

TAMING OF THE SPRUE

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

March 2010

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SAVE THE DATE!

Join us on **June 12th** at 11am. Our Gluten Free Potluck Picnic will be in Clement Park Shelters A & B (same as 2009). We'll bring the BBQ. Please bring your favorite Gluten Free Side dish!

Incredible Edible Gluten Free Food Fair 2010 will be on **August 29th** at the Jefferson County Fair Grounds. More information to follow. If you have a restaurant with a gluten free menu, know of a new gluten free vendor or a company you think should be there, please e-mail gfvendorfair@denverceliacs.org. so we can contact them!

All information contained within this newsletter has been collected and/or generated by the Denver CSA Chapter #17 for the benefit of its members and other interested parties. Opinions expressed are not necessarily endorsed by the national organization or the local chapter. Products mentioned or omitted do not constitute endorsement. Food manufacturers' ingredients may change at any time and may not be reflected on labels. No liability is assumed for the use of this information by Denver CSA Chapter.

Next Meeting: The Role of Nutrition in Immune-Related Disease! April 1st at 7pm

Over the last ten years there has been an increase in immune-related diseases and autoimmune diseases. One of the challenging questions in this increase is why? We will discuss in this lecture the role of various proteins introduced to our immune system via the gut which may lead to the inflammatory pathway potentially directing to autoimmune disease - specifically for inflammatory bowel disease like celiac. We will focus on potential mechanisms and potential prevention pathways. We can't wait to see you at Swedish Medical Hospital 501 E Hampden Ave., Englewood, CO 80113, Spruce Conference Rooms. It is best to park off of Hampden Ave either on the street or in the parking garage.

February Meeting Recap

Were you able to make it to the February Meeting? Did you hear Jean Duane talk about using ingredients to make gluten free dairy free goodies? Personally I thought it was really cool. Although I've been cooking and baking gluten free for a long time, I learned something new... I was excited to learn about the 5 inch rule ~ If you are baking in a pan with a diameter less than 5 inches you don't need to use xantham gum or guar gum. See you in April.

- Abbie Keyes VP Programs

Special Thanks to our February Vendors

Thank you to our February Vendors that brought or sent all kinds of Goodies!

Sandwich Petals ~ Did you get a chance to talk with Rich or Dee about their Gluten Free Flatbreads? Which of the three flavors did you like the best, Agave Grain, Chimayo Chili, or Spinach Garlic Pesto? Remember the Monday Buy One, Get One Deal. For more information check out www.sandwichpetals.com

Thurmann's Deli Meat and Cheeses ~ The sandwiches made with the Sandwich Petals were made with Thurmann's products.

The Bundt Shoppe ~ There were lots of Mini Bundt Cakes that were shared with us from the Bundt Shoppe. They are working to perfect their gluten free recipe and seasonal flavors. Stop in the shop and pick up goodies for your next event! Located in Castle Pines just off I-25. Check out their website for better directions. www.TheBundtShoppe.com

La Empanada Gourmet ~ Did you get to try the hot Arapas? These little corn "biscuits" can be split and filled with anything you desire. These can be found at Whole Foods. Check out the website www.LaEmpanadaGourmet.com for more info!

More thanks continued on the next page – we ran out of room! But not out of gratitude!

A SPECIAL THANK YOU TO FREE CHOICE FOODS

If you attended the February Chapter meeting, you heard lots of praise for Dee Valdez and her effort in working with Loveland's House of Neighborly Service to organize the nation's first gluten free food bank. We'll be taking time throughout the year to recognize the many companies who are donating their products to this effort. At the December dedication ceremonies, in addition to Sandwich Petals creator Rich Schneider, was another Colorado company.

Free Choice Foods, based in Littleton, is a new manufacturer of gluten-free entrees and side dishes. Their mission is to enhance living the gluten-free lifestyle by simplifying meal planning and preparation. They currently offer 6 tasty and nutritious gluten-free meal items which you can learn more about at www.freechoicefoodsusa.com.

Contributing to the fight against hunger in the Denver Metro area has been an ongoing personal cause for Kathy Lewis, President & Owner. The opening of the first gluten-free food bank in the country presented Kathy with the ideal opportunity to make the first charitable contribution from Free Choice Foods. Two cases (24 boxes) of products were donated to be included in the gluten-free food baskets distributed by HONS. Free Choice Foods recently made another donation and plans to continue replenishing the shelves at the gluten-free food bank on an ongoing basis.

The Free Choice Foods team, comprised of Kathy and Danielle Daubenspeck, are active members in the National and Denver Metro Chapters of CSA. Free Choice Foods is also a CSA Recognition Seal Participant. Please join us in recognizing Kathy and Danielle for their help in this effort. We're all very appreciative and salute their generosity. Look for them to be a vendor at our April meeting and you can give them a special thank you!



COMMUNITY OUTREACH PROGRAMS

Gluten Free Food Bank--House of Neighborly Service

555 N. Cleveland, Loveland, CO 80537, 970-667-4939,
www.honservice.org

The first gluten free food bank in the nation...for residents of Loveland, CO. Must financially qualify.

Angel Food Ministries

This food relief program is established in different areas across the nation. Among their monthly specials is a 5 lb. Allergen-Free Food Box, which is processed to eliminate the 8 top serious allergens, including gluten! Breading is done with brown and white rice flour.

The March special for \$23.00 includes:

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

The specials change each month. There are also many other types of boxes including a fruit and veggie box for \$22.00. For info, go to www.angelfoodministries.com and find a local distribution spot close to you. Orders are placed by a certain date and delivered on another date. There is no financial qualifying. Order as many boxes as you want. Certain places also take food stamps.

Thanks to our Feb vendors, cont'd.

Gluten Free Oats ~ Proatina Oat Samples were provided by Montana Gluten Free Processors. For more information on their product, see the article in THIS newsletter. More of their samples will be available at the April meeting.

JO-SEF also sent us samples of their delicious cookies, including their Chocolate and Vanilla Squares and their cream-filled sandwich cookies that come in vanilla, cinnamon and chocolate---yes, like Oreo's! They're also nut free, lactose/dairy free, casein free, vegan and egg free. Check them out at www.josefsglutenfree.com.

Katz Gluten Free also sent samples for our giveaways that included their new honey muffins (delicious!), challah rolls and the easily addictable Apricot and Raspberry hamantaschen. They are also dairy and nut free. Find them at www.KatzGlutenFree.com or call 845-782-5307

SPEAKING GLUTEN FREELY – LIST OF NEW GLUTEN FREE PRODUCTS

- Amy's new GF products include a Spanish Rice & Red Bean soup, a non-dairy Macaroni and Cheese and a single serve Roasted Veggie non dairy rice crust pizza.
- Arrowhead Mills has Bake with Me kits for kids: GF cupcake mixes in Chocolate or Vanilla.
- Bionaturae has added two more GF pastas – Rigatoni and Tagliatele (egg noodles).
- Boulder Canyon has two new flavors of Rice & Aduki Bean Chips: Sun Dried Tomato Basil and Sweet Lemon Pepper.
- B.R.A.T. (the banana, rice, applesauce and toast diet) has a 32 oz aseptic box of organic, nondairy, GF rice beverages that are also corn and soy free. It is designed to go along with the BRAT diet when you have a sick stomach and helps promote electrolyte balance. Flavors are Chocolate Honey, Cinnamon Toast, Original and Vanilla.
- Caesar's Pasta Specialties frozen GF entrees include Cheese Lasagna, Manicotti, Stuffed Shells and Vegetable Lasagna. Every batch is third party tested for any gluten.
- Crenu's (formerly Good-E Bar) 2 new flavors are Lemon Chia and Orange Cranberry.
- Dowd and Rogers GF brownie mix is now available.
- Eco Planet has 3 flavors of GF 7 grain instant hot cereal packets, GFCO (GIG) certified and made in a dedicated GF facility.
- Gluten Freeda now has frozen GF burritos in four flavors, along with three flavors of certified GF oatmeal.
- Glutino's new GF cookies are Chocolate Chip and sandwich crèmes in Chocolate Vanilla and Vanilla.
- Hearthland Foods vegan instant mashed potatoes are dairy free and GF.
- Julie's GF ice cream sandwiches are made with vanilla ice cream & Gluten Freeda choc cookies.
- Jungle Grub organic GF bars are 100 calories each.
- Lundberg Farms brown rice GF couscous comes in 4 varieties.
- Nature's Path has two new cold cereals – Sunrise Crunchy Maple and Crunchy Vanilla, multigrain with flax and organic.
- Oogie's Gourmet Popcorn, a Denver company, has an entire line of GF popcorn.
- Orgran brand has a GF licorice, Molasses Black. Stores can order this in.
- Perky's Nutty Rice and Nutty Flax cereals are now under the Enjoy Life brand.
- Shelton's has a GF canned natural free-range chicken.
- St. Claire's now has their Tarts in little pouch bags, rather than the pocket boxes, in fruit flavors, organic and GF.
- Sun Cups are sunflower butter milk chocolate and dark chocolate cups, like Reese's, but with no peanuts, organic, GF and made in a nut-free facility.
- Yumnuts are slowly-dry-roasted cashews with no oil in 6 different flavors. All are GF.

Thank you to Debbie Knapp, Corporate Grocery Manager from Vitamin Cottage for providing this valuable information.

Diane Moyer, M.S., R.D., C.D.E. presents *Introduction to the GF Diet and Celiac Disease*. This 3 hour class offers an intro to the gluten free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. This class is \$45 and includes a copy of the Denver Metro *Gluten Free Products List*. Call 720-560-3734 for more information.

WHOLE FOODS 365 MIXES DISCONTINUED

Whole Foods has discontinued its 365 brand of Gluten Free mixes. Their *Bakehouse* ready-made baked goods will continue to be stocked. GlutenFreePhilly.blogspot.com notes that the Whole Foods mixes will be replaced with Gluten Free Pantry mixes as stock runs out on the in-store brand. They speculate that the 365 mixes may have been made by Gluten Free Pantry but labeled for Whole Foods.

WISHBONE SALAD DRESSINGS LABELED GLUTEN FREE

Wishbone is in the process of labeling their GF dressings with "gluten free" under the ingredient label. Over time, additional Unilever GF products will also have this designation.

EASTER AND PASSOVER GLUTEN FREE PRODUCTS

Easter can be a difficult holiday for gluten-free children. Many of the candies found in pre-made Easter baskets contain gluten. There are, however, many traditional Easter candies that are gluten-free. K&K Candies and The Natural Candy Store both have nice lists of gluten-free candies and you can purchase directly from their online stores. The two chocolate companies listed below have gluten-free easter bunnies!

Gluten Free Easter Candies

Jelly Bellies

Surf Sweets - Gummy Candy and Jelly Beans

Premium Chocolatiers- Gluten Free, Dairy Free, Egg Free, Nut Free and Adorable!!

Chocolate Decadence- Gluten Free, Dairy Free, Vegan

Just Born Marshmallow Peeps

Passover is one of the greatest gifts to the gluten-free community. As Jews around the world are celebrating their Exodus from Egypt, the gluten-free world (whether you are Jewish or not) should be partaking in the delicious Passover gluten-free foods that are available for a short time. Passover is March 29th through April 5th. This means that new gluten-free products will be showing up in your local stores (if you have a nearby Jewish community) starting in March. Watch for sales of the remaining products the first week in April.

When purchasing Passover products, it is not enough to just buy a Kosher for Passover Product. Many products contain matzoh or matzoh meal, which contains wheat. Read the labels and packaging carefully. You are looking for a product that is labeled "*Gluten-Free*" or "*Non-Gebrochts*", which means it does not contain matzoh. Many products are also *dairy and corn free*.

A number of gluten-free products may be found at the Eastside Kosher Deli, 499 South Elm Street, Denver and some King Soopers Groceries.

Check your stores to see if they carry Schick's Kosher for Passover Cakes. These are amazing gluten-free/dairy-free cakes that freeze beautifully. Schicks has 27 gluten-free products available this time of year. If you can't purchase these products near you, you can order directly from Schicks. You can buy them and freeze them for up to six months. Another great brand is Shabtai Gourmet. Their Rainbow Cookie Squares are delicious!

Other Gluten-Free Passover Products:

Gefen and Manischewitz have potato starch noodles

Frankel's has blintzes, waffles, knishes and cakes

Macabee has pizza

Kineret has blintzes, cakes and cookies

PROATINA OATS

The Denver chapter is grateful to Montana Gluten Free Processors for sending samples of their gluten free oats last meeting. The oats are produced in a safe environment that precludes the chance of contamination starting with the fields and following through to the equipment used to cultivate and harvest it. The product is then milled and processed in a facility free of any traces of gluten as confirmed by laboratory tests by the University of Nebraska.

Many people experience digestive distress after eating gluten free oats no matter what company produces them. The robust fiber content of oats makes it necessary to use proper cooking methods in order to prevent an irritated response. Newly diagnosed patients initially may have difficulty digesting fiber so CSA recommends those people not eat GF oats in the first year after diagnosis. Officials from Montana Gluten Free Processors recommend that oatmeal be cooked using more water than called for, and be cooked longer and at a high temperature in order to break down the fiber, especially if it is whole or coarse cut; and that patients start out eating small-sized portions. This method has been successful in avoiding intestinal upset.

Some people can't tolerate oats. While the genetic makeup of oats is not the same as gluten-containing grains, it is similar and some people just can't eat oats. That doesn't mean it's a gluten reaction (if they are eating specified gf oats), but it can be similar. If you are one of those, then do not sample the oats. But there are plenty of samples of the ProOatina Oats and they will be available at the April meeting.

DINING OUT

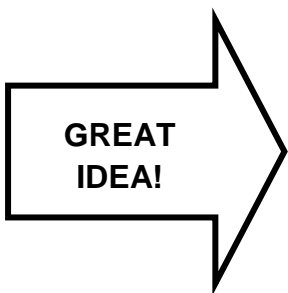
Carelli's of Boulder, serving Italian food, 645 30th St., Boulder, CO offers a large selection of GF entrees, including ravioli and pizza margarita. An online menu is available at www.carellis.com.

Bacco Trattoria www.baccodenver.com, one of the newest restaurants in Boulder, located at 1200 Yarmouth, in the Uptown Broadway Shops, is now serving The Gluten Free Bistro's Neapolitan style pizza crust.

Abrusci's Italian Restaurant is opening a second location in Cherry Creek North, at 300 Fillmore, in April. They will be offering a GF menu there also. Their phone # for further information is 303-232-2424.

SOUPER!SALAD! now has a GF menu. It includes soups, featured and signature salads, toppings, Hot Bar, dressings, desserts and beverages. Because there are many locations nationally, there may be "regional differences and possible ingredient substitutions by our suppliers". Please check with your local restaurant to confirm which items there are GF.

Dagabi Cucina located at 3970 Broadway St. in Boulder, CO, www.dagabicucina.com, is now serving The Gluten Free Bistro's Neapolitan style pizza crust.



Carol Fenster's Culinary Cues

Stay informed about the latest in gluten-free culinary techniques with Carol's FREE monthly e-mail called Carol's Culinary Cues.

Every month you'll receive an e-mail that will remind you to visit this site, and get the most recent "Carol's Culinary Cues" with the latest tips on baking techniques, new ingredients for your gluten-free kitchen, and ways to make sure your cooking turns out perfect, each and every time. Plus, she sends special announcements to help you use her cookbooks more successfully.

Sign up at <http://www.culinarycues.com>

CHAPTER BOARD MEMBERS

Karen Cranford, <i>President</i>		(303) 979-8094		president@denverceliacs.org
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Gina Meagher, <i>Past President</i>		(303) 279-9382		gmeagher@q.com
Dr. Robert Dahl, <i>Medical Advisor</i>		(303) 463-3900		

Your chapter Board Members are working hard to bring you meetings, events in the community and this newsletter. But we can't do it without your help.

If you are interested in volunteering, please reach out to any of the Board Members listed here.

Neighborhood Huddle Information

Meet Your Neighborhood Celiac Resource Contact

Below are the resource contacts in eleven neighborhood areas in Metro Denver, as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Mike Brook, at (303) 858-0822 or email mikebrook@aol.com.

As the neighborhood resource groups have progressed, some areas join together for activities. Flexibility is the keyword, as area needs and/or interests change. The objective in setting up these various areas has been to provide an additional way for celiacs to interact and support each other.

Any member can attend any huddle/activity they want by calling the huddle's contact. Regardless, the Denver Metro Chapter #17 is the umbrella organization for all of our members wherever they live.

METRO DENVER AREAS	CONTACT	PHONE	E-MAIL
CENTRAL Denver City and County	Laura Determan Andrea Loughry	(303) 757-3982 (303) 722-6284	lddet@msn.com oppermanda@netzero.net
NORTH Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	(720) 214-3144	kdarci@yahoo.com
SOUTH Centennial & Greenwood Village (W/I-25), Englewood, zips: 80120,-21,-22	Cathy Curtiss	(303) 771-8029	cmc1974@msn.com
WEST Lakewood	Betty Morris	(303) 238-5145	wabe22204@comcast.net
EAST Aurora, zips: 80231 & 80247	Maria Brotherston	(303) 752-0958	maria@brotherston.us
NORTHWEST Arvada, Wheat Ridge, Zips: 80021&80212	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
SOUTH Highlands Ranch, Lone Tree, Castle Rock	OPEN HUDDLE POSITION	If you are interested in this position, please contact Karen Cranford, president@denverceliacs.org or (303) 979-8094	
SOUTHEAST Centennial & Greenwood Village (E/I-25), SE Aurora, Parker, Elizabeth	OPEN HUDDLE POSITION	If you are interested in this position, please contact Karen Cranford, president@denverceliacs.org or (303) 979-8094	
SOUTHWEST Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
WEST Golden, Evergreen, Morrison	Beverley Haney	(303) 670-0063	mrsbevins@q.com

Other Colorado Area Contacts

AREA	CONTACT	PHONE	E-MAIL
Berthoud	Bill Eyl	(303) 772-3155	bill eyl@yahoo.com
Boulder	Barbara Sanford	(303) 499-7259	barbarasanford@comcast.net
Boulder County (CSA Chapter #138)	www.bouldercountyceliacs.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

MEMBERSHIP APPLICATION FORM

DENVER METRO CHAPTER # 17 of CSA/USA INC.

A NON-PROFIT ORGANIZATION

To see when your membership expires, look at your newsletter mailing label. Renew today so you won't miss a single issue. For questions, call Donna DeVisser at 303-973-4613.

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. Annual dues are \$15.00/year. Make check payable to "Denver Metro Chapter #17, CSA/USA"
Mail check and form to: Donna DeVisser, 2675 Van Gordon Dr. Lakewood, CO 80215-7001

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____

_____ This is a renewal _____ There is no change in my contact info _____ Interested in Volunteering

Please list yourself and all members of your **immediate** family who have Celiac Disease

Name	Circle one	Name	Circle one
	Child/Adult		Child/Adult
	Child/Adult		Child/Adult

Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization!
I authorize Denver CSA to share my contact information for official chapter business.

(Please initial)

Have you received a Celiac Disease Information Packet? _____ Yes _____ No

For information on the national CSA/USA, call 1-877-272-4272 or go to www.csaceliacs.org

2009 GLUTEN-FREE PRODUCTS LIST ORDER FORM

Please mail this form to: Don Smith, 6834 S. Franklin Circle, Centennial, CO 80122 (303) 794-7258

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

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____

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

GLUTEN FREE SUMMER CAMPS for Kids!

Parents who would like their celiac kids to experience a traditional summer camp need to start planning for it during the winter. Camps with gluten-free sessions start to put their registration forms online in January. Fortunately, there are a variety of gluten-free summer camps to choose from. Some allow non-celiac siblings to attend as well. In most cases, you'll need to sign up with the camp *and* with the organization sponsoring the gluten-free sessions. Below is just a sampling of some of the camps available. For more info and a complete list of camps, visit <http://celiacdisease.about.com/od/raisingaglutensfreechild/tp/SummerCamps.htm>

Location: Camp Twin Lakes in Rutledge, Georgia

Dates: May 30 to June 4, 2010 Camp Wee-Kan-Eat-It Family Weekend is for any family (adults *and* children) with a family member with celiac disease.

Location: Camp Westminster on Higgins Lake in Roscommon, Michigan

Dates: Children ages 7 to 14, June 20 to 26, 2010; Families, July 4 to 8, 2010

Details: This week promises all the fun of Camp Westminster, with food accurately and sensitively prepared by experienced cooks, for a traditional week of camp for children and youth with sensitivities to foods containing gluten and casein. **New this year:** a gluten-free menu will be available, with pre-registration, during any week of camp in 2010. If you have food related camp questions, please contact Deanna at dkseng99@voyager.net or Pam Jann at pamelajann@hotmail.com

Location 1: Camp Kanata, Wake Forest, North Carolina

Dates: June 27 to July 3, 2010

Location 2: Camp Sealth, Vashon Island, Washington

Dates: July 9 to 24 (6 days); July 26 to 29 (4 days); or July 19 to 29 (11 days), 2010

Details: GIG Kids Camps are mainstream, integrated camps, where kids must be aware of what foods are safe and not safe, ask questions and talk to others about their eating restrictions. Camp counselors are trained by GIG Staff. Gluten-free substitutions are available for meals and all activities. GIG dietitians are on site.