

TAMING OF THE SPRUE

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

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

May 2015

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

WELCOME

.....
We are an educational service and support organization for individuals living with celiac sprue or dermatitis herpetiformis and all other gluten-related disorders. Did you know that approximately three million people in the US have Celiac disease? Unfortunately 97% are NOT yet diagnosed. Once they are diagnosed, as most of us know, it can be extremely challenging to adjust to a gluten-free lifestyle. Becoming a member of Denver Metro Celiac Support Group makes adjusting much easier. It has many benefits, including social events to mingle with others living a gluten-free lifestyle. We organize an annual Gluten-Free Picnic (family friendly with BBQ provided, plus children's activities) the annual Incredible, Edible, Gluten-Free Food Fair, an annual Gluten-Free Gallop (walk to support Celiac charities), newsletter with current news, upcoming activities and members' recipes, access to dietitian and other professionals to help with dietary changes, plus neighborhood resource contacts in the Denver/Boulder area who organize neighborhood group activities and support of others living and dealing with a gluten-free lifestyle.

**CSA Newsletter Editor
Needed. Contact
president@denverceliacs.org
for more details**

CONTENTS

Welcome	1
Product Information	2
Save the Date	2
Gluten-Free Gallop	3
CSA Dues Expiration Date Explained	4
Coors Gluten-Free Beer	4
Member Discounts	5
ADA Events	6
Gluten-Free at Pizza Hut	6
Incredible, Edible Gluten Free Food Fair	7
Gluten in the News	8
Non-Celiac Gluten Sensitivity News	10
Chapter Board Members	11
Neighborhood Resource Contacts	12
Membership Form	13
Cel-Kids/Tween/Teens	14
Nutty Granola Bar Recipe	15
GF Breweries	15



PRODUCT INFORMATION

A Taste of Thai allergen list, which has GF products can be found at atasteofthai.com/downloads/Ingredients_and_Allergens.pdf. The company makes noodles, rices and sauces.

Amy's new family size frozen entrees are Broccoli and Cheddar Bake, Cheese Enchiladas, Mexican Casserole and Thai Red Curry. Their Non-Dairy desserts are GF and vegan and come in four flavors.

Annie's new GF granola bars come in Double Chocolate Chip and Oatmeal Cookie. At www.annies.com/products/special-diets they have additional GF items, such as condiments and sauces, mac 'n cheese and salad dressings.

Bragg organic products are GF, sodium free and vegetarian. They are Liquid Aminos, Apple Cider Vinegar Drinks, Dressings and Marinades and more. www.BRAGG.com

Hershey has a list of their GF products at www.thehershey.com/nutritionandwellbeing, then select special dietary needs and GF. Some of these are baking chips, candy, and ice cream toppings.

Horizon Organics has a GF boxed macaroni and cheese mix.

Kelloggs now makes a GF Special K cereal with whole grain brown rice, whole grain sorghum, milled corn and corn bran. Also new are their GF Eggo waffles, Cinnamon and Original. They do contain oat flour, which they say tests less than the FDA threshold of 20 ppm of gluten, when testing for gluten cross contamination. Their Popcorn Chips in Butter and White Cheddar are GF too.

Mary's Gone Crackers now has pretzels, along with crumbs, cookies and crackers.

Schar bread products include GF Baguettes, Bread Crumbs, Crispbread and Croutons.

Pamelas newest products are graham style crackers, regular size and minis in Chocolate, Cinnamon, and Honey flavors.

Vitamin Cottage offers customers a case discount on many products. These could be 6 or more items per case, depending on the item. Dairy, frozen and some other products are not included. Contact a store for further information.

Vitamin Cottage is seeing more grain-free and paleo options from manufacturers, which are naturally GF. They don't contain wheat, oats, rye or barley, as well as no alternative grains; rice, tapioca, potato, amaranth, corn, millet, etc.

SAVE THE DATE

Gluten Free Family Potluck Picnic Saturday, May 30, 2015 starting at 11am Clement Park Shelters 2&3 7306 W. Bowles Ave, Littleton 80123

You are invited to our gluten free family potluck picnic! There will be amazing food and drinks, a bouncy castle, face painters and a balloon artist for the kids! Your Denver CSA will provide BBQ meats to make gluten free sandwiches and drinks. Please bring your favorite gluten free side dish or dessert to share with the crowd. Be sure to bring copies of your recipes to share so people can add these great dishes to their summer BBQ list. You will enter Clement Park at the main entrance off of Bowles and Wadsworth near the Columbine Library (not off Pierce near the High School anymore) **For a map of Clement Park, please visit the Foothills Park and Recreation District Website (www.ifoohills.org)**

Our Gluten Free Gallop 5k run/walk will take place in the same location starting at 9:30am so if you would like to join us for both please register now! Adults are \$25 and kids 12 and under will run for free. Visit our registration page for more details - <http://www.RunningGuru.com/Event/GlutenFreeGallop>.

If a 5k is not your idea of fun, still join us for tons of great gluten free food at 11 for the potluck picnic!!

5K Run/Walk



Clement Park - Littleton
May 30, 2015

Pancake Breakfast

Pet/Stroller Friendly

Gluten Free Beer

T-Shirt & Goody Bag

Registration \$25, Kids FREE

www.facebook.com/GlutenFreeGallop

www.RunningGuru.com/Event/GlutenFreeGallop

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How do I know when my CSA Dues expire?

Every member of our chapter was provided a laminated membership card in return for payment of dues. On the face of that card, along with your name, is the month in which your membership expires.

Another way to find out is to send an email to database@denverceliacs.org and you will receive a reply with the answer to your question.

As a reminder, we ask that you please take responsibility for informing us of address changes for both USPS and e-mail. This should be done either electronically to database@denverceliacs.org or via USPS to Denver CSA Chapter #17, 2307 Willow Creek Drive, Golden CO 80401.

Since we are on a 2 month cycle, dues expire only in even numbered months but can be conveniently paid at any time using PayPal through our website, mailing your \$15 check to Denver CSA Chapter #17, 2307 Willow Creek Drive, Golden CO 80401 or bringing your payment to any chapter meeting.

Some of you may choose to pay for two or more years at a time. You'd simply multiply the desired number of years by \$15. Your membership will be extended beyond your current paid-through month.

Thank you for your courtesy in helping us to keep you in the loop on the current Celiac news and activities in the Denver metro area which we volunteers work to bring you!

Chapter Meetings are open to anyone who wants to learn about living the gluten-free lifestyle.

Visit our website at www.denverceliacs.org.

Our meetings, other activities and complete calendar are listed under Meetings, Classes & Events.

Coors debuts a gluten-free beer in Seattle and Portland



Celiac.com 04/01/2015 - Coors Peak beer, a gluten-free copper lager, which hit store shelves in Seattle and Portland, is wasting no time in collecting accolades from gluten-free organizations.

MillerCoors recently announced that Coors Peak has become the first beer by the big three brewers to meet the certification standards set by the Gluten Intolerance Group of North America.

To ensure that Coors Peak is gluten-free, MillerCoors has employed exacting production standards, "including production in an entirely separate area to reduce the risk of cross-contamination," said Channon Quinn, director of industry programs with the Gluten Intolerance Group.

According to David Kroll, MillerCoors vice president of insights and innovations, it took five years of research, testing and refinement to develop Coors Peak, which is brewed from malted brown rice, hops and caramel sugar to create a distinctive character and brightness.

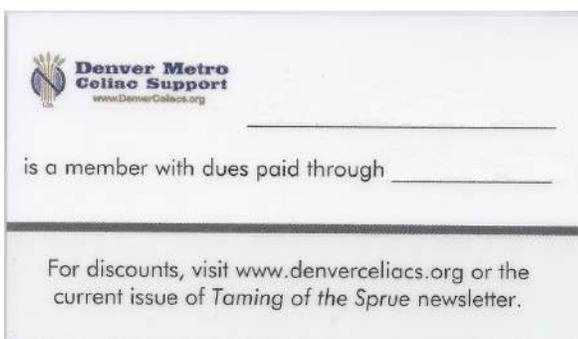
During that time, the Chicago-based company, which has a large brewing operation in Milwaukee, worked closely with the Gluten Intolerance Group to ensure high gluten-free standards.

MEMBER DISCOUNTS

Are you reaping the benefits of your CSA membership card? We recently had a report that an employee at one of the participating retailers denied a CSA member their anticipated discount. Upon investigation, we learned that the business had hired a few new employees and didn't have them up to speed on such matters. If this ever happens to you, we encourage you to ask for the manager because they do know about their agreement with the Denver CSA chapter.

Do you have a favorite retailer you'd like to see honor a discount? If so, send an email to database@denverceliacs.org or by mail to Denver CSA, 2307 Willow Creek Drive, Golden CO 80401 with the business name, address, and phone number. We'll contact them about the possibility of their participation in this program.

Everyone who is current with their dues should have a business-card sized, laminated, membership card. The card is intended to remind you when it's time to remit your annual dues, plus offer you a discount when you do business with participating retailers.



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www.glutenfreeway.us

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item



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Boulder CO 80301

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www.newplanetbeer.com

\$1.00 off pints. Must be 21
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Cecelia's Marketplace

Cecelia's Marketplace

GF Grocery Shopping Guide

www.ceceliasmarketplace.com

25% discount on any gluten
free book. Email

database@denverceliacs.org

for the discount
code.



Member Survey

Many thanks to our wonderful members for responding to the 2015 CSA Denver Membership Survey sent out in late January. The survey was emailed to the entire membership and 38% of you responded. As thanks for your time, we mailed out \$15 Sprouts gift cards to the first 20 respondents. For those members that do not have email addresses, we mailed hard copies of the survey. The first 10 survey - by - mail respondents were also awarded a \$15 Sprouts gift card. Your candid suggestions and comments are vital to the ongoing success of our organization. Thank you for such a fantastic turnout!

We are planning neighborhood Noshes every month this year. The next Nosh in May will be in Central Denver. Details to come soon.

Please contact your membership chair, David Barber, with any questions or suggestions for future Noshes or events. vpmembership@denverceliacs.org.



Do you live with Type 1 Diabetes and Celiac? If so, here are a few fun events to consider for 2015 put on by the American Diabetes Association.

The 2015 Denver Step Out: Walk to Stop Diabetes on November 7th

The event has been taking place for more than 20 years and has raised more than \$200,000,000 to Stop Diabetes! For more information visit their website at <http://stepout.diabetes.org>

2015 Tour de Cure Colorado - August 15th

Bike to end Diabetes with 4 Route Distances: 20K, 50K, 100K, 100M
More information can be found at <http://tour.diabetes.org>

Pizza Hut Now Offering Gluten-Free Pizza

Pizza Hut is now offering Gluten-Free Pizzas at 2,400 locations across the country. Denver is one of these areas. Verify this with your local Pizza Hut. The Cheese-only and Pepperoni GF Pizzas are prepared using the procedures certified by the Gluten Intolerance Group (GIG). GIG is the leading gluten-free certification program in the U. S. and the Gluten-Free Food Service & Management certification (GFFS) stands for the independent verification of quality, integrity and safety of food preparation policies, procedures, education and standards. Pizza Hut has partnered with GIG to create a GF Pizza preparation process and training standards for Pizza Hut restaurants to keep GF Pizzas away from gluten-containing ingredients in their kitchen, to mitigate the risk of gluten cross-contamination. Products with the GFFS logo represent unmatched reliability for meeting gluten-free standards.



To make these pizzas, Udi's Gluten-Free certified crust is used and stored in a separate container, on a separate shelf in their refrigerator. The cheese, marinara sauce and pepperoni are freshly stored in a gluten-free designated kit, and every Gluten-Free Pizza is baked fresh to order on parchment paper in their oven. Team members making the pizza wear gloves and use a designated GF roller cutter to cut the GF pizza. It is then placed in an Udi's GF labeled box for pickup.

Should you wish to have additional GF toppings they cannot guarantee complete elimination of gluten cross-contamination, as these toppings are not stored separately like the cheese, marinara sauce and pepperoni above. They are also used on the gluten-containing crusts. Pizza Hut is proud to offer pizzas with gluten-free ingredients, but their kitchens are not dedicated gluten-free environments. Source: pizzahut.com/glutenfree



9th ANNUAL

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10AM - 3PM

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DENVER MART

451 EAST 58th AVENUE, DENVER, CO

GLUTEN IN THE NEWS

Can Gluten in Orthodontic Retainers Trigger Ongoing Celiac Symptoms?

By Jefferson Adams

[Celiac.com](#) 08/22/2014 - It is often hard to tell if isolated case reports have anything to contribute to the larger understanding of celiac disease. However, some case reports are enough in themselves to cause reflection, whatever their contribution to the larger scientific understanding may be.

For most people with celiac disease, symptoms disappear and healing begins with the adoption of a gluten-free diet. For one 9-year-old girl, however, the battle to beat her symptoms and feel better did not end with a gluten-free diet.

The girl had initially complained of non-specific abdominal discomfort, and showed positive blood tests for celiac disease. Duodenal biopsies revealed Marsh 3B histopathology. So, she definitely had celiac disease with corresponding symptoms. Despite following a strict gluten-free diet, the girl continued to have symptoms and show positive blood tests for active disease.

Gluten is a common additive in plastics. After some detective work, the team discovered that the child was being exposed to gluten from her orthodontic retainer that contained a plasticized methacrylate polymer. She discontinued its use and her symptoms disappeared and her celiac blood tests returned to normal.

This case illustrates that, even for patients on the strictest gluten-free diet, exposure to non-dietary sources of gluten, such as those used to make plastics, dental equipment, and cosmetics, can trigger or exacerbate celiac disease symptoms. This case also emphasizes the importance of ferreting out and removing all possible sources of gluten, including non-dietary, when managing celiac disease.

[Clin Pediatr \(Phila\). 2013 Nov;52\(11\):1034-7. doi: 10.1177/0009922813506254.](#)

FDA Sued for Failing to Keep Gluten Out of Medicines

By Jefferson Adams

[Celiac.com](#) 03/18/2015 - A man who suffers from celiac disease has sued the FDA for allowing gluten to be used as a coating on prescription drug and over-the-counter medicine capsules. Remember, people with celiac disease can suffer intestinal damage when they consume gluten. This can lead to intestinal damage, among other disorders.

The man, Michael Weber, was taking a generic drug seven years ago, and developed side effects consistent with ingesting gluten. Weber says he was unable to determine the drug's gluten status through his pharmacist, and Weber went on to petition the FDA to either eliminate wheat gluten in medicines or require new labeling on drugs containing the protein.

In 2011, the FDA sought public comments about the issue. In 2014, the FDA issued gluten-free definitions and labeling standards for commercial foods, but has failed to act on drugs. So Weber has now filed a lawsuit to demand the FDA do something. The complaint can be read here:

www.citizen.org/documents/Weber-FDA-Complaint.pdf.

This raises a couple of questions: Do people with celiac disease deserve to know if there is gluten in their medicine? Do they deserve access to medicines that are gluten-free? Should the FDA definitions and labeling standards also apply to drugs and medicines?

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Patients with Suspected Non-Celiac Gluten Sensitivity React Adversely to Gluten

By Jefferson Adams

Celiac.com 03/23/2015 - There's been a bit of ping-ponging going on about the status of non-celiac gluten sensitivity as a valid medical condition. Studies have yielded conflicting results, with some supporting, and others negating, the existence of non-celiac gluten sensitivity.

So what's the deal? Does non-celiac gluten sensitivity exist, or not? Researchers and clinicians continue to debate whether people without celiac disease or wheat allergy who consume gluten can experience intestinal and extra-intestinal symptoms attributable to non-celiac gluten sensitivity (NCGS).

Taking the latest stab at the problem, a team of researchers recently conducted a randomized, double-blind, placebo-controlled, cross-over trial to determine the effects of administration of low doses of gluten to subjects with suspected NCGS. The research team included A. Di Sabatino, U. Volta, C. Salvatore, P. Biancheri, G. Caio, R. De Giorgio, M. Di Stefano, and G. R. Corazza. They are variously affiliated with the First Department of Internal Medicine at St. Matteo Hospital Foundation at the University of Pavia in Pavia, Italy, and with the Department of Medical and Surgical Sciences at St Orsola-Malpighi Hospital at the University of Bologna in Bologna, Italy.

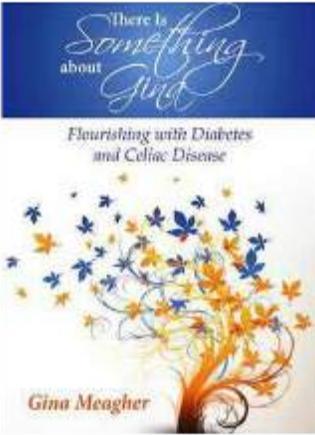
For their study, the team enrolled 61 adults without celiac disease or wheat allergy, but who believe that eating gluten-containing food to be [the] caus[e] of their intestinal and extra-intestinal symptoms. The team randomly assigned participants to groups that received either 4.375 g/day gluten or rice starch (placebo) for 1 week, each via gastro-soluble capsules. Study subjects spend one week on a gluten-free diet, and then switched groups.

The primary outcome was the change in overall (intestinal and extra-intestinal) symptoms, determined by established scoring systems, between gluten and placebo intake. A secondary outcome was the change in individual symptom scores between gluten vs placebo.

Per-protocol analysis of data from the 59 patients who completed the trial shows that intake of gluten significantly increased overall symptoms compared with [the] placebo (P=.034). Among the intestinal symptoms, abdominal bloating (P=.040) and pain (P=.047) were significantly more severe when subjects received gluten [rather] than [the] placebo. Among the extra-intestinal symptoms, foggy mind (P=.019), depression (P=.020), and aphthous stomatitis (P=.025) were also worse when subjects received gluten [rather] than [the] placebo.

In this cross-over trial, subjects with suspected NCGS saw significantly more severe symptoms during 1 week of intake of small amounts of gluten, compared with [the] placebo. So, at least for now, the NCGS ball seems to be back in the court that considers it a valid medical condition.

Source: [Clin Gastroenterol Hepatol. 2015 Feb 19. pii: S1542-3565\(15\)00153-6. Doi: 0.1016/j.cgh.2015.01.029. Clinical trial no: ISRCTN72857280](http://Clin Gastroenterol Hepatol. 2015 Feb 19. pii: S1542-3565(15)00153-6. Doi: 0.1016/j.cgh.2015.01.029. Clinical trial no: ISRCTN72857280).



“By focusing on what's before you today, you can make this day special. Tomorrow, you can do the same thing. Put a few days together and you've got a week and the weeks roll into months and the next thing you know, you're not living with a chronic condition, you're flourishing.”

~ Excerpt from *There Is Something about Gina*

Learn more at:
www.somethingaboutgina.com
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EDUCATIONAL PRESENTATIONS AVAILABLE ON CELIAC DISEASE/GLUTEN- RELATED DISORDERS

The Denver Metro chapter of the Celiac Sprue Association offers presentations about Celiac Disease & Gluten-Related Disorders and the gluten-free diet. Presentations can be tailored to any audience: health care providers, community groups, students, food-service facilities and others.

**For further information,
contact:
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at:
dietitian@denverceliac.org
or 720-560-3734**

BOARD POSITION OPEN: **Newsletter Editor**. Contact president@denverceliacs.org for more details.



www.facebook.com/DenverCeliacs

NEIGHBORHOOD RESOURCE CONTACTS

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

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Laura Determan
303-757-3982
lddet@msn.com

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

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720-244-6249
gfpamperedchef@gmail.com

Barbara Sanford

303-499-7259
barbarasanford@comcast.net

Benefits of CSA Membership

- Social events to mingle with others living a gluten-free lifestyle
- Annual gluten-free picnic: family friendly with BBQ provided, plus children’s activities
- The annual Incredible, Edible, Gluten-Free Food Fair
- Annual Gluten-Free Gallop (walk to support Celiac charities)
- Newsletter with current news, upcoming activities and members’ recipes
- Access to dietitian and other professionals to help with dietary changes
- Neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities
- Support of others living and dealing with a gluten-free lifestyle
- Discounts at various gluten-free retailers

A little something to consider: According to the national chapter of CSA, people who belong to a support group are much more likely to be successful in their GF diet than those who attempt to ‘go it alone’.

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

**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.

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
 (Please initial)

How did you hear about the Denver CSA: _____

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

GET INVOLVED

The Denver CSA supports families like yours. Check out a few ways you and your children can get involved.



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 everyday. 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.

Save the date: Cel-Kids Spring Event at Children's Hospital in Aurora on Saturday, May 23, 2015. More information to come later.

CEL-TWEENS



Cel-Tweens provides kids in the age range from 10-12 to meet, share and have fun with other kiddos who are also living with celiac disease. At this age, kids are starting to become more independent and making daily decisions about what foods they can eat. We want this group to be a place where they can be educated about staying healthy while having fun and understanding that they are not alone in this! The goal is to plan events to teach them about their gluten-free lifestyle, while allowing them to meet other kids their age and have fun.

Cel-Teens

Find us on Instagram @cocelteens

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

Join the fun

Denver CSA holds various events throughout the year for Cel-Kids, Cel-Tweens and Cel-Teens. Visit our website for the latest information: www.denverceliacs.org/celkids.html, www.denverceliacs.org/celtweens.html, www.denverceliacs.org/celteens.html

See page 11 for additional contact information for each group.

Recent discoveries of breweries offering gluten-free beer



Three Spires Brewing Co.

Keep an eye on **Three Spires Brewing Company** in Greeley. This is a new gluten-free brewery that is still ramping up for production. Visit their website (www.threespiresbrewing.com) and subscribe to their blog to keep up with their progress and see how you can support their quest to bring more craft gluten-free beer to market.



Mountain Toad Brewing in Golden on occasion has a gluten-reduced beer on tap. In the past they have had an IPA and currently a pale ale: Paradise Hop. Be sure to call ahead and verify that they currently have a gluten-reduced brew. mountaintoadbrewing.com 720-638-3244



And if you are in Colorado Springs, make an effort to stop by Fieldhouse Brewing Company. They always have a gluten-free beer on tap as one of the owners' wife has Celiac Disease.

www.facebook.com/FieldhouseBrewingCompany 719-354-4143

Visit our website at www.denverceliacs.org/alcohol.html for more gluten-free breweries and cider houses in Colorado.

Nutty Granola Bars courtesy of DelightGlutenFree.com. Visit their website for a searchable gluten-free recipe database or to sign up to have a recipe delivered to your inbox each week.

Make up a batch of these protein-packed bars to tide you over in between meals.

Yields: 12 squares

Total Time: 35 mins

Ingredients

2/3 cup honey

4 tablespoons coconut oil

2/3 cup almond or other nut butter

3 cups gluten-free oats

1/2 cup slivered almonds

1/2 cup sunflower seeds

1/2 cup cashew pieces

1/2 cup raisins

1 teaspoon cinnamon

1/2 teaspoon salt

Directions

1. Preheat oven to 325 degrees F and line an 8 x 8 baking pan with parchment paper. Set aside.

2. In a small pot, combine honey, coconut oil and almond butter. Whisk together over medium heat until coconut oil is melted and mixture is thinned and runny.

3. In a large bowl, combine oats, almonds, sunflower seeds, cashews and raisins and gently stir to mix. Add cinnamon and salt and stir to incorporate.

4. Pour warm honey and almond butter mixture over oats and nuts and fold with rubber spatula until evenly distributed.

5. Spread mixture in lined baking pan and press down firmly to pack. Bake for 25 minutes until top is slightly golden brown.

6. Let cool, then refrigerate for 1 hour until firm. Cut into squares.

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