping, if you freeze the balls before dipping them – then take out about a dozen at a time to dip. When the warm melted chocolate meets the frozen ball, the chocolate will harden around it much quicker.

Place the ball into the chocolate and roll it around to coat, using the forks to push it around. Place one fork underneath the dipped ball and lift it out of the chocolate, using the other fork to run across the bottom of the fork holding the ball, scraping away the excess chocolate as it runs off.

Drop the ball onto waxed paper; repeat until all balls are dipped. Let balls set, to allow chocolate to harden again, before storing them in a covered container, with wax paper between layers. Note: The rice crispy cereal in these tends to get 'soggy' if left out at room temperature, so I store mine in a covered container in the refrigerator, taking them out just before serving.



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Celiac Sprue!**

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303-215-0390

Body In Balance Chiropractic
755 Heritage Road #110 Golden, CO 80401
www.bodyinbalancechiropractic.com

Raspberry Meringue Kisses

(2nd most popular this year!)

3 egg whites
¾ C. sugar
1/8 tsp. salt
1 tsp. vinegar
3 ½ Tbsp. raspberry gelatin (dry)
1 C. miniature chocolate bits or chips

Beat egg whites with salt until foamy. Add raspberry gelatin & sugar gradually. Beat until soft peaks form & sugar is dissolved. Mix in vinegar & fold in chocolate chips. Cover cookie sheets with aluminum foil. Drop from teaspoon onto ungreased foil. Bake in 250 degree oven for 25 min. Turn oven off & leave cookies in the oven 20 min. longer. Yield: 8 dozen

St. Bon's Café Gluten Free Spritz Cookies

1 ½ C. margarine
1 Cup sugar
1 tsp. baking powder
¾ tsp. xanthan gum
¼ tsp. salt
1 egg
½ tsp. almond extract
1 tsp. vanilla
3 ½ C. GF flour blend

Preheat oven to 350 degrees. Beat margarine on medium to high speed for 30 seconds. Add 1 cup of the flour, and all of the sugar, egg, baking powder, vanilla and almond extract. Beat until thoroughly combined. Beat in remaining flour. Force unchilled dough through a cookie press onto an ungreased cookie sheet. Bake 8 to 10 minutes or until edges are firm but not brown. Cool cookies on a wire rack. Makes about 84. Add your favorite food coloring for Christmas colored cookies.



Burger King is reporting that their new fries are gluten free! Be sure to confirm that each location uses a dedicated fryer. Then enjoy!

Pecan Cookies

½ C. butter, softened
1 ½ C. buckwheat flour
½ C. sugar
¼ tsp. baking soda
¼ C. packed brown sugar
1 C. chopped pecans
1 egg
1 tsp. vanilla

Preheat oven to 375 degrees. Cream butter and sugars until well mixed. Add egg and vanilla; mix well. Add buckwheat flour, baking soda and pecans, stir until combined. Roll dough into 1-inch balls. Place 2 inches apart on cookie sheet. Flatten cookies with the palm of your hand. Bake 10-12 minutes or until edges are brown. Cool 1-2 minutes on the cookie sheet. Move cookies to a cooling rack to cool completely.

Dark and White Chocolate Chip Cookies

2 ¼ cups gluten free flour
¾ C. granulated sugar
2 tsp. xanthan gum
¾ C. packed brown sugar
1 tsp. baking soda
1 tsp. vanilla extract
1 tsp. salt
2 large eggs
1 C. (2 sticks) butter, softened

Preheat oven to 375 degrees. Combine gluten free flour, xanthan gum, baking soda and salt in small bowl. Beat butter, sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheet. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



Membership Information

By Donna DeVisser, Database Manager

Did you notice something odd with the mailing labels of the last issue of the Taming of the Sprue? You may have noticed odd expiration dates, out of date addresses, out of date name changes or perhaps you received a hard copy of the newsletter even though you had received it by email. Here's an explanation: Our printer accidentally used the mailing list from November of the previous year! Once we figured out the problem, our printer quickly sent a second mailing to those people who had not received the first mailing. This month's newsletter should have the most accurate expiration dates for your membership. As always, if you have any questions about your membership, please contact Donna at database@denverceliacs.org. For those of you who receive the newsletter by email, I send out emails informing you of your impending membership expiration.

CSA News from the 34th Annual Conference in San Diego

By Joan Van Loozenoord, Chapter Librarian

Many of you may not know that our Denver Metro Celiac Sprue Association (CSA) chapter is one of many CSA chapters throughout the six regions in the United States. We are in Region 6, which includes chapters and resource units in California, Utah, Nevada, Arizona, New Mexico, Colorado, and Hawaii. Much of the work of CSA/USA is accomplished by volunteers who serve as board members, officers, and committee members to supplement the work of the small contingent of paid CSA staff who operate the toll-free support line (877)CSA-4CSA and administer the CSA Recognition Seal Program. I encourage you to join the national organization in addition to the Denver chapter. Your membership in the national organization includes, Lifelines, a quarterly publication. Our chapter library contains a few copies of Lifelines. The governing board of CSA which consists of a director and a member-at-large for each of the six regions, as well as the CSA officers, conducted a meeting during the conference which was open to all conference attendees. This is the one "in-person" board meeting held annually—a minimum of five other meetings are held via conference call during the year.

Continued on next page

Do we have your current email address?

Even if you choose not to receive your newsletter by email, we are asking for your email address. We send out important timely information about once a month. This is information we feel you should have and that can't wait for the next issue of the newsletter. If you haven't received any emails from our chapter in the last month or so, then we do not have a current address. Please email Donna at database@denverceliacs.org with your current email (be sure to include the first and last name of the member so I can match it up with the correct person).

Can you claim gluten free food on your taxes? From Newsday.com

My son was recently diagnosed with Celiac disease. He's allergic to gluten. Gluten-free foods are so expensive! I've heard I can claim the cost of his food on my taxes because it's medically necessary. Is that true?

Yes. But the deduction is less helpful than you think. Find out if you have access to an employee benefit called a medical flexible spending account. It can save you money by letting you buy your son's medically required food with pretax dollars. Regarding your question, if you itemize deductions, the extra cost of gluten-free food is a medical deduction. If a loaf of bread containing gluten costs \$2.89, for example, and gluten-free bread costs \$6, the extra \$3.11 is deductible. And if you must travel to a special store to buy gluten-free food, the cost of transportation to and from the store is deductible. But you can only take medical deductions to the extent that your total unreimbursed expenses exceed 7.5 percent of your income. If you earned \$75,000 annually, for example, you could only deduct medical expenses in excess of \$5,625. A flexible spending account is a better deal. You tell your employer how much of each paycheck you want to set aside for uninsured medical expenses. These contributions reduce your taxable income; they aren't subject to federal, state or payroll taxes. As you incur uninsured medical expenses, you submit the receipts to your employer or insurance company, and you're reimbursed from your account. If you're in the 25-percent federal tax bracket, your total federal tax saving is about \$33 for each \$100 in expenses. But don't contribute more to the account than your anticipated expenses; by law you forfeit any money you don't spend in the calendar year.

The bottom line: Unreimbursed medical expenses are tax deductible only if they exceed 7.5 percent of your income.

Speaking Gluten Freely

A very special thank you to Debbie Knapp of Vitamin Cottage and our contributing members for providing the invaluable information below to our members.

Please remember to read labels - even on products that you are familiar with! Products may not remain gluten-free and ingredients statements and manufacturer disclaimers can change at any time.

- Amy's new GF products include Lean Bowl Sweet 'n Sour Asian Noodle and Lean Entrée Roasted Polenta w/ chard.
- Coconut Secret chocolate-covered coconut candy bars are also dairy-free and organic.
- Dandies vegan marshmallows are also GF.
- Glutino now makes a bagel chip snack; Original and Parmesan Garlic.
- Hilary's Eat Well has a frozen quinoa/millet burger.
- Julian's Recipe GF frozen pancakes come in 3 flavors- Belgian Chocolate, Buttermilk and Wild Blueberry.
- Kettle Cuisine frozen soups now includes Thai Curry Chicken.
- Mama Chia GF energy drink made w/ soaked chia seeds is agave-sweetened and a refrigerated item; in Blackberry Hibiscus, Cherry Lime, Cranberry Lemonade and Raspberry Passion.
- Mediterranean Foods has a variety of Baked Lentil chips and crackers.
- Nature's ALL Foods - GF, Kosher, organic, raw and vegan freeze-dried fruit snacks are available in Banana, Mango, Pineapple and Strawberry.
- Nature's Path Envirokidz GF Chocolate Crispy Rice bars now in a treat-sized, big bag.
- Pacific Foods new nondairy milk has added a 7 grain variety which CONTAINS WHEAT. In the product list under Dairy it reads Pacific Foods Milk – ALL GF EXCEPT Original Oats. This new product can be added there as an exception.
- Paleo People grain-free granola bites snack is made w/ fruits, nuts and seeds and comes in 4 flavors.
- Rhythm Super Foods has 5 flavors of Kale chips, also new organic sweet potato chips in Hickory BBQ and Sea Salt.
- RP's refrigerated GF pasta has an excellent chewy/fresh texture.
- Simply Organic additional baking mixes are Devil's Food Cake and Pizza Crust.
- Tandoor Chef frozen Indian meals include Chicken Pad Thai, Chicken Tandoori w/ Spinach, Masala Dosa with a vegetarian filling rolled in GF pancakes, Mutter Paneer – an entrée, rice and side of vegetables and Palak Paneer.
- Bennett's Tartar Sauce is GF.
- Imagine new boxed gravies in a 16 oz. aseptic carton are Roasted Turkey, Savory Beef and Vegetarian Wild Mushroom.
- The Farmers Market at Deby's GF Bakery is now Friday and Saturdays from 9 – 3.

CSA News – Continued from page 5

The updated CSA website (<http://www.csaceliacs.info>) was launched during the conference and contains a wealth of information. During the conference, members of many chapters shared information at the Making a Difference Forum about activities of the local chapters.

Also, the annual CSA Membership meeting was held during the conference which included a review of the budget and election of officers. The membership voted to change the dues structure to allow for a reduced fee for those desiring to receive Lifelines electronically instead of a mailed paper copy beginning in January 2012.

Much of the discussion this year at the conference centered on the FDA request for comments on the gluten-free labeling standards. Surveys and the discussions led to a CSA unified response to the FDA. CSA's position is that gluten-free should refer only to products free of gluten at 5 parts-per-million (ppm) testing level which is the current requirement for products displaying the CSA Recognition Seal. You can read the entire letter that CSA sent to the FDA at: http://www.csaceliacs.info/csa_2011_letter.jsp.

Also a joint letter was drafted after the conference and submitted by CSA, Canadian Celiac Association, Celiac Disease Foundation, Gluten Intolerance Group of North America and the National Foundation for Celiac Awareness to the FDA stating the organizations' preference for a single "gluten-free" definition which would apply to all items testing below the gluten level chosen by the FDA, including naturally gluten-free products which are free of cross contamination as well as other items meeting the standard. The joint letter stated the willingness of all the organizations listed to share in the education role as the new regulation is implemented.

Denver Cel-Kids Holiday Decorating Party

By Heidi Lyster, Cel-Kids

We would like to thank all the Cel-Kids families that joined us for the Holiday Cookie Decorating Party. We especially would like to thank Monica with Deby's Gluten Free for opening her store to us and providing the cookie kits. The following two pages are photos from the party.

Please mark your calendars for our next event which will be our Valentine's Day Party. All families are invited to celebrate and enjoy a Prince and Princess themed Valentine's Day Party at The Old Spaghetti Factory (1215 18th St., Denver, CO 80202), Saturday February 11th at 11:30 am. A special gluten free lunch menu will be provided.

Please bring your special stuffed animal as your Valentine and come dressed up as your favorite prince or princess. We are asking each child to bring 25 Valentine's Cards with their name only on them. Reservations are required and must be submitted by February 5th. You can make your reservations at celkids@denverceliacs.org or watch for our Evite coming soon.



Denver Cel-Kids Holiday Decorating Photos



Chapter Board Members & Neighborhood Resource Contacts

President - Karen Cranford
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president@denverceliacs.org

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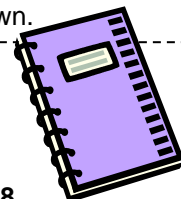
Below are the resource contacts in neighborhood areas in the Denver-Metro area as well as resource contacts throughout Colorado. If you have questions or are not sure which area corresponds with your neighborhood, please contact Jerrine Hicks at 303-688-1327 or email Jerrine at vpmembership@denverceliacs.org.

Neighborhood Contacts	Contact(s)	Phone	Email
Denver City and County	Laura Determan Debbie Allen	(303) 757-3982 (303) 782-4841	laddet@msn.com deb@webdeb.com
Westminster, Commerce City, Brighton, Northglenn, Thornton	OPEN POSITION- If you are interested in this position, please contact Jerrine Hicks at vpmembership@denverceliacs.org		
Centennial & Greenwood Village (W/I25), Englewood, zips: 80120,21,22	Cathy Curtiss	(303) 771-8029	cathycurtiss@q.com
Lakewood	OPEN POSITION- If you are interested in this position, please contact Jerrine Hicks at vpmembership@denverceliacs.org		
Aurora, zips: 80231 & 80247	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge, Zips: 80021 & 80212	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
Centennial & Greenwood Village (E/I25), SE Aurora, Parker, Elizabeth	Becca Konen	(303) 693-3795	beccakonen@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
Golden, Evergreen, Morrison	Maura Putnik	(303) 278-9044	mputnikre@gmail.com
Other Colorado Area Contacts			
Berthoud	Bill Eyl	(303) 772-3155	billeyl@yahoo.com
Boulder	Barbara Sanford	(303) 499-7259	barbarasanford@comcast.net
Boulder County (CSA Chapter #138)	www.bouldercountyceliacs.org		bouldercountyceliacs@yahoo.com
Colorado Springs	Marie Pizzolatto Ginger Ludwig	(719) 572-0548 (719) 598-6748	celiacfamily@yahoo.com ginglud@aol.com
Ft. Collins	Judy Bushnell	(970) 493-9674	jabms@frii.com
Grand Junction	Kathye Holland	(970) 255-0511	
Greeley	Mary Grauerholz	(970) 352-6122	mcholz@aol.com
Lafayette/Louisville	Beth Macht	(303) 665-7558	elizabethwm@yahoo.com
Longmont	Tiffany Jakubowski	(303) 834-8685	
Loveland	Dave Shaw	(970) 669-4233	davshaw49@comcast.net
Greeley/High Plains (Chapter #147)	Monica Hupalo		hupalo@comcast.net

Gluten-Free Food Product Guide

The 2011 GF Product and Restaurant List is now available. It can be purchased at Chapter Meetings for \$7.00. To have a copy mailed to you, send the form below along with a check made out to Denver Metro Chapter #17 in the amount of \$10.00 (which includes postage) and mail to Don Smith at 3379 Mill Vista Rd., #4116, Highlands Ranch, CO 80129

Our intent is that the Gluten-Free Products List will make your grocery shopping, cooking, and snacking easier. It should also eliminate some of the risks to your health caused by "mystery" ingredients. The products have been reported to be gluten-free by the companies that manufacture and process them. Keep in mind that, in spite of careful research, we can never guarantee that a product is completely gluten-free. This is not a comprehensive listing of all GF products available. Continue to read labels to watch for ingredient changes, and to discover more gluten-free foods on your own.



2011 GLUTEN-FREE PRODUCTS LIST ORDER FORM

Please include a check made payable to: Denver Metro Chapter #17

Mail this form to: Don Smith, 3379 Mill Vista Rd., #4116, Highlands Ranch CO 80129, (303) 794-7258

Qty: _____ x \$10.00 (price includes postage) = \$ _____ Total

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Gluten Free, Goodness Loaded



Rudi's Gluten-Free Bakery bread is certified 

but very worthy of your ♥. Each delicious slice has real fresh-bread taste to make the whole ☺ happy, bring a ☺ to your day and add ☺ to your life.

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www.rudisbakery.com



Membership Application Form/Renewal Form

Join, Renew or Give the Gift of Membership to Denver Metro Chapter #17 of CSA/USA

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. **To join, renew your membership or give the gift of membership, please choose one of options below.** Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization. If you're currently a member receiving a newsletter via USPS, your membership expiration date is on your mailing label. Questions? Reach out to Donna DeVisser at database@denverceliacs.org or 303-973-4613.

☐ New Member ☐ Renewal ☐ I want to give a gift of membership

Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and the form below to: Donna DeVisser, 2675 Van Gordon Drive, Lakewood, CO 80215-7001 or visit our website at www.denverceliacs.org to join/renew online.

Member Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Email: _____

Gift Giver's Name (for acknowledgement) _____

Please send my Newsletter by Email: _____ Have you received a Celiac Disease Information Packet? Yes / No

Looking for a Speaker on Celiac Disease?

The medical education committee of the Denver Metro Chapter of CSA offers presentations about Celiac Disease and the gluten-free diet to any audience - community groups as well as health care providers. We are especially interested in educating health care providers. Please help us accomplish this by mentioning this educational opportunity to your health care providers. For more information, contact Diane Moyer, M.S., R.D. at 720-560-3734 or by email at dietitian@denverceliacs.org or DHMoyer720@yahoo.com.

DON'T FORGET!

Don't forget you can get more news, information and tips on our website, at denverceliacs.org



Introduction to Celiac Disease and the Gluten Free Diet

This 3 ½ hour class offers an introduction to the gluten free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, reading food labels, how to stock your kitchen, eating out and more. **Presented by Diane Moyer, M.S., R.D.** Individual nutrition counseling is also available, specializing in Celiac Disease. For more information, call 720-560-3734.

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA, INC
DENVER METRO CHAPTER #17
2675 VAN GORDON DR.
LAKEWOOD, CO 80215-7001

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DAIRY FREE CHEESE



15% OFF
ANY FOOD PURCHASE

Valid at participating locations only. Please present coupon with order. One coupon per table. Not valid with any other offers or discounts. Not valid with groups or parties. Please call ahead for take out. Expires 3/31/12.

Participating Locations

Arvada **WiFi**
7805 Wadsworth
303.420.8376

Denver **WiFi**
2710 S. Colorado Blvd.
303.758.1519

Ft. Collins **WiFi**
100 N. College Ave.
970.498.8898

Boulder **WiFi**
2690 Baseline Road
303.554.5312

Evergreen **WiFi**
Downtown Evergreen
303.670.2744

Idaho Springs **WiFi**
Historic Downtown
303.567.4376

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BeauJo's Journey

*We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich hoagies are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beau Jo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warranty that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beau Jo's nor the Gluten Detectives at On The Menu, LLC assume any liability for the foods offered.