

TAMING OF THE SPRUE

August 2015

Denver Metro | Chapter #17 of the Celiac Support Association, USA
www.denverceliacs.org

Living without gluten is not a diet, it's a lifestyle

The opinions of the authors who contribute their articles to our newsletter are not necessarily the opinions of the Denver Metro CSA Chapter 17.

Welcome

We are an educational, service and support organization for individuals living with celiac sprue or dermatitis herpetiformis and all other gluten-related disorders. Approximately three million people in the US have Celiac disease; unfortunately 97% are NOT yet diagnosed. Once they are diagnosed, as most of us know, it can be extremely challenging to adjust to a gluten-free lifestyle. Becoming a member of Denver Metro Celiac Support Group makes adjusting much easier.

Membership has many benefits including invitations to social events to meet others living a gluten-free lifestyle.

We organize an annual Gluten-Free Picnic (a family friendly BBQ, plus children's activities) the annual Incredible, Edible, Gluten-Free Food Fair, an annual Gluten-Free Gallop (walk to support Celiac charities), bi-monthly newsletter with current news, upcoming activities and members' recipes, access to a nutritionist and other professionals to help with dietary changes, neighborhood resource contacts in the Denver/Boulder area who organize neighborhood activities, and support of others living and dealing with a gluten-free lifestyle.

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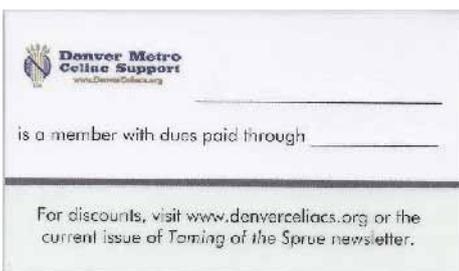
Chapter meetings are open to anyone who would like to learn about living the gluten-free lifestyle. Visit our website (denverceliacs.org) for a complete listing of meetings and other activities. We hope to see you soon!



Denver Metro Celiac Support

Membership

New Options for Paying Your Membership



If you pay for your membership online on our website (www.denverceliacs.org/membership.html) you now have a few more options.

You may pay up front for 1 year (\$15), 2 years (\$30) or 3 years (\$45) of membership, or sign up to have your membership renewed automatically. If you choose this Auto-Renewing membership, your PayPal account will automatically

be charged \$15 when renewal is due. You can cancel the auto-renewal at any time by logging in to your PayPal account and selecting your Profile, then Pre-approved Payments. You may also contact database@denverceliacs.org to cancel. In addition, you will receive an email from PayPal of any automatic membership payment and information on how to cancel.

How Do I Know When My CSA Dues Expire?

Every new member of our chapter is provided a laminated membership card when they pay their dues. On the face of that card you will find the date your membership expires. Please note that members can simply send an email to database@denverceliacs.org to receive

answers to all of your membership questions. Dues can be paid online or by US Mail. Our address is Denver CSA Chapter #17, 2307 Willow Creek Drive, Golden, CO 80401. Payments can also be made at any chapter meeting.

As a reminder, please don't forget to inform us of any changes to your contact information.

PROGRAMS & EVENTS

**9th ANNUAL
INCREDIBLE, EDIBLE GLUTEN FREE**

FOOD FAIR

**AUGUST 16,
SUNDAY 10AM - 3PM**



FREE TO THE PUBLIC - COME HUNGRY

**Samples of Baked Goods, Breads, Beers, Snacks,
and Desserts. Kids Activities,
Parents of Celiacs Panel Discussion and more!**

DENVER MART

451 EAST 58th AVENUE, DENVER, CO



PROGRAMS & EVENTS

Healthy Gluten-Free Seminar

You'll learn the basics for the healthiest approach to gluten-free living. We will share shopping tips and cooking tips for gluten-free living as well as advice on dietary supplements for nutritional support. Immediately after, join us for a Gluten Free Health Fair with door prizes and free samples!

Saturday, September 19, 2015 from 11:00am - 12:30pm

Natural Grocers Lakewood- Green Mountain

12612 W Alameda Parkway

Lakewood, CO 80228

(303) 986-5700

[Click here for more information.](#)



Neighborhood Nosh

Join your neighbors at our next CSA Neighborhood Nosh in Lakewood!

Red Robin has a limited number of allergen menus, so please take a moment and review their menu online before arriving at the restaurant. Seating is limited and you must RSVP to save your seat. Each person pays his/her own tab.

The Neighborhood Nosh is a program of the Denver Metro Chapter of the Celiac Support Association. It was created to help people connect and learn from each other. You do not have to live in the neighborhood to join in the fun.

Wednesday August 26, 2015 at 6pm

Red Robin

3333 S. Wadsworth Blvd

Lakewood CO

Space is limited, so please RSVP today to Maryann Jordan at majordan9@msn.com.

The Celiac Project Movie Premiere

To celebrate it's one year anniversary, the Colorado Center for Celiac Disease is hosting a screening of Michael W. Frolichstein's *The Celiac Project*, a dynamic, first-of-its-kind documentary about life before and after the diagnosis of Celiac Disease. Come join us at Children's Hospital for a showing of the film, to be followed with a Q&A session with the filmmaker, as well as hospital experts on Celiac Disease, and gluten-free baker Jake Rosenbarger of [Kim & Jake's Gluten-Free](#), among others. Gluten free snacks will be on hand to make this evening one to remember. [Click here to view the movie trailer.](#)

Friday, August 28, 2015, 5:30-8:00pm

Children's Hospital, 13123 E 16th Avenue, Aurora, CO 80045

Please send your RSVPs to Kyle Noble at celiaccenter@childrenscolorado.org.

Quinoa Salad with Honey Vinaigrette

For the salad

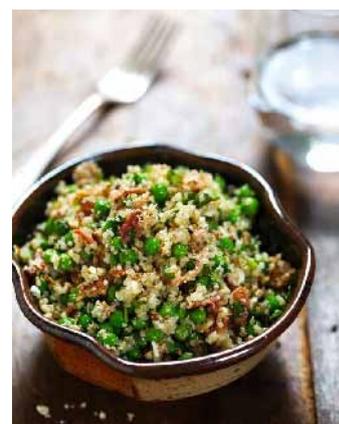
- 1 cup uncooked quinoa
- 2-3 cups frozen peas
- ½ cup feta cheese
- 6 slices bacon, cooked and crumbled
- ½ cup freshly chopped basil and cilantro
- ½ cup almonds, pulsed in a food processor until crushed

For the dressing

- 1/3 cup freshly squeezed lemon juice (1-2 large juicy lemons)
- 1/3 cup olive oil
- ¼ teaspoon salt (more to taste)
- a few tablespoons honey (adjust to taste)

1. Cook the quinoa according to package directions. I make this the night before and let it chill in the fridge so it separates better for the salad.
2. Bring a pot of water to boil and then turn off the heat. Add the peas and cover until bright green. I do this instead of regular boiling so they don't get wrinkly! Toss the quinoa with the peas, feta, bacon, herbs, and almonds.
3. Puree all the dressing ingredients in the food processor. Toss the dressing with the salad ingredients. Season generously with salt and pepper. Serve tossed with fresh baby spinach, on crackers, or just by itself!

The tossed salad can be kept for up to two days-- it actually soaks up the dressing, and it works great to toss the leftovers with fresh greens.



Source: <http://pinchofyum.com/>

PROGRAMS & EVENTS

The Gluten-Free Gallop

5K Run/Walk

Another wonderful day at Clement Park for the 2015 Gluten-Free Gallop



We would like to thank all that supported and participated in the 4th Annual Gallop! We had 357 people run and walk with us on May 30th to help raise awareness for Celiac Disease and Gluten Intolerance. All proceeds from this event went to the Colorado Center for Celiac Disease at

Children's Hospital and to local food banks that can accommodate gluten-free needs. Fun was had by all with the 5k, pancake and sausage breakfast, balloon artist, face painters and bouncy house. If you were not able to join us for this fun event this year, we hope to see you next year!



Sponsored By:





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.



www.facebook.com/DenverCeliacs



Find us on Instagram @cocelteens

Observing Celiac Awareness Month at the new Colorado Center for Celiac Disease at Children's Hospital

On May 23, 2015, the Denver Celiac Support Group was invited to set up a booth at the new Colorado Center for Celiac Disease at Children's Hospital for National Celiac Awareness Month. The hospital donated tasty gluten-free treats and chapter members were on hand to let patients and their families know that they are not alone. Children of all ages enjoyed snacks and had fun making crafts.



Members Join the Fun at Family Celiac Camp at Roundup River Ranch

Roundup River Ranch is a wonderful place that offers traditional summer camp experiences for children with serious illnesses and their families. On May 29, 2015, the Ranch invited children with GI disorders and their families to join them for a fun filled gluten-free weekend. The Denver Celiac Support Group donated \$2,500 in support of the Ranch and their mission to provide kids a chance to be a fun-loving, worry-free child.



Cel - Tweens

Cel-Tweens provides 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.



Cel - Teens

Cel-Teens is a group where kids from the ages 13-18 can get together at fun events without having to worry about the stress of gluten contamination. A place where there is no judgement, discrimination and not having to feel different because everyone understands what it's like to have Celiac Disease. Some of the teens may have been diagnosed as young children and some 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 is the best part!

MEMBER DISCOUNTS

Are you reaping the benefits of your CSA membership card? Present your card at these retailers around town and online and receive discounts. If you would like to see a retailer on this list, let us know and we will contact them about the possibility of their participation in this program.



Beau Jo's

www.beaujos.com

15% Off Any (1) Food Item - Not to Exceed \$15



Eating Primal

720-273-3727

www.eatingprimal.com

20% Off Your First Online Order



Fresh Thymes Eatery

2500 30th St #101, Boulder CO 80301

303-955-7988

www.freshthymeseatery.com

10% Off Each Visit



New Planet Beer

6560 Odell Place, Ste. D, Boulder CO 80301

303-499-4978

www.newplanetbeer.com

\$1.00 off pints. Must be 21 or over.



Gluten Free Things

11651 64th Avenue, Unit A-6, Arvada CO 80004

303-668-1663

glutenfreethings.com

25% All Orders That are \$25.00 or more



Cecelia's Marketplace

Cecelia's Marketplace GF Grocery Shopping Guide

www.ceceliasmarketplace.com

25% discount on any gluten free book.

Email database@denverceliacs.org for the discount code.

PRODUCT INFORMATION

By Bonnie Atherton

Almond Breeze's line of Refrigerated and Shelf Stable drinks are all GF.

Blue Diamond Almonds come in Bold, Oven Roasted and Traditional flavors. All are GF except the Jordan and Wasabi & Soy Sauce.

Freschetta has a large GF thin and crispy pizza with 4 cheeses or pepperoni. They also both come in single serves sizes and are CSA certified.

Golden Platter has GF Chicken Nuggets, Patties and Tenders in large packages that are GF certified.

Goldfish is now making "Goldfish Puffs", GF certified and they come in 5 flavors. They are BBQ, Cheddar Bacon, Mega Cheese, Sizzlin' Hot Wings and Twisted Grill Cheese.

Hormel has an extensive list of their GF products at Hormel.com, open FAQs and you will find the info under Food Safety. Some of their brands, along with Hormel are Chi-Chi's, DiLusso, Farmer John's meats, Jennie-O Deli, Frozen and Refrigerated meats, La Victoria sauces, Herdez and Staggs.

Milton's Crackers in Cheddar, Crispy Sea Salt, Everything and Multigrain are non GMO and certified GF. They have 2 types of cookies – Chocolate Chip Double Chocolate and Snickerdoodles.

Purely Elizabeth has GF Ancient Grain Granolas, Ancient Grain Oatmeal with GF oats and 2 cookie mixes – Chocolate Chip and Oatmeal Cherry Chocolate Chip.

The Celiac Support Association (< 5ppm), Gluten Intolerance Group (<10ppm) and National Foundation for Celiac Awareness (<10 ppm) all have certification programs with voluntary product testing programs. To receive their logo, products must test below the above levels of gluten. Gluten may not be in an ingredient, but is in the product through facility cross contamination. There is an ingredient review, inspection of the facility and packaging materials, and ELISA analytical testing.



GF Product Websites

Visit gfoverflow.com for a searchable database of 10,000 products that have been verified by the manufacturers as being gluten-free. Enter a product, brand, category or other key word to locate a match in the database. After finding the item, i.e. "cookies", a list of manufacturers will appear along with the GF cookies they make. Open the "show policy" link and the full policy that determined the GF status is listed.

On glutenfreechecklist.com, users can search products by manufacturers and categories using a drop down menu. The website lists the top products in over 150 categories with a direct link to the companies' websites. Additionally, a recipe section under the "What's for Dinner" link allows users to search a gluten-free recipe database according to ingredient or meal courses. You can also find other checklists such as "Fresh Baked Goods", "Prepared Meals", "Birthdays" and more.



Allergic Living has a chart on the allergy policies of 12 major airlines, updated as of June, 2015.

[Click here to view](#)



The National Celiac Support Association (CSA)

has 2 letters on their website, one to school principals and the other to teachers, explaining celiac disease and how school staff can make accommodations for students with gluten restrictions.

[Click here for letter to Principals](#)

[Click here for letter to Teachers](#)

GLUTEN IN THE NEWS

Papa Murphy's GF

By Bonnie Atherton

Papa Murphy's pizza now has a GF Udi's crust for their pizzas. Clean gloves are used to place this GF crust on a clean tray but the same sauce and spoon, cheese and various toppings are cross contaminated with the gloves they wear when handling the wheat crusts. These gloves are not changed when putting the toppings on that wheat crust, so all of them are contaminated with gluten. There is not enough space for them to have a small GF area with some separate toppings in their kitchens. They also make dough in the restaurant for their wheat pizzas. Management advises anyone with celiac to avoid eating their GF pizzas.



Recent Discoveries of Breweries & Cideries with Gluten Free Options



Odd13 Brewing in Lafayette is bound to be another of the gluten-intolerant's favorite, as all of their beers are now gluten-reduced. They have an inviting tasting room complete with a patio, regular events and food trucks. Their beer is also available in liquor stores around the metro area. The gluten-reduced cans/bottles are not labeled as such so please view their information (www.odd13brewing.com/content/clarityferm.html) about identifying them or call and ask (303-997-4164).



Locavore Beer Works in Littleton just released a gluten-reduced Loggerhead American Lager. Be sure to call ahead and verify that they currently have a gluten-reduced brew. They serve food from the catering company next door which listed a gluten-free option on the menu. www.locavorebeerworks.com 720-476-4419



The Old Mine Cidery and Brewpub in Erie is worth a visit. They brew several unique types of cider, all of which is naturally gluten-free. The beer is all bottled but not GF. They also sell food, including GF pizzas, and can make most of the other items GF as well. www.theoldmine.com 303-905-0620



Murry's Voluntary Recall of Bell & Evans Gluten Free Breaded Chicken Breast Nuggets

By: Scott Adams

Celiac.com 07/17/2015 - Today, the USDA issued a voluntary recall notice on one item produced at Establishment P-516, Murry's, Inc., in Lebanon, PA. This item was produced and packaged by Murry's, Inc., for the Bell & Evans' brand. The product in question is focused on one production date of March 25, 2015 to include Bell & Evans GLUTEN-FREE Breaded Chicken Breast Nuggets with a BEST BY: 03/25/16. They were distributed to various Bell & Evans customers. The official recall notice can be found here: <http://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/recall-casearchive/archive/2015/recall-100-2015-release>.

As a result of this report, Bell & Evans is alerting our customers and assisting in the removal of the product from our distribution and retail channels. We are also working closely with both the USDA and Murry's, Inc., to aggressively rectify this situation. Bell & Evans takes this claim very seriously and are doing what's necessary to ensure the public health.

The specific information for the item involved is:

BE Item#: 20229 – Bell & Evans GLUTEN-FREE Breaded Chicken Nuggets

12 oz retail box

Best by: 03/25/16

UPC #: 738985277291

Please note, there are NO REPORTED illnesses related to this recall.

Bell & Evans GLUTEN-FREE Breaded Chicken Breast Nuggets showing the BEST BY: 03/25/16, is the ONLY product involved. The best by date can be found on the master case label and on the front of the individual retail unit. If you are a wholesale customer in possession of product from this date ONLY, please segregate it and place it on HOLD. We will follow up with specific instructions on returning the product.

Most importantly, Bell & Evans fresh products or any of our other products ARE NOT INVOLVED. We are confident and committed to the continued quality of all of our products.

Consumers with questions may contact Murry's Customer Service directly at 1-800-638-0215 between the hours of 9am and 5pm (EDT), Monday thru Friday.

Celiac Disease Screening Important for Kids Presenting for Rheumatology Evaluation

By: Jefferson Adams

Celiac.com 07/09/2015 - Children presenting for evaluation have undiagnosed celiac disease at double the rates of the general population, says the latest study. However, current clinical guidelines do not consider patients with rheumatic conditions to be at high risk for celiac disease despite numerous reported associations between the two in adults and children.

A team of researchers set out to assess the prevalence of celiac disease among kids receiving a rheumatology evaluation. The research team included Yekaterina Sherman, BA, Rose Karanicolas, MD, Brittany DiMarco, BA, Nancy Pan, MD, Alexa B. Adams, MD, Laura V. Barinstein, MD, L. Nandini Moorthy, MD, and Thomas J. A. Lehman, MD. They are variously affiliated with the Division of Pediatric Rheumatology Evaluation Hospital for Special Surgery, New York, New York; the Division of Rheumatology, Mount Sinai Medical Center, New York, New York; and the Division of Pediatric Rheumatology, Robert Wood Johnson Medical School in New Brunswick, New Jersey.

The team conducted celiac disease screenings on a total of 2,125 patients presenting for initial evaluation by the Division of Pediatric Rheumatology at the Hospital for Special Surgery between June 2006 and December 2013, as a part of the standard initial serologic evaluation. The team then reviewed the charts at the end of this period. From this information the team diagnosed celiac disease in a total of 36 patients (30 girls, 6 boys, mean age 9.4 +/- 4.3 years, range 2–16 years) after serologic testing and evaluation by pediatric gastroenterology. Eight additional patients with known celiac disease diagnoses presented during this time period. The total prevalence of celiac disease over this 6.5-year period was 2.0%.

The most commonly reported complaints among patients diagnosed with celiac disease were myalgias, arthralgias, and skin rash. Less frequently, patients reported gastrointestinal complaints including abdominal pain, nausea, and diarrhea. All patients reported improvement or complete resolution of their musculoskeletal symptoms after beginning a gluten-free diet.

In this study, the team found 36 new cases of celiac disease among children presenting for rheumatology evaluation, for an overall prevalence rate of 2.0%. The majority of patients who ultimately received a diagnosis of celiac disease presented with extra-intestinal manifestations.

These results underscore the importance of celiac disease screening in children receiving a rheumatology evaluation.

Source: <http://pediatrics.aappublications.org/content/early/2015/06/09/peds.2014-2379.abstract>

Busting Through Gluten's Myths

By: Alice Bast

From gluten content levels to the risks of skin lotions, a lot of fiction gets mashed into gluten-free "facts". Even our wise celiac disease community can fall prey to fiction that circulates in the media or misconceptions from confusing terminology. It's time to dispel some of the top myths.

1. Celiac disease is on the rise because today wheat is different than it used to be.

Modern wheat breeding is often blamed for the increasing prevalence of celiac disease, but according to Donald Kasarda, PhD, that theory falls flat. In 2013, he published a study in collaboration with the U.S. Department of Agriculture that looked at the gluten content of wheat over the past century. Kasarda's findings showed no notable rise in the gluten ratios of today's wheat.

However, he still believes other factors, such as the upsurge in wheat consumption and the expanding use of "vital wheat gluten" as a food additive, are potential causes to explore.

2. Gluten-free food should contain zero gluten.

This might seem a simple expectation, but in reality it's a nearly impossible feat – and one that could severely limit our gluten-free food supply. The most reliable gluten detection tests in use can consistently detect as low as 5 parts per million (ppm). Even if we are able to test for zero gluten in the future, that level would be too restrictive for most manufacturers to achieve, and would potentially result in even higher price tags.

Moreover, researchers agree that most people with celiac disease can safely tolerate up to 20 ppm of gluten, a level which the vast majority of third-party tested gluten-free products are falling well beneath, according to dietitian Tricia Thompson of Gluten-Free Watchdog.

3. If it says "manufactured in a facility that also processes wheat", it's not safe.

This "facility" warning is an example of what the U.S. Food and Drug Administration (FDA) calls a voluntary "allergen advisory" statement. It's different from a "contains wheat" statement, which is required by law if wheat is used as an ingredient and not stated in plain language in the ingredient list. The voluntary warning means that the product is not made with wheat ingredients, but there may be risk of cross-contact with other wheat-containing products during manufacturing.

However, it is possible for a manufacturer to produce safe gluten-free food for people with celiac disease using common equipment or a shared facility – as long as the right protocols are in place to provide strong oversight, including proper ingredient sourcing, cleaning, storage,

production and testing.

Fortunately, advisory statements will soon become less ambiguous. As of August 2014, the FDA began to enforce a gluten-free labeling rule that prohibits foods containing 20 ppm of gluten or more from bearing a gluten-free label claim.

4. Both celiac disease and gluten sensitivity can be diagnosed with a blood test.

While a celiac disease diagnosis begins with an IgA-tTG blood test, gluten sensitivity is a diagnosis of exclusion. Different blood, saliva and stool tests are being marketed as gluten sensitivity tests, but they have not been scientifically validated. These types of tests oversimplify diagnosis.

Currently, the only way to confirm gluten sensitivity is through a process of elimination – by testing negative for celiac disease and wheat allergy and then eliminating gluten under the supervision of a physician or dietitian skilled in celiac disease. If symptoms improve on the gluten-free diet, you likely have gluten sensitivity.

5. You should only use gluten-free shampoo and cosmetics.

The choice is inevitably yours, but science indicates that gluten in personal-care products is not a threat to those with celiac disease. The exceptions are items that may be easily ingested, such as lipstick or hand lotion.

Researchers suggest that unless you have an open wound, gluten cannot be absorbed through the skin, so many topical items are acceptable for use. Just be sure to wash your hands well after application.

6. If a restaurant offers a gluten-free menu, they know how to serve me.

One day, we all hope to sit down to a gluten-free meal, no questions asked. Until then, don't take gluten-free menus for granted. Some restaurants will introduce gluten-free options without the due diligence surrounding what is entailed to serve a "safe" meal to those on a medically necessary gluten-free diet.

The reverse can also be true: just because a restaurant lacks a gluten-free menu doesn't mean they can't serve you. Many restaurants will prepare fantastic and safe gluten-free meals upon request. The best defense is to call ahead and ask how a restaurant handles gluten-free food preparation.

Alice Bast is President and CEO of the National Foundation for Celiac Awareness (NFCA)

www.allergicliving.com



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

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midday snack



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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.



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www.udisglutenfree.com

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EDUCATIONAL PRESENTATIONS AVAILABLE ON 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, please contact:

Katie Bauer, Nutritionist

720-295-6492

nutritionist@denverceliacs.org



www.facebook.com/DenverCeliacs

NEIGHBORHOOD RESOURCE CONTACTS

Below are the resource contacts in neighborhood areas in the Denver metro area. The neighborhood resource leaders are the local contacts for people with questions about living with Celiac Disease. We encourage you to contact your neighborhood resource leader with any questions for needed resources, especially if you're newly diagnosed. If you have questions or are not sure which area corresponds with your neighborhood, please email vpmembership@denverceliacs.org.

Denver City and County OPEN

Westminster, Commerce City, Brighton, Northglenn, Thornton

Janelle Hahn
303-513-0831
janellehahn@hotmail.com

Golden, Evergreen, Morrison

Karen Cranford
303-979-8094
crankaren@aol.com

Littleton, Ken Caryl, Roxborough

Nancy Lindsey
303-973-1279
n-lindsey@comcast.net

Aurora

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303-752-0958
maria@brotherston.us

Heidi Lyster

303-503-6166
blueeyes_80110@yahoo.com

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303-973-4613
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303-815-4043
jenny@redjeweledmedia.com

Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown

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303.667.9792
azkerry@msn.com

Boulder County

Tracy Ashmore
720-244-6249
gfpamperedchef@gmail.com

Barbara Sanford

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barbarasanford@comcast.net

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'.

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)
- 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
- Discounts at various gluten-free retailers

Join, Renew or Give the Gift of Membership to Denver Metro Chapter #17 of CSA/USA by visiting our website or complete the following form and mail it to:

**2307 Willow Creek Drive
Golden CO 80401**

Member Name: _____ **Phone:** _____

Street Address: _____

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

Gift Giver's Name (for acknowledgement): _____

Please send my Newsletter by Email _____ **(Please Initial)**

Have you received a Celiac Disease Information Packet? _____

How did you hear about the Denver CSA? _____

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

**CELIAC SUPPORT ASSOCIATION
DENVER METRO CHAPTER #17
2307 WILLOW CREEK DRIVE
GOLDEN, CO 80401**



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

Participating Locations

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