

TAMING OF THE SPRUE



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

November 2013

Please be advised that the opinions of the authors whom contribute their articles to our newsletter are not the opinions of the Denver Metro CSA Chapter 17.

News & Updates & Calendar	Pg 1
Cel-Kids Network	Pg 2
How To Find GF Medication	Pg 3
Neighborhood Nosh THANK YOU'	Pg 4
Neighborhood Nosh – Nov & Jan	Pg 4
Educational Presentations	Pg 4
How to reach the local GF market	Pg 4
Cel-Teens Group	Pg 5
Ask the Dietitian	Pg 6
Cel-Tweens Group	Pg 7
Gluten Free Gallop Recap	Pg 8
Love In the Time of GF Sensitivity	Pg 9
New GF Products	Pg 9
Misunderstandings of GF Alcohol	Pg 10
Top 9 of 25 GF Colleges	Pg 11
FDA's GF Rule: The Fine Print	Pg 12
RECIPE: 7 Layer Dip	Pg 13
RECIPE: Coq Au Vin	Pg 13
Membership Sign Up Form	Pg 14
Denver CSA Contacts	Pg 15

**HAPPY HOLIDAYS FROM
DENVER CSA!!!**

WE NEED VOLUNTEERS!

The following board positions are coming available soon:

VP Memberships

Secretary

Cel-Teens Coordinator

Please email

newsletter@denverceliacs.org if you are interested in any of these roles.



SAVE THE DATE!!

December 4th @ 7:00 pm

Annual Cookie Exchange w/

Guest Speaker: SARA VOLLMER

The First Plymouth Congregational Church

Plymouth Hall, 3501 S. Colorado Blvd.

Englewood, CO 80113

Across the country, people are raving about Sara and her comedic take on the day-to-day challenges of living a gluten-free lifestyle. Sara will be sharing her personal experiences with celiac disease through her lecture entitled: *I am a Delicate Flower*.



Join us for this amazing evening filled with fun, laughter and tons of holiday treats!

Contact: VPprograms@denverceliacs.org for any questions.

King Soopers Health & Wellness Expo

The Denver CSA was asked to take part in the King Soopers Health and Wellness Expo at the Convention Center on October 5th. There were more than 200 exhibitors at the expo, including food, vitamins, nutrition, naturals, organics and more. There were also health screenings, alternative medicine doctors, skin & oral health consultants, tools to living gluten-free, a Kid's Corner activities area and more. We hope you were able to come say Hi to us at the Denver CSA table in the Gluten Free section of the event, but if not I have been told that King Soopers will be doing the event again next year. This year they brought in several celebrity speakers including Dr. Oz so it will be exciting to see whom they bring in next year. There were roughly 6,000 people at the event at any given time so it was a good turnout. We enjoy getting involved in events like this to continue to spread the word about Celiac Disease and living a gluten free lifestyle.

CSA's Cel-Kids Network™

Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age group who are also living with celiac disease and/or dermatitis herpetiformis.

Being a part of CSA's Cel-Kids Network allows kids to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently every day. It's nice to know that they are not alone in the world!

Halloween Party

Our 3 Cel- groups teamed up and did an event together. The Pumpkin Harvest Festival at the Four Mile Historic Park on Saturday, October 5th was fantastic. Children enjoyed a GF pie eating contest, cake walk, making scare crows, taking a horse-drawn ride, picking up their own pumpkins and much more.

We had parents sharing with us their excitement of seeing their children participating in this event. Kids were able to stick their entire faces in a yummy gluten free pumpkin pie. The GF pies and cupcakes were sponsored by our own chapter for any child that wanted to participate. We ordered them from The Last Crumb Bakery.



Gluten Free Gallop

Gluten Free Gallop, Sunday, October 13th. What a beautiful day! This year they added a team feature to the registration. We were one of the teams that signed up the most people. We won a gift certificate to Beau Jo's pizza. We will certainly have a GF pizza party to celebrate. Thank you Beau Jo's!

We would like to thank Steve and Kelly for organizing this wonderful event.

**We always love new ideas and any parent input so if you have something to share please let us know. Also make sure you have let us know that you want to continue on our email and evite list.
Celkids@denverceliacs.org**

UPCOMING EVENT

**The Annual Cookie Exchange
December 4th @7:00 pm
Guest Speaker: SARA VOLLMER
(See page 1 for details.)**

How to find gluten free medication...

Submitted By: Patty Nachazel, Nutritionist

One of our readers who has Celiac disease asked the question about gluten free medications. She found that if her doctor gave her a prescription that needed to be filled and started immediately, that she was unable to receive any assurance that it was gluten free. Pharmacists were unable to confirm that her medication was gluten free and that made her hesitant to fill her own prescriptions. To date, there is no way to know if the fillers used by certain drug companies are gluten free or not and therefore safe to use if you have a sensitivity or have celiac disease.

It seems that regulation is needed in this area to protect celiac patients. Luckily, Congressman Tim Ryan, Ohio and Congresswoman Nita Lowrey, New York are co-sponsoring a bill called Gluten in Medication Act (HR 4972). This bill will require labeling which will identify gluten in pharmaceutical products.

Currently, it appears that the reason drug companies cannot confirm or deny whether there is gluten in their drugs is that many use sugar alcohol as a filler. These sugars can be extracted from fruits, vegetables, but also from wheat. Some people, after consuming sugar alcohols, can experience gastrointestinal disturbances and diarrhea which may mimic symptoms celiac patients may suffer after being exposed to gluten. So, for the celiac patient, this is very hard to work around. If you are told a drug may contain gluten, the best thing to do is to contact the drug company and insist on learning which excipient in that drug product is considered the source of the gluten contamination. (<http://www.glutenfreedrugs.com>).

Although lists of gluten free medications can be found on line, (the above site is one example), to date, there is not a formal protocol in place to certify that these or any medications are truly gluten free. Our best hope, it appears, is to call our congressperson and support the bill mentioned above.

Below is an article from the Houston Celiac Support Group's newsletter that discusses the same topic.

GLUTEN IN MEDICATIONS by Lynn Rainwater, *Living Well Gluten Free* newsletter, June 2013

Gluten is much less often found in prescription drugs than in food products, but it can be there, depending on the excipients or fillers used by the manufacturer. Therefore, any drugs that are prescribed for use by the gluten-free member or members of your family need to be checked.

Pharmacist Steven Plogsted's Gluten-Free Drugs website, www.glutenfreedrugs.com, lists drugs that he has checked for gluten.

But what if the drug you are researching is not listed? A handy website for checking fillers is DailyMed, <http://dailymed.nlm.nih.gov/dailymed/>. Just go to the site and enter the name of the drug in the Search box. For a generic drug, you will get multiple links to information on the product by manufacturer. When you click on the link, inactive ingredients will be listed right after the description of the drug.

If you are unfamiliar with some of the fillers listed as being present in a particular drug at DailyMed, the Gluten-Free Drugs website listed above has a list, "Excipient Ingredients in Medications" that is accessed by clicking on "For a list that explains what some of the filler are in drugs."

If any of the excipients for a drug you are checking are questionable as to gluten content, the manufacturer will need to be contacted. The preferred method is to ask your pharmacist to call the company, as some companies will not respond to requests for information from patients. (Many times your pharmacist will be too busy to make the call himself/herself. But at least he/she should provide you with the phone number of the company that makes the drug that pharmacy will dispense.) ...

CONTINUED ON PAGE 9

Neighborhood Nosh Thank You's

Thank you to everyone who participated in this year's Neighborhood Noshes! A very special thank you to Donna DeVisser, Heidi Lyster, Laura Determan, Maria Brotherston, and Maryann Jordan for planning wonderful evenings out! And thank you to the restaurants who provided delicious gluten free meals ~ Indulge Bistro (Golden), BJ's Restaurant (Aurora), Viet Pho (Lone Tree), St. Bon's Café (Highlands Ranch), Beau Jo's (Arvada), and Colore Italian Restaurant (Englewood). Thank you to everyone who made these evenings a huge success!

Educational Presentations Available Celiac Disease/Gluten-Related Disorders

The Denver Metro Chapter of the Celiac Sprue Association offers presentations about Celiac Disease & Gluten-Related Disorders and the gluten-free diet. Presentations can be tailored to any audience: health care providers, community groups, students, food-service facilities and others.

For further information, contact Diane Moyer, M.S.,R.D.,
(Chair, Medical Education Committee,
Denver CSA)
at dietitian@denverceliacs.org or
720-560-3734.

Join Us for Neighborhood Nosh!

Would you like to spend more time with gluten free friends? Would you like to improve your restaurant experience? Come and share a meal and your restaurant experiences with someone who understands you! Reservations are required as space is limited. Each person is responsible for his or her own tab.

November 19th from 6:30-8:30pm

Colore Italian Restaurant & Pizzeria
2700 S. Broadway (Yale & S. Broadway)
Englewood, CO

www.coloreitalian.com

RSVP to Laura at nosh@denverceliacs.org

January 22, 2014 from 6pm to 8pm

Bonefish Grill
8100 W Crestline Avenue (near SW Plaza)

www.bonefishgrill.com

Seating is VERY limited.

RSVP to Maryann at majordang@msn.com or
Donna at donnadevisser@msn.com

Be sure to RSVP as we are limiting the size of our group to ensure better interaction. Also, please let us know what time you plan to be there (either at the start time or a bit later). Thanks!

Note: Restaurants are selected based upon gluten free availability and previous dining experience. Please use your own best judgment when ordering from any restaurant.

HOW TO REACH THE GLUTEN FREE COLORADO MARKET

The Denver CSA Chapter 17 has a number of events in which you/your business can participate as a vendor or sponsor...or both!

Advertising is always available in our monthly newsletter, which is mailed and emailed to our members six times a year.

newsletter@denverceliacs.org

For more information about the Denver CSA Chapter 17 please visit our website at www.denverceliacs.org.



Cel-Teens



Cel-Teens is a forum where teens can get together and talk about their experiences with Celiac Disease. A place where there is no judgment, discrimination and not having to feel different because everyone understands what it is like to have Celiac Disease. Some of you may have been diagnosed as young children and some of you may have been recently diagnosed. Either way it can be an adjustment. Cel-Teens is the way to discuss the likes, dislikes and general frustrations of having Celiac Disease as well as having a little bit of fun, which I think is the best part!

Upcoming Events

Holiday Party in December- date and venue TBD

If you have any questions, please contact Maria Brotherston at 303-915-9756 or celteens@denverceliacs.org.



glutino!
always gluten free

the possibilities
are endless

Crunch into a bagel chip! Bite into a warm chocolate chip cookie! Gluten free pasta anyone? Morning, noon, night, or munch time — whatever you crave, Glutino delivers — including our delicious new line of entirely exceptional gluten free snacks. Live fully! And explore the possibilities with Glutino.


www.glutino.com

©2013 GFA BRANDS, INC.

Ask the Dietitian

Submitted by Diane Moyer, M.S.,R.D.N.

Recently I attended the International Celiac Disease Symposium 2013, a conference for scientists to discuss the latest CD research. It is impossible to report on all the exciting developments presented during these three days, so I would just like to share a couple of the highlights.

Studies show that “Non-Celiac Gluten Sensitivity” (NCGS) may be undiagnosed CD or other medical conditions such as SIBO (Small Intestinal Bacterial Overgrowth). People with various digestive issues, self-diagnosed with NCGS, may actually be reacting to other foods or food components or even other components in the gluten-containing grains that can also stimulate the immune system.

Although the HLA genes are the genetic factors showing the strongest association with CD, more than 49 other genetic regions have been identified that are also associated. There is much overlap of these genetic regions with other autoimmune disorders (such as Crohn’s Disease, Lupus, Rheumatoid Arthritis, MS and Type 1 Diabetes).

There may be differences in blood fats at birth and in infancy (prior to the introduction of gluten) in babies who go on to develop CD. Introducing small amounts of gluten at 4 – 6 months of age to a baby who is still being breast-fed may be the best strategy for delaying/preventing early onset CD in high-risk babies. Girls who are homozygous for HLA DQ2 (i.e., have 2 copies of this gene) are at very high risk of developing CD and should be monitored very closely. Taking antibiotics more than once in the first 18 months of life may increase the risk of developing CD.

Just having high-risk genes and eating gluten cannot explain why CD develops. Other factor(s) must also exist. Alterations in gut bacteria or viruses may be the missing link. Populations of gut bacteria differ in people with CD from “healthy” people, but is this cause or effect? Differences in gut bacteria exist even in babies, and also in the populations of bacteria from breast milk of mothers with CD. Studies have been done in “germ-free” mice (mice raised from birth in a sterile environment, so they do not have their own bacteria), where gut bacteria have been transferred into them from people with various digestive diseases (such as Ulcerative Colitis). The mice then developed the same problems and abnormalities as seen in those diseases. (This has not yet been done with bacteria from people with CD.) The mouse’s diet also influenced the development of these diseases. Certain probiotics may prove helpful in CD.

There are many new treatments under development. None will be a replacement for the GF diet. One enzyme under development was compared to current products marketed to degrade gluten. None of the current products broke down the toxic fragments of gluten, whereas theirs did.

Some very interesting debates were held on whether or not to treat people with elevated tTG levels with no evidence of intestinal damage, and whether or not biopsies are necessary for diagnosis. For an in-depth discussion of all of the exciting research presented or more information on any of these topics, contact Diane Moyer, M.S.,R.D.N. at dietitian@denverceliacs.org or dhmoyer720@yahoo.com.



CEL-TWEENS



CEL-TWEENS allows kids in the age range from 10-12 to meet, share and have fun with other kiddos who are also living with celiac disease. At this age kids are starting to become more independent and making daily decisions about what foods they can eat. We want this group to be a place where they can be educated about staying healthy while having fun and understanding that they are not alone in this! The goal is to plan events to teach them about their gluten-free lifestyle, while allowing them to meet other kids their age and have fun.

Thank you to all of you that joined us for the 2013 Gluten Free Gallop. It was a beautiful day at Wash Park and 275 people walked or ran in support of our gluten free lifestyles. The sponsors provided great information and a lot of wonderful snacks. We hope to see more of you at the event next year.

Upcoming Activities:

Holiday Event – we are in the process of planning a holiday event in December that all our kiddos will enjoy. Keep checking your email for more information and/or the evite.

To join our Cel-Tweens mailing list please email: celtweens@denverceliacs.org. We look forward to meeting you at our upcoming events.

We've got you covered.



breakfast



midday snack



brunch



lunch



on-the-go



dinner



dessert



late night snack

EVERY MEAL. EVERY TIME. EVERYWHERE.

Midnight snack, post-workout meal, potluck casserole – any meal can be gluten free with Udi's Gluten Free Foods. The #1 selling GF brand offers shoppers great tasting products that span all eating occasions.



Visit us on the web!
www.udisglutenfree.com



The 2nd Annual Gluten Free Gallop Recap

For the second year in a row, the Gluten Free Gallop 5k was a terrific success. 15 generous sponsors joined 275 enthusiastic participants on a beautiful fall day to run, walk, and/or gallop around the 3.1 mile tree lined course at Wash Park in Denver. 35 volunteers from the National Charity League helped run the race, cheering on our participants, passing out T-shirts, balloons, and refreshments, and making snow cones and fun things for the kids. It was great fun for the entire family.

A special thanks goes out to our sponsors who gave out samples and discussed their services for our participants. Without their financial generosity, the event could not be such a success. Thanks again to Udi's, Glutino, Rudi's, King Soopers, ClifBar, Qrunch Foods, Garbanzo's, Body in Balance, Kay's Natural, Vega Foods, TracHealth, Savory Palate, The Gluten Free Edge, Your Healing Place and Happy Family. A big thanks also goes to our team entries that helped build participation for the race—Congratulations to Cel-Kids, the Might Morans, Glutenators, Team Hughes, Double Trouble Girls, Haley's Angels, and Team Charlie for having the most entries.

We will donate 50% of the proceeds from the Gluten Free Gallop to research and the other 50% will be used to purchase gluten free foods for local organizations. This year the research proceeds will be directed to Dr. Fasano's leading edge research efforts at the Center for Celiac Research and food donations will go to the local food banks as well as the Denver Children's Home. The Gluten Free Gallop not only raised financial support for these important causes but it also helped raise awareness of the need for gluten free living, which in turn promotes greater reach and distribution of gluten free foods.

Thanks again for all those who supported this wonderful event! If you have any questions or comments about the event, please email us at glutenfreegallop@denverceliacs.org.



CONTINUED FROM PAGE 3 – How To Find Gluten Free Medication

Finally, **should we worry about cross contact in the manufacturing process?** I talked to Steve Plogsted, and he assured me that the safety procedures required by the FDA are very stringent and that we did not have to be concerned about cross-contamination. In fact, he said that in comparing a hospital operating room and a drug company manufacturing room, he would definitely choose the drug manufacturing room as the safest. That said, he added that there is always a chance of human error in anything; mistakes can and do happen, so nothing can ever be guaranteed 100%, but in practical terms, our drugs are safe from cross-contamination.

Love in the Time of Gluten Sensitivity

By Regina Boyle Wheeler | Follow @EverydayHealth Medically reviewed by Niya Jones, MD, MPH

For Alex Deering, being gluten-free often adds another wrinkle to her search for Mr. Right. “It’s embarrassing to have to be picky and so specific about where we go and what’s on the menu ... especially on the first couple of dates,” said the 25-year-old event and meeting coordinator from San Diego.

That’s why Deering and other singles who avoid gluten have joined Glutenfreesingles.com, an Internet dating site launched in July 2013.

“Food is a major aspect of dating, and dining out or cooking together is less complicated when two people share the same diet,” said site founders Marcella Romaya and Sheri Grande, who have celiac disease and gluten sensitivity, respectively.

NEW GF PRODUCTS

Submitted by: Debbie Knapp of Vitamin Cottage

Back to Nature has a new GF rice cracker flavor – Sea Salt & Cracked Pepper.

Bonk Breaker energy bars are GF, dairy free & soy free, come in 11 flavors and were featured in the US Pro Cycling Challenge race here in CO.

Canyon Bakehouse has hot dog buns now. Both Glutino and Rudi’s Bakery will have packaged GF stuffing mix for the holidays.

Goodbody Bakings small baked nutrition bar squares are a local product and usually are stocked in a cooler or freezer for better shelf life.

Immaculate Bakings refrigerated cookie dough rounds that you bake come in Chocolate Chunk, Fudge Brownie Chocolate and Peanut Butter. Julie’s energy bars are GF, dairy free, grain free, vegan, certified USDA organic and come in 7 flavors.

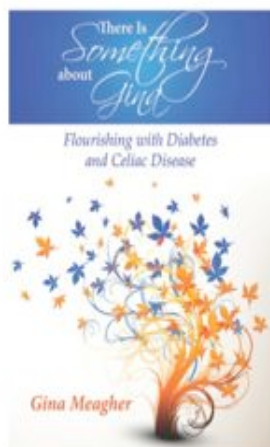
Organicville now makes a vegan sriracha sauce. Schar has honey graham crackers that taste great.

Udi’s new GF cookie flavors are Chocolate Chip Pecan, Peanut Butter Coconut and Sea Salt Caramel Cashew; GF Crisps are like cheesy cracker chips, made with ancient grains.

Submitted by: Bonnie Atherton of Denver CSA Board

Barilla pasta is now making 4 types of GF pasta – elbows, penne, rotini and spaghetti.

Nabisco GF baked Rice Thins come in 3 flavors – Original, Sea Salt & Pepper and White Cheddar and are made in a dedicated GF facility.



‘Decide that just for today, nothing is going to stop you!’

An ideal gift for those living with chronic conditions and for the family & friends who support them.

Learn more at:
www.somethingaboutgina.com

Hearts and Hands Assisted Senior Care

Wheat Ridge, Colorado

Residential assisted living in a small family atmosphere. Special dietary menus available.

Accepting Medicaid and Private Pay.

720-271-1708

Common Misunderstandings of Gluten-Free Alcoholic Beverages (CONTINUED)

In our September Issue we published Misunderstanding #1 here is #2

Misunderstanding #2: “Distilled spirits that are derived from gluten-containing ingredients can be contaminated with gluten. Only distilled spirits made from non-gluten-containing ingredients, like potatoes, are safe for consumption by celiacs.”

This idea was likely propagated due to a misunderstanding of the distillation process. Here, I will refer to Megan Tichy, Ph.D.'s highly informative and clearly written description of the distillation process (2). It is a great read for those who are unclear on the process, and makes it very evident why all distilled spirits are gluten-free by definition.

To borrow Dr. Tichy's analogy, the distillation process is like boiling a kettle of water with sand at the bottom of it. Let's say you were to collect the water that boiled away as steam using a condensing tube. After boiling the entire kettle away, you would be left with a kettle with nothing but sand at the bottom of it, and a second container of pure distilled water. There is no way the distilled water could contain any sand, as sand doesn't evaporate. In the same way, gluten doesn't evaporate, and gets left at the bottom of the 'kettle' during distillation. The likelihood of distilled alcohol being contaminated with gluten is about the same as the likelihood of you getting sand in your new cup of perfectly clean water: it would almost have to be intentional! Also keep in mind that many spirits are double, or even triple distilled. Gluten contamination over the course of a single distillation is already highly unlikely, but after consecutive distillations, it is virtually impossible.

To this, you might ask, “But what if they were to add other ingredients afterward? Those might contain gluten, right?” That's a perfectly valid concern, and yes, you should be concerned about any added ingredients. However, distilled spirits are almost always marketed based on their purity; this is why they go to all the trouble of double and triple distilling in the first place! Manufacturers of spirits want the most concentrated alcoholic product possible, so it is not exactly in their best interest (nor in common practice) to go adding more ingredients. Even so, you should always be mindful of ingredients lists, and cross check them against a reliable gluten-containing ingredients list (such as ours [3]).

Despite the fact that distilled spirits derived from grains are necessarily gluten-free, some people still seem to have problems with them. I don't have a ready explanation for this, as scientifically, it doesn't make sense. Celiac disease is triggered by gluten, and distilled alcohol contains no gluten. Here is a quick checklist to help rule out reasons why you may or may not react to such drinks:

- Have you checked for cross contamination possibilities (glass, container, ice cubes, dish washing liquid, drying towel, etc.)?
- Are you sure that you do not react to distilled alcoholic beverages that are not derived from grains (e.g. potato vodka)? (It could be a reaction to potent alcohol in general.)
- Did you pour the drink yourself?
- Are you sure you are not adding anything to the drink that could be cross contaminated or contain gluten?
- Have you checked the ingredients list against a reliable gluten-containing ingredients list?
- Have you considered any other allergies you have or might have?
- Have you contacted the manufacturer for their official response regarding gluten content?

Oftentimes (especially soon after adopting GFD), the gut is still sensitive and cannot handle alcohol at high proof levels. If you had a bad experience with distilled spirits derived from grain early on in your GFD regimen, you might want to consider giving it another try after your villi have had a chance to heal. You really should not have a reaction once your gut is adjusted to the gluten-free diet. I know it is hard to trust a product derived from wheat, but distillation really, truly does remove all gluten, and it does so every single time.

In our next issues of Taming the Sprue we will publish Misunderstanding #3 - #5. If you'd like to find this information now you may find it at www.celiac.com.

Top 9 of 25 Notable Gluten- Free Friendly Colleges

Celiac.com 10/04/2013 – (PLEASE SEE www.celiac.com FOR COMPLETE LIST) As part of a nationwide change on the part of colleges and universities to address food allergies and sensitivities, more and more campuses are offering gluten-free foods to their students. Here is a list of some of the most notable so far, in alphabetical order:

BARD COLLEGE

Bard College is currently renovating one of their main dining halls to include a new gluten-free section.

BAYLOR UNIVERSITY

At Baylor University, students can find a wide range of gluten-free menu options through the school's dining services. Information on gluten-free meals, dining halls and menu items will meet their needs through the menus posted online each week.

CARLETON COLLEGE

At Carleton College, each dining hall offers a dedicated gluten free station with the same options as non-GF students and are offered one naturally gluten-free entrée at every meal, along with dessert. Annual staff training on proper handling of gluten-free food at the dedicated gluten free station in each dining hall.

CLARK UNIVERSITY

Clark University, every meal served in the campus-dining hall is made from scratch and most recipes are modified to be gluten free. In fact, Clark only serves meals that have a gluten-free equivalent. The dining hall also offers is also a separate "My Zone" area for students to access gluten free pasta and pizza, as well as cooking utensils and small appliances. To keep sharp on safe allergy food handling, food staff at Clark University train every morning as new meals go on the menu.

COLUMBIA UNIVERSITY

The dietitian at Columbia goes the extra mile for gluten free students: orientating them around nearby markets, introducing the chef, and even teaching them how to read nutrition labels! Columbia's chef prepares two 100% gluten free meals every day, and takes special requests.

EMORY UNIVERSITY

A gluten-free station in the main dining hall includes hot meals, gluten free staples, and desserts. Everything on the salad bar and all salad dressing are gluten free. Emory kitchen staff is trained through the National Foundation for Celiac Awareness's GREAT Kitchens Program.

GEORGETOWN UNIVERSITY

Students have access to a gluten free designated station where they can find similar gluten free staples. Everything is labeled with a unique gluten free logo to ensure safety and to avoid cross contamination. Dining hall staff is trained repeatedly throughout each semester to understand dietary restrictions and how they can best accommodate each different food sensitivity. The registered dietitian on campus also works hand-in-hand with the Gluten-Free Foodies student organization to make sure students' needs are being reached and ideas are being shared.

IOWA STATE UNIVERSITY

Gluten free dining is available at all campus locations at Iowa State University in order to ensure that all students are receiving a proper diet. Dining staff is trained specifically to each dietary need and managers keep a close tab on all operations. Students have access to a designated area with its own refrigerator, freezer, dry storage, cooking utensils and small appliances. Besides the full service area, students are also able to request individually made meals or sign up for a gluten-free meal schedule.

ITHACA COLLEGE

Gluten free meals are available within all dining halls on campus at Ithaca College, as well as at all campus-wide events. The main dining hall in the student center offers daily gluten-free menus for both lunch and dinner. Students can pre-order gluten-free meals at the campus' other two dining halls through the dining hall management. The campus also offers a Gluten-Free Pantry, which provides gluten-free breads, pastas, and equipment like microwaves and toasters. Special labeling on all products ensures safety and security of gluten-free food. There is also a Food Allergy Awareness Club on campus to support all students with dietary restrictions.

FDA's Gluten-Free Rule: Issues in the Fine Print *By: Patrick Bennett*

When the U.S. Food and Drug Administration's released its long-awaited standard on gluten-free labeling in August, those with celiac disease and gluten-sensitivity welcomed it. The rule sets a strict maximum: products which claim to be gluten-free must contain less than 20 parts per million of gluten.

But one celiac expert is warning about a few issues that gluten-free consumers need to be aware of and that the new standard doesn't resolve. Tricia Thompson, the registered dietitian who created GlutenFreeWatchDog.org, recently spoke via webinar to NFCA's followers about the gluten-free rule. Here are some of the key issues she identifies:

- **Watch the wording:** Four terms on package labels – “gluten-free”, “no gluten”, “free of gluten” and “without gluten” – all count as a true gluten-free claim. Therefore they will require compliance with the FDA's new standard. However, there's nothing to prevent food manufacturers from using other terminology – such as “made with no gluten-containing ingredients” and “not made with gluten-containing ingredients” – yet these don't have to comply with the new less than 20-ppm rule.
- **Testing:** While many free-from manufacturers do rigorously test for gluten content, neither the FDA nor the manufacturers are “required” to test food products to comply with the standard. What is required is that the final product contains less than 20 ppm of gluten, but the manufacturers don't have to “prove” it in order to display a gluten-free claim on their products.

The FDA does not have the means to test millions of products to confirm that they actually contain less than 20 ppm of gluten. Since the food manufacturers are not technically required to test the food either, it becomes a bit tricky. One way to avoid uncertainty is to stick to products that have undergone an established third-party certification program, such as the GFCP. This provides assurance that the product meets the FDA's standard.

In the NFCA webinar, Thompson recommends that manufacturers producing gluten-free products “have a testing protocol in place developed in conjunction with a third party food testing laboratory or a certifying agency”.

- **Standard's scope:** The rule applies to foods and dietary supplements regulated by the FDA, but consumers need to be aware that it does not extend to foods that are regulated by the USDA, including meat and poultry.

It also doesn't apply to most alcoholic beverages, cosmetics, prescription and non-prescription drugs and pet food.

If a consumer believes that a food manufacturer has improperly labeled a food item as gluten-free, Allergic Living recommends speaking up and taking action. If you feel like you've been “glutened” by a purportedly GF product, contact the company and let them know. Confirm that the food item is meant to be gluten-free. If you don't receive a satisfactory response, you can contact your local FDA Consumer Complaint Coordinator (there's one for each state, and you can find a list [here](#)).

The Good News: Despite these limitations, it's important to note that many products that are currently labeled as gluten-free already meet the criteria. According to Thompson, Gluten Free Watchdog has tested hundreds of currently available gluten-free products, and the majority has tested well under 20 ppm. For more issues and intricacies of gluten-free labeling, we recommend watching the full NFCA webinar [here](#).

7 Layer Football Dip

Delight Gluten Free
Magazine

No matter what team they're rooting for, this dip will be a fan favorite! Dig into this dip with some tortilla scoops. Optional: Add a layer of taco meat, shredded chicken or jalapeno peppers.

This recipe is: Egg-Free, Gluten-Free, Nut-Free, Rice-Free, Soy-Free

Total Time: 10 mins

Prep Time: 10 mins

Ingredients

- 1 (16 ounce) can refried beans
- 1 pint sour cream
- 1 cup guacamole, store bought or homemade
- 1 cup pico de gallo or salsa
- ½ head iceberg lettuce, shredded
- 2 large tomatoes, diced
- 2 cups cheddar cheese, shredded
- 1 (15 ounce) can black olives, sliced

Directions

1. Evenly spread the refried beans in the bottom of mason jars.
2. Continue by adding a layer of each of the following: sour cream, guacamole, salsa, lettuce, tomatoes, cheese and top with black olives. Serve with chips.

1, 2, 3... Coq Au Vin

This recipe is: Dairy Free, Egg-Free, Gluten-Free, Nut-Free, Rice-Free, Soy-Free, Sugar-Free. **Total Time:** 1 hour **Prep Time:** 30 mins

Ingredients:

- 1 (6-8lb) Chicken, on the bone, cut into 1/8ths (add more breasts/thighs/drumsticks depending on preference and number of people eating)
- 2 tablespoons cornstarch
- Kosher salt
- Freshly cracked black pepper
- Olive oil
- ½ pound slab bacon cut into lardons (½ inch strips)
- 1 onion, diced
- 2 cloves garlic, minced
- 3 ribs celery, diced
- 1 pound white button mushrooms, quartered
- 3 cups full-bodied red wine (Cabernet)
- ½ cup brandy
- 5-6 cups chicken stock
- ¼ cup tomato paste
- ¾ pound fingerling potatoes, cut in half length-wise
- ½ pound frozen and peeled pearl onions
- 1 bundle thyme
- 3 bay leaves

Directions:

Coat bottom of a large rondeau with olive oil and heat to medium-high. Pat chicken pieces dry and generously salt and pepper all sides of chicken. When pan is hot, sear chicken by starting with the skin-side-down. Do not cook through: just brown on all sides and remove from pan. Remove leftover oil from pan and replace with a new splash of olive oil. Turn heat to medium. Once hot, add bacon and cook until browned and crispy. Add the diced celery and onions, salt to taste, and cook until the vegetables are soft and onions are translucent. Add the minced garlic and cook for about 1 minute. Add the mushrooms to the pot and cook until they soften, about 4-5 minutes. Stir in the ½ cup of brandy and cook down until the liquid reduces and no longer smells intensely like alcohol. Add the tomato paste and stir to combine. Once mixture begins to thicken, stir in 3 cups of red wine and raise heat to medium-high; bring to a boil and cook for 4-5 minutes. Add the legs and thighs back to the pot (still reserving the breasts). Add the thyme and bay leaves; pour in enough chicken stock to cover the chicken ¾ of the way. Bring mixture to a boil and then reduce to a simmer. Taste and adjust seasoning if necessary. Add the frozen pearl onions and potatoes and simmer, partially covered, for 20 minutes. Once simmered, flip over the thighs and legs and add the chicken breasts back to the pot. Add more chicken stock if necessary to make sure the breasts are covered ¾ of the way. Partially cover pot and simmer for an additional 15 minutes. After simmering is complete, check the consistency of the sauce. If it is too thin, remove chicken pieces from the pot, raise the heat and reduce until sauce has a thicker consistency. If sauce is already thick enough, transfer to plates and serve immediately.



DENVER METRO CELIAC SPRUE MEMBERSHIP FORM

www.denverceliacs.org or www.facebook.com/DenverCeliacs

Benefits of CSA Membership

- Social events to mingle with others living a gluten-free lifestyle
- Annual Gluten-Free Picnic: family friendly with BBQ provided, plus children’s activities
- The annual Incredible, Edible, Gluten-Free Food Fair
- Annual Gluten-Free Gallop (walk to support Celiac charities)
- Bi-monthly newsletter with current news, upcoming activities and members’ recipes
- Access to dietitian and other professionals to help with dietary changes
- Neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities
- Support of others living and dealing with a gluten-free lifestyle

MEMBERSHIP ENROLLMENT/RENEWAL FORM

The Denver Metro Chapter is your best local resource for celiac information, support, and gluten-free socializing. You do not have to have been diagnosed with celiac disease to join our organization. Only one membership required per household. Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization.

New & Renewing Members:

If you are a new member, have you received a new member info packet? Yes/No

Organization: _____ (if signing up as a Business Member)

Name _____

Phone _____

Street Address _____ City _____ State _____ Zip Code _____

E-mail address _____

_____ I agree to ‘go green’ and receive my newsletter via e-mail

_____ I prefer to receive a paper newsletter via the postal system

Do you have children in the household with Celiac Disease? Yes/No

How did you learn about us?

Would you be willing/able to volunteer? _____

Gift Membership given by: _____ (provide recipient info in New Member section above)

Annual dues are \$15/year. You may pay for more than one year at a time using the same annual \$15 rate.

To join, send your check made payable to “Denver Metro Chapter #17 CSA/USA” along with this completed form to Denver CSA, 2307 Willow Creek Drive, Golden CO 80401 Or you can go to <http://denverceliacs.org/membership.html> and pay electronically. Please make sure your PayPal account reflects your current address & phone.

A little something to consider: According to the national chapter of CSA, people who belong to a support group are much more likely to be successful in their GF diet than those who attempt to ‘go it alone’.

How can the chapter best help you with your gluten-free lifestyle?

Chapter Board Members & Neighborhood Resource Contacts

President - Gina Meagher

(303) 279-9382
 president@denverceliacs.org

Past President – Karen Cranford

(303) 979-8094
 crankaren@aol.com

Vice President, Programs - Erik Johnson

vpprograms@denverceliacs.org

Vice President, Membership Jerrine Hicks

vpmembership@denverceliacs.org

Treasurer – Shannon Cooper

treasurer@denverceliacs.org

Secretary – Jennifer Slack

(303) 550-5983
 jenn.slack@foodallergytherapist.com

Social Media – Erik Johnson & Guinivere Stevenson

socialmedia@denverceliacs.org

Dietitian – Diane Moyer

(720) 560-3734
 dietitian@denverceliacs.org

Cel-Kids Network - Maria Brotherston & Heidi Lyster

(303) 915-9756
 (303) 503-6166
 celkids@denverceliacs.org

Cel-Teens Network – Maria Brotherston

(303) 915-9756
 celteens@denverceliacs.org

Cel-Tweens Network – Carrie Kollar, Anne Gray, & Tracy Opp

(303) 522-4147
 celtweens@denverceliacs.org

Database Manager – Angie Roz

(303) 667-9462
 database@denverceliacs.org

Webmaster – Kurt Fulwider

(303) 734-4657
 webmaster@denverceliacs.org

Mail Order Coordinator – Don Smith

(303) 794-7258
 donsmith6834@comcast.net

Product List Manager – Bonnie Atherton

(303) 756-8970
 productlist@denverceliacs.org

Gluten Free Gallop (Celiac Walk) - Steve and Kelly Moran

glutenfreegallop@denverceliacs.org

Food Fair Coordinator - Katie Uhlenbrock

gffoodfair@denverceliacs.org

Newsletter – Guinivere Stevenson

(720) 365-9138
 newsletter@denverceliacs.org

Below are the resource contacts in neighborhood areas in the Denver Metro area. If you have questions or are not sure which area corresponds with your neighborhood, please email vpmembership@denverceliacs.org.

Denver City and County	Laura Determan	(303) 757-3982	laddet@msn.com
Westminster, Commerce City, Brighton, Northglenn, Thornton	Janelle Hahn	(303) 513-0831	janellehahn@hotmail.com
Centennial, Greenwood Village, Englewood	Janis Dodson Jean Duane	(303) 905-9450 (303) 221-0771	JanisDodson@yahoo.com info@alternativecook.com
Lakewood	Maryann Jordan	(303) 989-2050	majordang@msn.com
Aurora	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown	Jerrine Hicks		jerrine.hicks@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 908-8746 (303) 973-1279	jkvanlooz@gmail.com n-lindsey@comcast.net
Golden, Evergreen, Morrison	Donna DeVisser	(303) 973-4613	donnadevisser@msn.com
Boulder County	Tracy Ashmore Barbara Sanford	(720) 244-6249 (303) 499-7259	gfpamperedchef@gmail.com barbarasanford@comcast.net

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA, INC
 DENVER METRO CHAPTER #17
 2307 WILLOW CREEK DRIVE
 GOLDEN, CO 80401

PRSR STD
 US POSTAGE
 PAID
 DENVER CO
 Permit# 152

RETURN SERVICE REQUESTED



WHEAT FREE Wednesdays!

Free Trip to the Salad Bar when you purchase either a Gluten Free Sandwich or Gluten Free Pizza entree! (restrictions apply)

Beau Jo's is now proudly serving Udi's Gluten-Free Pizza Crust and Sandwich Bread





ALSO SERVING
GLUTEN FREE PIZZA
CHICKEN NUGGETS
SANDWICHES
DAIRY FREE CHEESE

15% OFF

ANY FOOD PURCHASE

*With participating locations only. Please review 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 details. Cannot be applied. No cash value. Not valid with delivery. Expires 12/31/13.

Participating Locations

Arvada 303.420.8376	Denver 303.758.1519	Ft. Collins 970.498.8898
Boulder 303.554.5312	Evergreen 303.670.2744	Idaho Springs 303.567.4376

www.beaujos.com

*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 buns 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 use pizza dough throughout the day and all dry goods, like particles of flour are present in the kitchen and dining areas. Furthermore, we can not warrant 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 Menu LLC assume any liability for the foods offered.