

TAMING OF THE SPRUE



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

September 2012

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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: October Chapter Meeting

Thursday, October 4, 2012 @ 7:00 PM

The First Plymouth Congregational Church - Plymouth Hall

3501 S. Colorado Blvd. Englewood, CO 80113



Dr. Ted Malahias, a dentist from Connecticut, will be traveling in to speak with our Chapter in October. Dr. Malahias was a keynote speaker at the National CSA convention in San Diego last year. His daughter has celiac

disease so he is very familiar with the disease and he will talk about the many links between oral health and celiac disease. This will be a very exciting and different presentation, so don't miss out. Also, with as many people who have celiac disease, it would be great for dentists across the metro area to also hear this presentation so they will know what to look for. It would be great if more dentists were aware of these signs so that they can also help diagnose this disease that can take so long to identify. If you could pass this info on to your dentist that would be great and it could help some people along the way!!

***From 6-7pm - **Quiero Arepas** will be out in front with their food truck. This is the only GIG certified Gluten Free Food Truck in Denver so it is a great opportunity to check them out before the meeting starts. Also, at 6:15pm there will be a Gluten Free 101 session for all newly diagnosed members. Details on Pg 10.

Celebrating Celiac Awareness

- September 13th was National Celiac Disease Awareness Day! The date of September 13 was chosen because it honors the birthday of Samuel Gee, MD a British physician and pediatrician. Dr. Gee published the first modern description of the clinical picture of celiac disease and is credited with being the first to identify the link between celiac disease and diet. One of Gee's famous quotes on celiac disease is "if the patient can be cured at all, it must be by means of diet."

- October is National Celiac Awareness Month! There are bunches of ways you can get involved with the gluten free community here in Denver. Mark your calendar to join us for our Chapter Meeting on October 4th and join us for the Gluten Free Gallop on October 14th. Together, we can make a difference and a positive impact for all of us living with celiac disease or gluten intolerance.

Food Fair Recap

By Katie Uhlenbrock

The 6th Annual Incredible, Edible Gluten Free Food Fair™ was a huge success!! The event was held at the Denver Merchandise Mart on August 19th and we had over 3,000 people attend this event. We had 98 wonderful gluten free vendors that gave out information on their companies, samples of their yummy gluten free products, and had many wonderful items for sale. It is so nice to be able to taste the new gluten free products and pick your favorites before you buy them. We would like to thank all of our amazing volunteers that helped out that day; this wouldn't have been possible without you.

We would also like to thank all of our vendors and give a very special thank you to all of our wonderful sponsors.

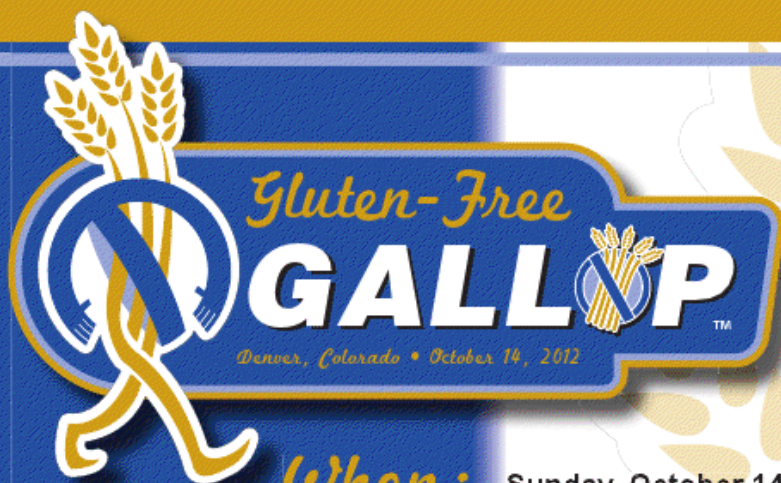
Our Platinum sponsors: King Soopers, Rudi's Gluten Free Bakery, Udi's Gluten Free Foods

Our Gold Sponsors: Glutino Food Group

Our Silver Sponsors: Schar USA and Beau Jo's Colorado Style Pizza

Our Bronze Sponsors: Pamela's Products, Savory Palate, Canino's Sausage, Nu Life Market, Garden Lites, Find Me Gluten Free, and Gluten Free Passport





When: Sunday, October 14, 2012 at 9:30 AM

Location: Washington Park, Denver, CO

Purpose: The money raised from this Denver Chapter Celiac Sprue Association event will be used to help fund the new Celiac Center at Children's Hospital as well as for gluten free donations to the local food banks.

What: 5k fun walk/run for the entire family

Cost: \$25 if you register before September 1, \$30 after September 1 or on race day. Children 6 and under are free.

What's Included: All registrants will receive a race T-shirt, as well as goodies from our sponsors, and some additional race day fun and games.

Registration: Please visit: www.blacktie-colorado.com/rsvp and enter event code 2012Gallop

Timetable for Race Day:

- 8:30 Registration opens
- 9:15 Pre-Walk Announcements and Rally
- 9:30 5K Walk
- 10:00 Sponsor Village opens for prizes, goodies, gluten free food samples and fun for the whole family

Sponsored by:



Denver Chapter Celiac Sprue Association/
United States of America, Inc. (CSA)



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 GF Fair was a big success! Children enjoyed having their faces painted and playing with their balloons. We had lots of children sign up for our activities. We have many events planned for the year. Please check out our website for dates and venues.

Feel free to contact Maria or Heidi in the meantime with any questions at celkids@denverceliacs.org or Denise Geiger at geiger6@comcast.net with any Cel-Teens inquiries.

UPCOMING EVENTS (Dates TBD)

- Celiac Walk- October 14th, 2012
- Halloween Party- October, 2012
- Holiday Party- December, 2012
- Valentines Party- February, 2013
- Easter Egg Hunt- April, 2013
- Gluten Free Picnic, June 2013
- Gluten Free Fair- August 2013

BE AWARE!! Majority of Chefs and Restaurant Owners Fail Basic Celiac Test

Celiac.com 07/02/2012 - Dismal results on a simple, four-question quiz show that most chefs and restaurateurs lack the most fundamental knowledge of gluten-free facts and protocols; a reality that could leave many gluten-free diners at risk of gluten contamination.

The quiz was administrated at the National Restaurant Association Show in Chicago by the National Foundation for Celiac Awareness (NFCA). Even though a large number of chefs and restaurateurs said they offered gluten-free options at their restaurants, less than 4 percent responded correctly to the gluten questionnaire.

People with celiac disease or gluten-intolerance must avoid gluten from wheat, rye and barley, but fewer than half of the chefs could name a grain, other than wheat, that contained harmful gluten.

The quiz also asked what kind of oats are safe for those people and two other questions: one that asked chefs to identify a possible gluten-containing product (Worcestershire sauce) from a short list of foods and products, and another that asked if it was true that celiac disease was triggered by glucose (false).

The results point to the need for more celiac disease and gluten-sensitivity training and awareness in the food industry, especially since the number of establishments seeking to offer gluten-free options for their patrons continues to grow.

Source: <http://www.pizzamarketplace.com/article/195015/Majority-of-restaurateurs-and-chefs-fail-celiac-test>

Gluten Free College Shopping

By *Jerrine Hicks*



College. Just the word can bring fear and excitement! Selecting a college is not just about academics when your child is gluten intolerant or diagnosed with Celiac Disease. Most colleges require freshmen to live on campus, and that includes selecting a meal plan. How do you find out if a college can accommodate your child's special diet needs? Here are a few things to check out:

Visit the college's Residence Life or Housing webpage. Find out what the "rules" are for this particular college. Some colleges allow freshmen to live at home if they live within a certain mile radius. Other colleges allow freshmen to be exempt from eating at the cafeteria if they have a medical diagnosis of their food allergy. This is typically worked through a Disability Services department. Often times, there is a FAQ page that will give you insight as to whether or not the dining people can accommodate food allergies.

Make an appointment to talk with someone at the college. Our family started with the Dean of Students. She then set up a meeting for us with the chef and the head of dining services. Make a list of questions that you feel are deal breakers for your child to attend this college. Don't be shy! This is a significant portion of your child's first year. Hungry students are usually not the happiest of students which can manifest itself in a multitude of ways. Ask questions such as: Does the kitchen have a special preparation area for gluten free food? Has the staff been trained in handling food allergies? What other food allergies are they accommodating? How many special diet students do they have? How is the food marked (website, signs at each food station)? How far in advance are menus prepared? Is it possible for your child to special order something if an acceptable meal is not offered? Who is the person they should contact with any questions? How should they contact them (email, text, voicemail)? Would your child be allowed to have a separate refrigerator in their dorm room (either provided by the college or by the student)?

Once your child is at college, check up with them and see how meals are going for them. Are the promises made when you were shopping being kept now that your child is there? It might take another meeting with dining services to voice any concerns. You may want to have that meeting be just between your child and the food service people, or you might want to be involved as the paying parent.

As parents, we will always be advocates of our children as well as ambassadors for all people who require special diets. How you and your child address their gluten intolerance with the college's dining services helps pave the way for future students!

Still Having Gluten Free Problems at School?

By *Karen Cranford*

Celiac disease is considered a "disability" under the Americans with Disabilities Act (ADA).

- A) Child Care Programs, except for those run by religious organizations, must comply with Title III of the ADA meaning they cannot exclude children with disabilities unless their presence would pose a direct threat to the health or safety of others or require a fundamental alteration of the program.
- B) School Lunch Programs: Section 504 of the ADA protects the rights of individual with disabilities in programs and activities that receive federal financial assistance from the U.S. Department of Education. Hence, the USDA School Lunch program guidelines state that a child with a disability must be provided substitutions in food when that need is supported by a licensed physician.
- C) Employment: Title I of the ADA protects employment as well.

If you need help with any of these issues, contact the local ADA or contact Neal Stenberg, Attorney at Law, Stenberg Law Office in Lincoln, Nebraska at 402-486-0415.

Ask the Dietitian: Feeding Infants and the Development of Celiac Disease

By Diane Moyer, M.S., R.D.

Any infant with a first degree relative with Celiac Disease (parent, sibling) is considered to be at high risk for developing Celiac Disease themselves. Parents need to make difficult decisions about when to introduce gluten, how long to breastfeed, how much gluten should be allowed in a child's diet. Unfortunately, the research is not always clear-cut as to whether any of these factors, or any other factors, affect the eventual development of Celiac Disease.

This month I would like to discuss three recent papers^{1,2,3} on the development of Celiac Disease in children. Much of the results are based on the Italian Baby Study on Weaning and CD Risk¹, comparing the introduction of gluten at 6 months and 12 months of age.

Early results from this study showed that earlier introduction of gluten increased the risk of developing overt CD (before the age of two). However, longer term follow up (up to the age of 5) showed no difference. What the authors found very interesting is that quite a few of the children developed what they called "potential celiac disease". These were children whose celiac blood antibodies went up during the course of the study, but whose intestinal biopsies showed minimal or no damage. Most of the children with "potential celiac disease" continued to eat a regular, gluten-containing diet. During the follow-up period (2 more years), most of them did not go on to develop overt celiac disease, and most showed normalization of their celiac blood antibodies, although several showed fluctuations of their antibody levels during this period. The authors¹ suggest that children with elevated celiac blood antibodies, but with no symptoms and normal intestinal biopsies could continue to eat a regular, gluten-containing diet, and simply be monitored regularly. Another interesting finding from this study was that infants who were breastfed longer, especially during the period when gluten was introduced, were slightly more likely to develop "potential" rather than overt celiac disease. Other studies have also suggested a protective role for breastfeeding, although there have been a few that did not show this². Overall, it may be that delaying the introduction of gluten or breastfeeding longer may not prevent the development of celiac disease, but simply may delay the onset.

Other factors have also been investigated. Early gastrointestinal infections have been suggested as increasing the risk of developing celiac disease, but further studies have not strongly supported this theory.² Other factors under study that might be associated with increased risk of developing CD are underweight babies (small for gestational age), smoking by the mother during pregnancy, and being born during the spring or summer months.²

One factor that may be very important is the quantity of gluten introduced to a baby. Larger amounts of gluten introduced to a baby may be much more likely to trigger overt celiac disease.² A large study is currently underway in Europe to see if it is possible to "desensitize" infants to gluten by gradually introducing small amounts.²

Another interesting study³ looked at the changes in bacteria in the gut during the early months of a child's life. In children without a susceptibility to CD, changes in the types of bacteria in the gut occur, especially during the first year of life, and especially in response to the introduction of solid foods and the decrease in the amount of milk in the diet. By about one year of age, most babies' populations of gut bacteria resemble that seen in adults. As opposed to that, this study found that children who were positive for the HLA-DQ2 &/or DQ8 genes had significant differences in their gut bacterial populations, and, even by the age of 2, their gut bacteria populations still did not resemble that seen in adults or the "healthy" babies.³ Of interest is that other studies have shown differences in gut bacteria between African and European children. African children have higher levels of one class of bacteria (Bacteroidetes) than Europeans,³ Undoubtedly dietary differences contribute to this difference. Substances produced by the gut bacteria affect the health and development of the gut. This particular class of bacteria appears to be protective against infections and other gastrointestinal diseases, promotes the health of the gut and helps to decrease inflammation. This is the same class of bacteria that is much lower in the guts of HLA DQ2/8+ children. The authors suggest that by having less of this class of bacteria, these children may have diminished GI health and be more prone to developing CD or other autoimmune diseases.³ This is still under investigation. The main suggestion these researchers had was that delaying introduction of gluten may allow for more maturation of the gut population, and perhaps be better tolerated.

¹ Lionette, E. Castellanets, S, Pulvirent, A, et. al. Prevalence and Natural History of Potential Celiac Disease in At-Family-Risk Infants Prospectively Investigated from Birth. J. Peds. 2012.

² Ludvigsson, J & A. Fasano. Timing of Introduction of Gluten and Celiac Disease Risk. Ann. Nutr. Metab. 2012;60(suppl 2):22 – 29.

³ Sellitto, M, Bai, G, Serena, G, et. al. Proof of Concept of Microbiome-Metabolome Analysis and Delayed Gluten Exposure on Celiac Disease Autoimmunity in Genetically At-Risk Infants. PLoS one 2012; 7(3): e33387.

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.

- Alternative Baking Company has new single cookies that are also dairy free.
- Barbara's Bakery Brown Rice Crisps cereal is available in a family size.
- Bearded Brothers bars are GF, organic, raw and vegan in 4 flavors.
- Bella Monica makes frozen GF pizza singles.
- Blake's All Natural GF Chicken Pot Pie is in the frozen section.
- Bob's Red Mill additional oat products are Oat Bran and Extra Thick Rolled Oats.
- Cook Simple has several GF boxed entrée mixes.
- Eden Foods now offers shelf-stable Mocha.
- Enjoy Life Foods new chips are called Plentils.
- Gluten Free Café soup line includes Beef Noodle, Creamy Chicken Orzo and Quinoa Vegetable.
- Glutino has 3 types of Bagel chips, 5 flavors of cold cereal and an English muffin.
- Holy Habanero is a locally made hot sauce.
- King Arthur has a yellow cake mix.
- Kinnikinnick Foods had multigrain and white bread to sample at the vendor fair.
- Kookie Karma organic, raw single cookies are in the refrigerated/grab 'n go area in carob, cashew, chocolate chip and fig.
- Living Intentions line of GF, raw and vegan cereal, nut mixes, salad booster and sprouted trail mixes come in a variety of flavors.
- Matt's Munchies organic freeze-dried fruit treats are banana and mango flavored.
- Pamela's will have some additional baking mixes arriving in the fall.
- Pastariso (brown rice) and Pastato (potato) pasta come in mac 'n cheese mixes.
- Raw Revolution bars new selections are Almond Butter Cup and Cherry Chocolate Chunk.
- Sahale new varieties of nut mixes are Maple Pecan and Pomegranate Pistachio.
- Silver Hills bakery GF and vegan Chia bread is in the freezer.
- Surf Sweets organic GF snack bag multipack contains Gummy and Sour Berry Bears.
- Van's frozen GF pancakes are available now.
- Wholly Wholesome dairy free, GF and vegan pie shell is in a frozen ready to bake twinpack.
- WOW Baking Company has several flavors of single wrapped GF cookies for grab 'n go.

December Meeting & Annual Cookie Exchange

Thursday, December 6, 2012 @ 7:00 PM

The First Plymouth Congregational Church, Plymouth Hall
3501 S. Colorado Blvd. Englewood, CO 80113

The Denver Celiac Sprue Association is holding our annual Cookie Exchange and December meeting. Dr. Robert E. Kramer, a Pediatric Gastroenterologist from the Children's Hospital here in Colorado, will be our speaker. Dr. Kramer has started up a celiac support group for parents and is heading up the 1st Celiac Center here in Colorado. He has a wife and two daughters with biopsy-confirmed celiac disease so he is very passionate about helping children and families with this disease. Join us for this great presentation and some yummy holiday treats. Please bring 2-3 dozen of your favorite GF cookies and the recipes to share. No oats at the meetings Please!! Contact Katie at vpprograms@denverceliacs.org for questions.

Chapter Board Members & Neighborhood Resource Contacts

President - Karen Cranford
(303) 979-8094
president@denverceliacs.org

Vice President, Programs - Katie Uhlenbrock
(303) 819-5531
vpprograms@denverceliacs.org

Vice President, Membership - Jerrine Hicks
(303) 688-1327
vpmembership@denverceliacs.org

Treasurer - Kathy Craig
(303) 480-9347
treasurer@denverceliacs.org

Secretary – Jennifer Slack
(303) 550-5983
jenn.slack@foodallergytherapist.com

Newsletter & Facebook – Susannah Faulkner
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newsletter@denverceliacs.org

Dietitian – Diane Moyer
(720) 560-3734
dietitian@denverceliacs.org

Cel-Kids Network - Maria Brotherston & Heidi Lyster
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(303) 503-6166
celkids@denverceliacs.org

Cel-Teens Network - Denise Geiger
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celteens@denverceliacs.org

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webmaster@denverceliacs.org

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gmeagher@q.com

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(303) 794-7258
donsmith6834@comcast.net

Product List Manager – Bonnie Atherton
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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.

Denver City and County	Laura Determan Susannah Faulkner	(303) 757-3982 (814) 464-4621	lddet@msn.com newsletter@denverceliacs.org
Westminster, Commerce City, Brighton, Northglenn, Thornton	Katie Lampkin	(313) 282-7667	katelampkin@gmail.com
Centennial, Greenwood Village, Englewood	Janis Dodson Jean Duane	(303) 905-9450 (303) 221-0771	JanisDodson@yahoo.com info@alternativecook.com
Lakewood	Maryann Jordan	(303) 989-2050	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, Parker, Elizabeth, Franktown	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
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	Donna DeVisser	(303) 973-4613	donnadevisser@msn.com



Check Us Out on the Web


Have you been to our website recently? Bookmark the address now – it is www.denverceliacs.org. The website is a wealth of information including past newsletters, listings of board members and neighborhood resource contacts, lists of restaurants, and much more. The latest version of the Celiac Info Packet is available under the Chapter Info tab. This is an excellent resource to print out for yourself or to forward the link to friends and family who want to know more about Celiac Disease. All new members receive a hard copy of the Info Packet as well as the latest newsletter. You can also renew or join our chapter online or print out a membership form to mail in.

Many thanks to Gina Meagher, our past webmaster, and Kurt Fulwider, our current webmaster, for all their hours to make the website what it is today!

Also, make sure to “like” our Facebook page at www.facebook.com/denverceliacs. We post daily with updates about the chapter, interesting articles, and delicious recipes. Feel free to contribute on the page as well with any new restaurants you find in the area or information you find important!

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.

Wholesome ingredients.
No artificial ingredients or preservatives.
Dairy free.
Soft delicious texture.



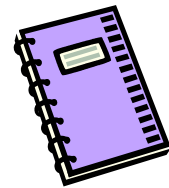
www.rudisglutenfreebakery.com  /rudisglutenfreebakery

Gluten Free Food Product Guide

The 2011 GF Product and Restaurant List is still 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: _____

Community Announcement

Free *FEEL YOUR BEST* Seminar at Natural Grocers, Sunday, Sept. 30th at the Ken Caryl Ranch Natural Grocers, 11550 W. Meadows Parkway, Littleton, CO 80127.

Seminar: 11:00-12:30
Tasting Fair 12:30-3:30

Learn the basics for the healthiest approach to gluten free living like meal planning, shopping tips and dietary supplementation.

Gluten Free 101

Newly diagnosed? Looking for tips on living the GF lifestyle? Please join us from 6:15-6:45pm on October 4th (before the support group meeting) for this great opportunity! Diane Moyer, our chapter dietitian, and Jerrine Hicks, our VP of Membership, will present a brief introduction to Celiac disease and gluten intolerance, and tips for gluten-free cooking, shopping and eating out. We will also discuss the many ways the Denver CSA chapter is here to support you and your family. There will be lots of time for questions. Everyone is welcome!

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.

Announcement:

Please remember to contact us when you change your address to ensure you get every issue of Taming of the Sprue that is due you. You may do this by e-mailing us at database@denverceliacs.org or through the USPS in writing to Angie Roz, 2307 Willow Creek Dr., Golden, CO 80401. The post office does not forward bulk mail, and it saves us extra effort trying to track you down when you inform us of address changes.

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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PAID
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

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



Participating Locations

Arvada
7525 W. 53rd Ave.
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

www.beaujos.com

facebook

twitter

YouTube

WiFi

*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.