

TAMING OF THE SPRUE

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

September 2010

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The Denver Metro CSA Chapter has two great speakers scheduled for this fall! Be sure to mark your calendar so you don't miss either event!



Our chapter is proud to sponsor **Dr. Rodney Ford** in Denver on **October 23rd**. Dr. Ford is an Associate Professor, medical doctor, and pediatrician in New Zealand. He is an expert on the medical issues associated with food allergy, gluten-sensitivity (the gluten syndrome), celiac disease, and gastroenterology problems. He is often referred to as the medical food doctor.

Dr Ford will provide evidence that gluten can cause gut, skin and neurological harm (The Gluten Syndrome). He will also present his research on current blood tests available to diagnose both celiac disease and gluten sensitivity. His focus will be on the value of IgG gliadin antibodies (also known as AGA, Anti-Gliadin-Antibodies).

Dr. Ford is currently working on the creation of a global gluten consciousness, which he refers to as **"Gluten-free Planet"**. Gluten-free Planet explores the questions: Is there evidence that gluten could be harmful to everyone? Who should be gluten-free? Will people dare to eat gluten in the future?

Dr. Ford's program takes place on Saturday, October 23rd at 9:30 a.m. at First Plymouth Congregational Church, 3501 S. Colorado Blvd. in Englewood. Doors open at 9:00 a.m. There will be time for questions and answers, your chance to purchase Dr. Ford's latest book, The Gluten Syndrome, and have it personally autographed. Books cost \$20 and must be purchased with cash only. Dr. Ford was the featured speaker at the last GIG and CSA national conferences. Now's your chance to hear him without leaving the state!



On Thursday **November 18th**, we look forward to hearing from one of the leading authorities on celiac disease research, **Dr. Alessio Fasano** from the University of Maryland. Dr. Fasano is a Professor of Pediatrics and Medical Director for the Center for Celiac Research. He is currently involved in a five-year, multi-center blood screening study to establish the prevalence of this condition in the United States. Approximately 10,000 people have participated in the study to date. It was Fasano's research for the National Institute of Health that proved as many as 1 in 130 Americans has celiac disease. Doors open at 7:00 p.m. and the program will begin at 7:30 p.m. at First Plymouth Congregational Church, 3501 S. Colorado Blvd. in Englewood.



There is no admission fee for either of these events. However donations will be accepted at the door for the gluten-free food bank at the House of Neighborly Service in Loveland. Don't forget to bring non-perishable, gluten-free food items for our friends in need!

No Oats at Meetings

In consideration of newly diagnosed members, and those who have problems with oats, please do not bring snacks with oats.

Reminder

The Oct. 7th meeting has been cancelled due to Dr. Ford's visit Oct. 23rd!!

3³rd ANNUAL NATIONAL CSA CONFERENCE

This year's CSA conference is in Kansas City, MO, October 29-31 at the Hyatt Regency-Crown Center. Registration information can be found in the most recent issue of the national CSA Lifeline magazine, online at www.csaceliacs.org, or call 877-272-4272 for more information. Register early for only \$165.00 thru October 15th. After that it will cost \$215.00 to register for this event. There will be exhibits as well as presentations by doctors and researchers including Dr. Alessio Fasano and Dr. Rodney Ford.

INCREDIBLE Edible GLUTEN-FREE FOOD FAIR RECAP & PHOTOS

The 4th Annual Incredible Edible Gluten Free Vendor Fair was held on August 29th at the Jefferson County Fairgrounds. We had 87 vendors and over 1,800 people attend this year – WOW! We were hoping to see 1000 people all day but were well over this number within the first two hours. This proves what a big presence the gluten free community has here in Colorado. Thank you to everyone that came and for your patience. It got overly crowded at times, but for those of you who stuck it out and made it through to all the booths, you surely found some wonderful gluten free products and help. We continue to grow each year so stay tuned for information on next year's fair.

A special THANK YOU to our vendors and volunteers-none of this would have been possible without you!!

Attendees stop to check out one of the many vendors



Seth Mendolson



Isabel gets her face painted



John dishes Kettle Cuisine soups with the help of CSA volunteer Jennifer Leeson

**Thank You
To All
Vendors &
Volunteers!**



Attendance at this year's show exceeded expectations!

"GLUTEN-FREE" Foods May be Contaminated: Study

By Genevra Pittman

NEW YORK | Fri Jul 16, 2010 11:19am EDT

(Reuters Health) - People with celiac disease and others who avoid gluten should beware that foods that are supposed to be naturally gluten-free are often contaminated, warns a new study.

Gluten is a kind of protein found in wheat, barley, and rye. In people with celiac disease - a condition that affects up to about 1 percent of the U.S. population - gluten triggers an immune reaction that causes damage to the small intestine and keeps the body from absorbing nutrients.

Grains such as millet, and rice don't have this protein. But in a new survey of grains, seeds, and flours that should be gluten-free, researchers found that some of these products had picked up traces of gluten - probably from being grown or processed near grains that do naturally contain gluten.

"There was some general assumption (among people with celiac disease) that those naturally gluten-free grains and flours weren't contaminated," Tricia Thompson, a nutrition consultant on celiac disease and the lead author on the study, told Reuters Health.

Thompson and her colleagues analyzed 22 naturally gluten-free grains, seeds, and flours off supermarket shelves, only looking at products that weren't specifically advertised as being gluten-free. They tested the amount of gluten in those products against a proposed Food and Drug Administration limit for any product labeled gluten-free, 20 parts contaminant per million parts product.

Seven of the 22 products wouldn't pass the FDA's gluten-free test - and one product, a type of soy flour, had a gluten content of almost 3,000 parts per million, the authors found. Other products from the sample that weren't truly gluten-free included millet flour and grain, buckwheat flour, and sorghum flour.

The study was too small to give consumers a good idea of how common it is for these products to be contaminated or what products should make people with celiac disease especially wary, Thompson said.

But "it is a red flag," Cynthia Kupper, the executive director of the Gluten Intolerance Group of North America, who was not involved with the research, told Reuters Health.

Even companies that do explicitly label their products as gluten-free, she said, might not always test products they assume won't contain any gluten. The study "is a wake-up call to the food industry," said Kupper. Companies "need to make sure (their products) are truly gluten-free."

Without an FDA regulation in place, there is still no hard-and-fast government definition of what gluten-free means, Thompson said. That makes it harder to keep companies that might skim on their testing accountable.

"It's hoped but certainly not assumed that manufacturers who are putting the (gluten-free) label on their single-ingredient grains and flours are testing their ingredients," Thompson said. "Do all manufacturers test? Probably not."

Under the proposed gluten-free labeling rule, the FDA could conduct inspections of manufacturers that claim their products are gluten-free and analyze those products.

Thompson and Kupper agreed that more research needs to be done to find out the scope of the contamination problem. In the meantime, Thompson said, people with celiac disease are probably better off purchasing grains, seeds, and flours with the gluten-free label.* The products can't be guaranteed to be completely free of gluten, but it is more likely that they will have been tested, she said.

*Products bearing the Celiac Sprue Association Recognition Seal are all tested and guaranteed to contain gluten levels lower than 5 parts per million.

Discovery Could Lead to Celiac Disease Vaccine

It has been 60 years since scientists found the link between gluten and celiac disease, but only recently have they found the precise cause of the immune reaction that can cause so much pain and discomfort to sufferers.

While one in every 133 Americans has celiac disease, many are asymptomatic. Those that show symptoms often contend with nausea and vomiting, headache, mouth ulcers and weight loss after eating gluten containing foods made from wheat, rye and barley.

Now, according to a recently published study in the journal *Science in Translational Medicine*, researchers have found three key substances in gluten that cause the often overwhelming immune response, leading experts to hope that a vaccine is close at hand.

Researchers in the United Kingdom and Australia studied 200 celiac patients in their respective countries by asking them to eat bread, rye muffins or boiled barley, and then tested their blood six days later to measure their immune

response to thousands of peptides, or differing gluten fragments. The scientists found that while no fewer than 90 peptides caused immune responses, three were particularly severe.

"These three components account for the majority of the immune response to gluten that is observed in people with celiac disease," Professor Bob Anderson, head of the Walter and Eliza Hall Institute of Medical Research in Melbourne, Australia, told the BBC.

This new knowledge may soon bear fruit, but celiac sufferers will need patience. "It's an important piece of the jigsaw but a lot of further work remains so nobody should be expecting a practical solution in their surgery within the next 10 years," Sarah Sleet of Celiac UK told the BBC.

A new therapy is already being developed and results are expected in the next few months, according to Anderson. In this immunotherapy trial, celiac patients are slowly being introduced to tiny amounts of the three toxic peptides in an effort to become acclimatized.

So far, the best alternative available to celiac sufferers remains a strict gluten-free diet, though this is often a challenging option. After five years on a gluten-free diet, nearly half of those with celiac disease still have some intestinal damage.

-Vaccine News Daily

DO YOU HAVE THE GENES FOR CELIAC DISEASE?

There is now a do-it-yourself, saliva-based genetic test for celiac disease. It can determine if you carry the genes that may put you at risk for developing celiac disease. The test kit can be ordered without your doctor, it can be done in your own home, and the results are confidential. To find out if this test kit is right for you visit the MyCeliacID at www.MyCeliacid.com.



Annual Free Blood Screening

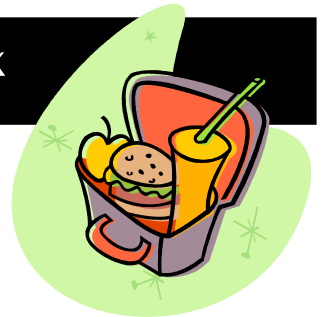
The University of Chicago Celiac Disease Center will be holding its annual free blood screening and Q&A session October 9, 2010. To register, call or visit their website today. 773-702-7593 www.CeliacDisease.net

SPOTLIGHT ON... HOW TO PACK A HEALTHY GLUTEN-FREE LUNCH BOX

The beginning of the school year is upon us once again! For parents of gluten-free children, this can be an especially challenging time. Packing a healthy gluten-free lunch that kids still want to eat is not always an easy task.

There are some simple rules to follow that can take some of the guess work out of this process. Get your kids involved! Let them pick out their own awesome lunchboxes so they're more likely to get excited about lunch, rather than feeling like the odd one out at the lunch table.

A healthy lunch for any child should include proteins, complex carbohydrates, and healthy fats. Proteins can come from gluten free deli meats and cheeses, hard boiled eggs, gluten-free yogurts, or even left-over chicken dinners that can be made into chicken salad! Complex carbohydrates are found in gluten-free whole grain breads, muffins, crackers, fruits, and even cookies (although refined carbohydrates and processed sweets should be kept to a minimum)! Research shows that essential fatty acids are necessary parts of our children's diets! An easy way to incorporate them into your child's diet is to simply purchase gluten free breads, muffins and crackers that contain flax seed. You can also get creative and use gluten free olive oil based salad dressings and spreads. If they like fish, salmon cream cheese is a great dip for their gluten free whole grain breads and crackers, and veggies! Finally, don't forget to keep it interesting and give your child variety while sticking to the three important basics!



It is also your responsibility to educate your child and their teachers about their disease/allergies. It is extremely important that your child understands why she or he cannot trade foods with their friends or eat any school provided foods.

-Information from "Yummy Gluten-Free Tid Bits" by Tina Turbin

For more information related to this topic visit the following websites:

<http://www.glutenfreeda.com/sep10-back-to-school.asp>

<http://www.godairyfree.org/201008314574/News/Nutrition-Headlines/Top-Tips-and-Tools-for-Making-Back-to-School-Safe-with-Food-Allergies.html>

Spotlight... is a new feature in the bi-monthly publication of *Taming of the Sprue*. This column will highlight popular topics in the news and their relevance to celiac disease. Is there a topic that you would like to know more about? Contact us at newletter@denverceliacs.org.

SPEAKING GLUTEN FREELY – LIST OF NEW GLUTEN FREE PRODUCTS

- **LiveGlutenFreely.com** now offers the following General Mills GF products: Asian Helper Chicken Fried Rice Skillet Meal, Betty Crocker baked goods and frostings, fruit flavored snacks (By the Foot, Gushers, Rollups and Shapes), Potato Buds, Green Giant variety of Valley Fresh Steamers, Lara Bars, Nature Valley Roasted Nut Crunch Bars in Almond Crunch or Peanut Crunch and Progresso Soups.
- **General Mills GF** products now include Yoplait yogurt flavors, including Coffee and Pear and Progresso soups: Reduced Sodium Garden Vegetable, Rich & Hearty New England Clam Chowder and Traditional Split Pea w/ Ham.
- **The Autism Community Store** is now open in the Iliff Business Park, 7800 E. Iliff Ave., Denver. They offer toys, teaching supplies, sensory needs, supplements and more. For more information call 303-309-3647.

FOOD RECALLS

- **DeBoles Nutritional Foods Inc. Kids Only! Gluten Free Tubettini Corn Pasta** lot code 30jun11d1 (8.5 oz. box with expiration date June 30, 2011) may contain whole wheat Alphabet Pasta. People with wheat allergies are at risk of serious reaction if they eat it. Consumers who have purchased the recalled product are urged to return it to the place of purchase for a full refund. Those with questions may contact the company at (800) 434-4246 Monday to Friday, 9 a.m. to 9 p.m. and Saturday and Sunday from 10 a.m. to 6 p.m.



PLACE YOUR
AD HERE

...AND REACH 100's of
GLUTEN-FREE SHOPPERS!

FOR DETAILS AND PRICING CONTACT
NEWSLETTER@DENVERCELIACS.ORG

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.

NATIONAL CELIAC DISEASE AWARENESS DAY!

By unanimous consent the US Senate approved resolution S.RES.605, passing Samuel Gee National Celiac Disease Awareness Day which will take place on September 13th, 2010. The resolution was introduced by Senator Benjamin E. Nelson (NE) and co-sponsored by Senator James Inhofe (OK) on August 3, 2010. The objective of the resolution is to promote awareness of celiac disease by creating a special day, September 13th, in honor of Dr. Samuel Gee. A British physician and pediatrician, Dr. Gee is credited with being the first to identify the link between celiac disease and diet. Dr. Gee once quoted "If the patient can be cured at all, it must be by means of diet." Dr. Samuel Gee was born September 13, 1839. The Celiac Sprue Association (CSA) encourages local CSA Chapters and individuals to promote the Samuel Gee Celiac Disease Awareness Day with special events to raise awareness about celiac disease on September 13th.



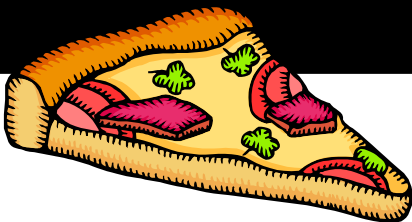
The complete resolution can be found at <http://thomas.loc.gov> with a search for resolution S.RES.605.



GLUTEN FREE GOES GLAM

It's no secret that former first daughter, Chelsea Clinton, has an issue with gluten. So it was no surprise that she recently had a gluten-free wedding cake at the center of her wedding reception! This gourmet creation was a nine-tiered vanilla cake with dark chocolate mousse and measured four feet tall. Ingredients included 360 organic eggs, 50 pounds of sugar, 45 pounds of gluten-free flour, 30 pounds of butter and bittersweet chocolate, and it was decorated with 1,000 sugar flours. This cake was definitely fit to feed her A-list guests, rumored to have included Barbara Streisand, Steven Spielberg, Sting and even Oprah!

WHEAT FREE WOODY'S DAY!



Woody's Wood Fired Tavern is pleased to offer a FREE, "Gluten Free" Tasting Day on Thursday, September 23, 2010! Stop by any of their 3 locations (Denver, Arvada, Ft. Collins) from 11:00 a.m.-2:00 p.m. or 5:00 p.m.-8:00 p.m. for FREE samples of their gluten free pizzas, desserts, and beers.

Dining Out



Bernie's Hot Dog Co. in Highlands Ranch is pleased to inform you that their new menu clearly highlights all of their gluten-free options! This includes their steamed brown rice buns! See their menu at www.bernieshotdogs.com.



The White Chocolate Grill at Park Meadows has an expansive gluten-free menu for those who specifically suffer from Celiac disease. They have partnered with the American Celiac Foundation to ensure the safety and compliance of their GF menu offerings. View their GF menu at www.whitechocolategrill.com.



Gluten Free & Fabulous pizzas are now available in all King Soopers stores in Colorado. To learn more visit their website at www.glutenfreefabulous.com.



CRENU Gluten Free Nutrition Bars are now available at several Whole Foods locations across Colorado! They can also be found at Fort Collins Food Co-Op, Lolita's Market, Rory's Lunchbox, and Vail Express Lift Café. Visit www.crenu.com for more information.



Allergy Eats is a unique new website that helps the 12 million Americans with food allergies, find accommodating restaurants. It allows users to find 600,000+ allergy friendly establishments. Find a restaurant at www.allergyeats.com.



Movie Theater Popcorn is confirmed gluten free at the following movie theaters: AMC Entertainment Inc., B&B Theatres, Bow-Tie Cinemas, Reading Cinemas, Goodrich Quality Theaters, Hollywood Theaters, Landmark Theaters, Malco Theaters, and National Amusements Theaters. Please note that there is potential for cross contamination at all theaters, and consumers should double check with individual locations before eating.



Mustard's Last Stand has GF hamburgers, hot dogs and both buns, along with GF French fries. It has two locations, in Denver near DU and in Boulder.



Noodles & Co. – at noodles.com, click on nutrition & allergy info under nutrition. On the “You can eat here” page, there is a section called “Watching Gluten”. They have added some entrees. Be sure to tell them you cannot have wheat and ask them to substitute rice noodles in the entrees listed.



Pinocchio's Italian Restaurant, 211 N. Public Road in Lafayette, CO is now serving GF noodles. All sauces are also GF. Contact Judy for further information at 303-664-1234.



King Soopers delis are now offering GF salads, along with cheeses and lunch meats. These items will be labeled as GF. Check with your particular store for availability, as not all stores may offer the same selections.



Viet Pho Restaurant in Lone Tree has a wide variety of gluten free menu items including egg rolls and marinades! For more information please call 303-662-8830.

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	(303) 757-3982	lddet@msn.com
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	cathycurtiss@q.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	billeyl@yahoo.com
Boulder	Barbara Sanford	(303) 499-7259	barbarasanford@comcast.net
Boulder County (CSA Chapter #138)	www.bouldercountyceliacs.org		bouldercountyceliacs@yahoo.com
Colorado Springs	Marie Pizzolatto Ginger Ludwig	(719) 572-0548 (719) 598-6748	celiacfamily@yahoo.com ginglud@aol.com
Ft. Collins	Judy Bushnell	(970) 493-9674	jabms@frii.com
Grand Junction	Kathye Holland	(970) 255-0511	
Greeley	Mary Grauerholz	(970) 352-6122	mcholz@aol.com
Lafayette/Louisville	Beth Macht	(303) 665-7558	elizabethwm@yahoo.com
Longmont	Tiffany Jakubowski	(303) 834-8685	
Loveland	Dave Shaw	(970) 669-4233	davshaw49@comcast.net

CHAPTER BOARD MEMBERS

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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		

Two year terms are coming to an end for some of our board members. We are accepting nominations for the following positions:

- President**-Help guide this growing chapter
- VP Membership**-Help manage our area contacts as resources for the newly diagnosed
- Secretary**-Responsible for board meeting minutes
- Cel-Kids**-Provide activity ideas for the younger members of our chapter

If you're new to the Celiac world, consider getting involved with our chapter. Help a great non-profit organization, be a part of the exciting events the Denver chapter will host over the coming years, all while learning about the different aspects of celiac disease.

For more information or to submit a nomination please email president@denverceliacs.org

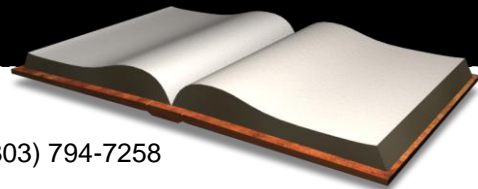
Your Chapter Board Members are working hard to bring you meetings, events in the community, and this newsletter. But they can't do it without your help!



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



GLUTEN-FREE Food Product Guide



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) = \$ _____

Name: _____ Total Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____




Our Chapter is Going Green! Choose Email Delivery of Your Newsletter!

Our chapter is looking to the future by finding ways to be more efficient and economical. You can do your part by signing up for email delivery of your newsletter. Thank you to those who have already signed up for Email delivery. We've had a very positive response. You will get information quicker and more efficiently and the chapter will be able to reduce newsletter costs. This allows us to keep our membership dues at a low annual fee of \$15. Remember that your membership not only pays for the newsletter, but also covers expenses for the meetings and speakers, provides the facilities and the main dish at the Family Picnic, and enables us to stage the Incredible Edible Gluten Free Food Fair. Please send an email to sdevisser@msn.com telling us that you wish to opt into email delivery. For questions, please call Donna at 303-973-4613.

Gluten Free, Goodness Loaded



Rudi's Gluten-Free Bakery bread is certified  but very worthy of your ♥. Each delicious slice has real fresh-bread taste to make the whole ★★ happy, bring a ☺ to your day and add ☀ to your life.

All-natural and organic ingredients.

No artificial chemicals or preservatives.

Tastes like real bread because it is real bread.


Rudi's
gluten-free bakery
www.rudisbakery.com



MEMBERSHIP Application FORM DENVER METRO CHAPTER # 17 of CSA/USA

MEMBERSHIP EXPIRING?

Review your mailing label on this newsletter to determine when your membership expires. Be sure to renew before the expiration date so you won't miss any newsletters. If you have questions about your membership, call Donna at 303-973-4613. (For information on the national CSA/USA, call 1-877-272-4272 or go to www.csaceliacs.org) 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: _____

☐ This is a renewal

Address: _____ Phone: _____

☐ There is no change to my info

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

☐ 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

Please send my Newsletter by Email! _____

FREE CHOICE FOODS®
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Simplify living the gluten-free lifestyle with these unique nutritious main meal dishes!

Wild Rice Pilaf Mix with Roasted Pecans
Made with Natural Ingredients
Complete Protein Source • High in Dietary Fiber
See Nutrition Information for Protein & Fiber Content

• Premium Quality Natural Ingredients
• Based on Whole Grains and Legumes
• No Preservatives, Additives, MSG
• No GMO's
• Quick and Easy - Ready in 30 Minutes or Less

Try All 12 Varieties!

NET WT. 6.6 oz. (188 g)

For a list of retail locations visit our website at www.freechoicefoodsusa.com

Delicious Gluten-Free Pizza and Pasta in over 30 Locations!!



Visit Our Website and Find One Now!

www.theglutenfreebistro.com

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Since 1973*

**WE USE EXTREME CARE IN CREATING
OUR GLUTEN FREE PRODUCTS**


- **Gluten Free Pizza Shells/
Sandwich Bread**
(produced by Deby's Gluten Free Bakery)
- **Pizza Shells, Sandwich Bread and
Parchment Paper stored in a
flour free environment**
- **Sauce's handled separately**
- **Pizza/Sandwiches cooked &
served on parchment paper**
- **Specific Gluten Free utensils**
- **Knowledgeable kitchen staff
trained in safe procedures**



Valid at participating locations only. Please present coupon with order. One coupon per table. Not valid with any other offers or discounts. Not valid with groups or parties. Please call ahead for take out. Expires 11/30/10.

Participating Locations

Arvada
7805 Wadsworth
303.420.8376

Denver 
2710 S. Colorado Blvd.
303.758.1519

Ft. Collins
100 N. College Ave.
970.498.8898

Boulder 
2690 Baseline Road
303.554.5312

Evergreen
Downtown Evergreen
303.670.2744

Idaho Springs 
Historic Downtown
303.567.4376



Sustained by Earth, Wind and Sun
For all 10 locations, visit www.beaujos.com

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