

TAMING OF THE SPRUE

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

Meeting Recap	Pg 2
Cel-Kids Corner	Pg 4
Important Announcements	Pg 5
Speaking Gluten Freely	Pg 6
Chapter Contacts	Pg 7
Ask the Dietitian	Pg 8
Celiac Awareness Month	Pg 9
Product Guide	Pg 10
Member Application	Pg 11
Advertising Info	Pg 11



No Oats at Meetings

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

Save the Date: Gluten Free Family Potluck Picnic

Saturday June 9, 2012

11:00 a.m. - 1:00 p.m

Clement Park, Shelters A & B

7306 W. Bowles Ave. Littleton, CO 80123

You are cordially invited to our chapter's annual Gluten Free Family Potluck Picnic! We are changing things up a bit this year. This year we will be having Udi's and Rudi's at this event and they will be providing samples of lots of great gluten free foods including pizzas, quesadillas, sausages with hotdog buns and veggie burgers with buns. Please bring your favorite gluten free side dish or dessert to share with the crowd. Please remember - no oats! Be sure to bring copies of your recipe so we all can use them for our summer picnics. We're hoping for good weather for this event, but we'll be there and ready for some good food, come rain or shine.

Shelters A&B are best accessed from Pierce Street just south of Bowles Ave. Visit www.ifoorthills.org for a map of Clement Park. Newly diagnosed? Make it easy on yourself! Bring your favorite store bought GF cookies or prepared food, or just come anyway. Come Hungry!!

Become a Board Member with the Denver Celiacs!

Several positions on the Denver chapter board come open at the end of 2012. It's a fun group and you will find an overwhelming sense of purpose in helping chapter members, especially those newly diagnosed. If you are newly diagnosed, it's a great way to learn about this new way of life. By stepping up now, you have the opportunity to learn about the position while there's still a board member doing it. Email any of the people in these current jobs if you have questions. All board member positions are eligible for CSA Conference scholarships.

President—Represent the Denver chapter at events and celiac-related meetings. Organize the board meetings (6/year), take emails and calls from members with questions. Represent the Denver chapter at the annual CSA National Conference.

Treasurer—Produce the financial reports for each board meeting, prepare the budget at the end of each year and produce the year-end report to send to national as well as handle any financial dealings related to events.

VP/Programs—If you enjoy event planning, this is for you. You would be in charge of getting speakers for meetings, finding venues, working with gluten free vendors, and planning events such as our annual food fair. Katie would love for someone to come on board this year so you can get a feel for this position while she's still here. She's also more than happy to help out next year during the transition phase. It is a very fun and rewarding position.

April Meeting Recap

By Katie Uhlenbrock, Vice President, Programs

Wow what a great meeting and turnout!! We don't know if the good turnout was because of the great weather or the wonderful gluten free food truck that came to the meeting, but whatever it was it worked!! Quiero Arepas, the only certified gluten free food truck in Denver, came and shared their wonderful arepas with us before the meeting. If you have not tried them you should – they were wonderful.



We also had a very interesting presentation from Dr. Brent Vuyovich of Shift Chiropractic. Dr. Brent talked about two main points in his presentation. One was stress and how we are much more stressed than our ancestors ever were and this is a big cause of many health issues today. When we get stressed, blood travels to our muscles and away from our organs.

This is a natural and good response but the problem is the constant exposure to stress that we face each day.

The second topic that Dr. Brent covered was how important our spinal cord is to our health. Our spinal cord and our brain make up our central nervous system. The spine has 24 bones that protect the nervous tissues of our spinal cord. Any one of these 24 bones can twist with all of the physical and emotional stresses that we each have. If one of these bones is out of place it can cut off or tighten the nervous tissues and that will limit the response that it sends back to the brain. The main job of a chiropractor is to restore the alignment of these bones so we can get the most out of our nervous tissues which will allow all of our organs and body parts to work to the best of their ability. It is always great to hear the different perspectives from our speakers and to learn more about our bodies.

Dr. Brent also shared some of his favorite gluten free recipes with us after the meeting – they were a great addition to the meeting!

We also had many wonderful gluten free vendors in attendance that evening, so I want to give a very special thank you to all of our vendors who joined us that evening and allowed us to sample their wonderful gluten free products!!



Our chapter's first ever walk to raise awareness for celiac disease and gluten intolerance will be Sunday, **October 14th**, 9:30 AM at Washington Park in Denver. Look for registration information coming in the next newsletter. We could still use some volunteers to help with race day. If you are interested, please email us at GlutenFreeGallop@denverceliacs.org

In The News: Gluten Free Watchdog, LLC.

Glutenfree Watchdog, LLC was founded by Tricia Thompson, MS, RD to make state-of-the-art gluten free food testing data available to the consumer. They independently test labeled gluten free products from the grocery store, three samples from the same company at a time, to see if they test below the proposed FDA limit of 20 ppm. Reports are then posted on the website at www.glutenfreewatchdog.com. In order to access them, consumers must subscribe to this service at the above website for a nominal monthly fee.

Our Denver CSA Chapter is a subscriber and information on products testing greater than 20 ppm from their website follows:

April 2012: Gluten Free Watchdog originally tested Eco-Planet Instant Hot Cereal (original flavor) in June 2011 (Lot 22, Best By 03/12). Three boxes of cereal were purchased in a grocery store in Massachusetts and sent to the third party testing facility, Bia Diagnostics. Samples were tested in duplicate (2 extractions) using the sandwich R5 ELISA (Mendez method, validated version) with cocktail extraction. Mean extraction values for all three samples tested above 20 parts per million of gluten. After initial testing found gluten contamination in all three boxes of this mixed grain cereal, additional testing was done by Bia Diagnostics to confirm findings. A total of 10 samples were tested. Mean extraction values for all 10 samples tested were greater than 20 ppm of gluten

When Eco-Planet was notified of test results by GFW, they sent retained sample of lot 22 to Bia Diagnostics for testing. Results were well above 20 ppm of gluten. In addition, Bia sent a portion of the retained sample sent to them by Eco-Planet to the Food Allergy Research and Resource Program (FARRP).

Results of testing done on this sample by FARRP were 280 ppm of gluten.

The policy of Gluten Free Watchdog is to retest products that have tested at or above 20 ppm gluten within one year of the original test date. As such, two samples of Eco-Planet Hot Cereal (original flavor) were tested in April 2012 (Lot 13, Best By 09/12). One of these samples had a mean gluten level of 68 ppm of gluten.

After notifying Eco-Planet about follow-up test results, Eco-Planet sent the statement below to GFW. It is important to note that the test used by Eco-Planet-- the R5 ELISA test kit from Neogen--is not the same as the formally validated R5 ELISA (Ridascreen Gliadin R7001) Mendez method used by GFW.

“We continue to be very committed to providing hot cereal that is gluten free. As such, we continue to implement improvements to our GF program as improvements are made known in the industry. Since your original test we have made significant changes to our gluten control program and product. The first change, we have made is that we have moved to a new GF oats supplier with whom we have excellent testing results both pre and post production. Second, we moved to the R5 ELISA test kit from Neogen. We are also periodically sending out finished product to a third party lab for GF testing to validate our Gluten Free testing results. All these changes however, were made AFTER the product you tested was produced. With these changes we are confident that we maintain a comprehensive Gluten Free testing and production program to help us ensure our consumers that the food that they are consuming is safe.” (Continued on Page 6)

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 youth 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 with this weird-sounding disease and can't eat the same foods as their friends.

Cel-Kids Updates

The Easter Egg Hunt at Pump-It-Up was a great success and the kids had lots of fun! The kids enjoyed finding the eggs and playing in the bouncy rides.

We are looking forward to our next two events: the GF Picnic on June 9th and the GF Fair on August 19th. We will have lots of fun activities for the kids to enjoy – including a bouncy castle! Check out the picture below!

This will be the first time Cel-Teens will be meeting up as well! Please contact Denise Geiger at celteens@denverceliacs.org for more info.

Expect an Evite soon. Feel free to contact Maria or Heidi in the meantime with any questions at celkids@denverceliacs.org.



Gluten Free Baking Competition at Local County Fairs

By Jerrine Hicks, Vice President, Membership

Were you one of those children who entered their favorite chocolate chip cookie at county fair? I was not, but my children did. Now, several counties have Open Class competition for gluten free baking. Open Class competition is just that ~ open. There are age divisions, but you do not need to be a 4-H member or parent to participate. In some cases, you do not need to be a resident of that county either. Last year, our daughter Joelle won first place in the Junior Division at the Douglas County Fair with her favorite sugar cookie. If you are interested in entering a gluten free baked good, check with your county fair Open Class coordinator to see if your county has a GF competition. Last year, Douglas and Denver counties had GF classes. Douglas County will have gluten free classes again this year. As of this writing, Arapahoe County will not have a GF class this year, but they are thinking of having one next year. This is a fun way to show off your gluten free baking skills and raise awareness for gluten free living!

New Gluten Free Options at Local Restaurants

* Cafe Jordano has gluten free pasta for their entrees. You might want to take your own gluten free bread for dipping but most dishes you can have. If you order chicken, they fix it without breading. They're located at 11068 W. Jewell Ave. (SW corner of Kipling and Jewell), Lakewood, 80227.

* Jim 'N Nick's Bar-B-Q has many gluten free choices. The BBQ sauces are gluten free, but do contain distilled vinegar (some celiacs avoid this.) The beef, ham, pork and turkey are fine; the chicken and ribs are basted in the BBQ sauce. The coleslaw, loaded baked potatoes and mashed potatoes are gluten free, as are the baked beans, though they have the BBQ sauce with the vinegar in them. The owner and chef are very knowledgeable about celiac. They are located at 8264 E 49th Ave, Denver, 80238.

* KT's BBQ has a gluten free menu on their website (ktsbbq.com) and has multiple locations in the metro area. They offer all gluten free meats and sauces. Gluten free sides include beans, coleslaw, mashed potatoes and a salad with no croutons. Their BBQ Ranch and Honey Mustard dressings are also gluten free.

Save the Date for Summer Events

* **The Sixth Annual Incredible, Edible Gluten free Food Fair™** will be Sunday August 19th at the Denver Merchandise Mart. The event will be open to the public from 10am-4pm. Please contact Katie, gffoodfair@denverceliacs.org, if you would be interested in volunteering for this exciting event. These events would not possible without our wonderful volunteers!! This free event is brought to you by the Denver Metro Chapter of CSA and sponsored by Rudi's Gluten Free Bakery, Udi's Gluten Free Foods, Schar USA, and Beau Jo's Colorado Style Pizza.



* **Gluten Free and Celiac Awareness Day with the Colorado Rockies** will be on Saturday, June 9, 2012, first pitch at 2:10 pm at 2001 Blake Street, Denver, CO. The Pre-Game Party starts at The Cowboy Lounge at 1941 Market Street Denver, CO 80202 (5 minute walk to Coors Field) from 11:30-1:30pm with music, giveaways, raffle for upgraded tickets to the game, and a gluten free cash bar.

Gluten Free Calendar is hosting this event and Udi's Gluten Free is the title sponsor of the pregame party for the Colorado Rockies on June 9th. The pregame party will include many local and nationwide gluten free vendors sampling and selling their products as well as a LIVE DJ. Discounted Rockies tickets are available with promo code "celiac" at the below link;

https://oss.ticketmaster.com/html/group_corp_start.html?l=EN&team=corockies&owner=22375600&group=909&err=&event=&customerID=

Gluten Free Calendar is the premier website for gluten free events. Visit them at www.glutenfreecalendar.com.

To clear up any confusion, this is not a Denver chapter event. This is being held the same day as the annual chapter picnic, but we wanted our membership to know about it. Our picnic plans were too far advanced to make the change when they contacted us.

Speaking Gluten Freely

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

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

- Cook Simple meal kits; easy to cook in 3 flavors – Curry Brown Rice, Quinoa Chili and SW Tamale Pie.
- Gluten Free Bistro frozen pizza crust and pasta are available to our stores.
- Gluten Free Mama baking mix blends, including ones with almond and coconut flour are all GF.
- Ian's GF Chicken Tenders and Onion Rings can be found in the freezer section.
- Just Great Stuff has 4 new flavors of organic GF vegan energy bars.
- Kind granola clusters come in 6 flavors.
- Kinnikinnick Foods is now making pie crusts and thin crust personal pizza.
- Late July organic blue corn tortilla chips are GF.
- Lucky Spoon Bakery makes 4 types of GF cookies and mini muffins in a dedicated facility.
- Mr. Kook's Indian Express 4 boxed meals, just heat and eat.
- Nugo Slim bars contain 2 grams of sugar, 15 -17 grams of protein, with dark chocolate in Brownie Crunch, Raspberry Truffle and Roasted Peanut.
- Pastariso has GF pastas and a great Rice Mac 'n Cheese in a cup.
- Pie the Sky Bakery GF single serve cheesecakes are available in the Denver/Boulder area.
- Skinny Crisps has a GF baking mix – Chocolate Chip Cookie.
- SO Delicious Almond Milk ice cream pints – most are GF but the Cookies & Cream is NOT. The Mocha Fudge Bar and Vanilla Bar Minis are GF, but the Vanilla Ice Cream Sandwiches are NOT. Their refrigerated Almond Plus nondairy milk with pea protein is GF.
- Sun Flour Mills GF baking mixes include bread, cake, cookies and whole grain all purpose flour and are Non GMO, dairy, egg, nut and soy free also.
- Uber Bars by Larabar are GF and have more nuts in them.
- Udi's Gluten Free Foods new products are Dark Chocolate Brownie Bites and Muffin Tops in Blueberry Oat or Chocolate Chia.
- Way Better Snacks makes GF tortilla chips with extra nutrition – sprouted broccoli, chia, flax and radish seeds, beans, brown rice and quinoa in 6 flavors.
- Bolder Beans – a pickled bean in medium, mild, and hot flavors.

Continued from Page 3 - In the News: Gluten Free Watchdog, LLC.

According to Eco-Planet, the sample testing above 20 ppm gluten (lot 13 with a best by date of 9/12) was produced prior to the changes noted above. Eco-Planet has asked GFW to test product produced after the changes were made to their gluten control program and product. We have a call scheduled to discuss additional testing.

For complete results, including ppm gluten levels, please see www.glutenfreewatchdog.org. Test results are available to subscribers only.

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donsmith6834@comcast.net

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productlist@denverceliacs.org

Gluten Free Gallop (Celiac Walk) - Steve and Kelly Moran
glutenfreegallop@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 contact Jerrine Hicks at 303-688-1327 or email Jerrine at vpmembership@denverceliacs.org. Also, many positions are currently open and we would love to hear from you if you are interested in filling these important positions!

Denver City and County	Laura Determan Susannah Faulkner	(303) 757-3982 (814) 464-4621	laddet@msn.com newsletter@denverceliacs.org
Westminster, Commerce City, Brighton, Northglenn, Thornton	Katie Lampkin	(313) 282-7667	katelampkin@gmail.com
Centennial & Greenwood Village (W/I25) Englewood, zips 80120, 21, 22	OPEN		
Lakewood	Maryann Jordan	(303) 989-2050	majordan9@msn.com
Aurora, zips 80231 & 80247	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge Zips 80021 & 80212	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
Centennial & Greenwood Village (E/I25) SE Aurora, Parker, Elizabeth	OPEN		
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
Golden, Evergreen, Morrison	Maura Putnik	(303) 278-9044	mputnikre@gmail.com

Ask the Dietitian: Eating Out Gluten Free

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



How many times have you been eating a salad at a restaurant and realized that there were crumbs in it from croutons? And this was

after you specifically asked the staff to make you a fresh salad without croutons. This scenario has happened to everyone at some time. As awareness of eating gluten free has increased, lots of restaurants are jumping onto the gluten free bandwagon. The Denver/Boulder area seems to be especially fortunate to have lots of restaurants with gluten free choices. As with everything, though, there can be both upsides and downsides. It's great that going out to eat with friends has become so much easier and people no longer feel left out all the time. On the other hand, many restaurants are jumping onto the gluten free bandwagon without any knowledge of all the issues involved in making food truly gluten-free. As the chapter dietitian, I have heard lots of the horror stories: the restaurant that advertised gluten free wings, only to fry them in the same fryer with onion rings, chicken nuggets, etc.; the restaurant with "gluten free" pancakes, but which cooked them on the same griddle without any attempt to clean it beforehand; the restaurant that prepared a beautiful meal and then placed a huge slice of bread in the middle of it before serving; the restaurant offering gluten free pizza, but where the customer observed the staff making it in the same area with the regular pizza, wearing the same gloves and using the same toppings; or the bakery offering gluten free cookies that were baked in the same facility, on the same

equipment and on the same day as all the regular baked goods – and then placed in the display case right next to all of those baked goods. And, of course, many times people only find these things out after they have eaten their meal. More commonly, someone gets sick after eating out and never knows why – and this may be in a restaurant where the staff seemed so knowledgeable and helpful.

The Denver CSA does list a number of restaurants with gluten free options. You may have seen these lists in the Information Packet, the Gluten free Product and Restaurant Guide, and on our website. None of the restaurants listed are endorsed by the Denver CSA, nor guaranteed by the Denver CSA to provide a safe gluten free meal. All of the restaurants on these lists are simply recommendations from our members. If you have a restaurant that you would recommend as providing nice gluten-free meals, send an e-mail to the webmaster@denverceliacs.org to have it added to the list. Remember, though, that what has worked for someone else may not work for you. It is always your responsibility to ask a lot of questions to ensure your meal is gluten free:



not only are all the ingredients gluten free, but is it cooked separately, in a clean pan and with clean

utensils; have any of the ingredients been pre-marinated; if fried, is a separate fryer used; and are there any sauces or toppings that might contain gluten. (Continued on Page 9)

Eating Out Gluten Free

There are several resources that might help in obtaining a gluten free meal. "Restaurant cards" are available which you can take with you to a restaurant. They list the basics restaurants need to know to provide a safe meal. The national CSA has one (www.csaceliacs.info/shop.jsp). Triumph Dining (www.triumphdining.com) also has restaurant cards available in many different languages.

Locally, there is a business, On The Menu, run by dietitians, which works with restaurants to educate them about allergens and gluten. On The Menu helps the restaurants organize their kitchens and train their staff to prevent possible cross-contact. They also have computer software which can identify gluten, all the major

allergens and food sensitive ingredients present in the restaurant's food. The restaurant can then provide printouts to their customers to help them in selecting a safe meal. Encourage your favorite restaurants to work with On The Menu so you will feel more confident of enjoying a safe gluten free meal in their establishment. For further information and to see which restaurants On the Menu have worked with, go to www.otmenu.com.

If anyone has any questions about this topic, or any other celiac-related topic, or would like to suggest a topic for a future newsletter, please contact Diane Moyer at Dietitian@DenverCeliacs.org or DHMoyer720@yahoo.com.

Happy Celiac Awareness Month from Denver CSA!

On behalf of celiac awareness month, we wanted to share some exciting news from the greater celiac community!

* GREAT U: Gluten free Guide to College Living

Introducing NFCA's brand new resource: GREAT U! This special publication is designed specifically for prospective and current gluten free college students. It is presented in a digital format, so you can flip through page after page of stories, tips and photos just as you would a magazine.

GREAT U was created to build gluten free students' confidence and empower them to take action on their own behalf while on campus. All students deserve a GREAT college experience, and this publication helps them do just that. This publication was created with support from Udi's Gluten Free Foods. Check it out at: www.celiaccentral.org/college/greatu/

* The Melting Pot Restaurant

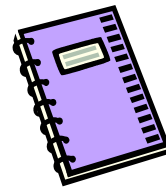
In recognition of Celiac Awareness Month in May, The Melting Pot Restaurants, Inc. (www.meltingpot.com), the premier fondue restaurant franchise, is partnering with the Gluten Intolerance Group (GIG) for the annual Chef to Plate Gluten free Awareness Campaign. Working with GIG, The Melting Pot introduced a gluten free menu in 2010 that features gluten free cheese fondues, salads, entrees and chocolate fondues, as well as gluten free fondue dippers. The Melting Pot Restaurant is located in Colorado Springs, Littleton, Louisville and Ft. Collins.

Gluten Free Food Product Guide

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

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

2011 Gluten Free Products List Order Form



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

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

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

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____



Introduction to Celiac Disease and the Gluten Free Diet

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

Membership Application Form/Renewal Form

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

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

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

Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and the form below to: Angie Roz, 2307 Willow Creek Dr, Golden, CO 80401 or visit our website at www.denverceliacs.org to join/renew online.

Member Name: _____ Phone: _____

Street Address: _____

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

Gift Giver's Name (for acknowledgement) _____

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

Looking for a Speaker on Celiac Disease?

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

Come advertise with the Denver Celiacs!

Calling all gluten free friendly bakeries, cafes, and restaurants – please consider advertising with our CSA chapter! It's an excellent opportunity to reach the gluten free community in the greater Denver area!



Disclaimer:

The information in this newsletter is generated by Denver Celiacs and is intended for the benefit of its members and other interested parties. The text has not been submitted for approval to the Celiac Sprue Association (CSA). Neither Denver Celiacs, nor any of its members, assume liability for the use of this information. Food manufacturers' products are subject to formula change at any time. If you cannot confirm, by the label, that a product is GF, call the company's toll-free number. When in doubt leave it out!

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

First Class Mail
Presorted
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Wheat Ridge CO
Permit #77



Legendary Pizza
Since 1973

WE USE EXTREME CARE IN COOKING OUR GLUTEN FREE PRODUCTS

- **Gluten Free Pizza Shells, Sandwich Bread, Chicken Nuggets and Parchment Paper** are stored in a flour free environment*
- **Sauces and toppings** handled separately
- **Gluten Free Products** cooked & served on parchment paper
- **Specific Gluten Free utensils**
- **Knowledgeable kitchen staff** trained in safe procedures



**15% OFF**
ANY FOOD PURCHASE

Valid at participating locations only. Please present coupon with order. One coupon per table. Not valid with any other offers or discounts. Not valid with groups or parties. Please call ahead for take out. No cash value. Expires 10/31/12.

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

VISIT OUR NEW LOCATION!



Arvada
7525 W. 53rd Ave.

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