



Lancaster Area Celiacs

L.A.C. Quarterly

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AUGUST 20, 2007 MEETING UPDATE

AUGUST VENDORS

Better Batter Flour

(814) 207-5575
betterbattergff@hotmail.com

Gluten-Free 4 Me

(717) 899-6482
cindy@glutenfree4me.com

Polly's GF Kitchen

(717) 445-5774
RonPolly@ptd.net

Gluten-Free Naturals

(917) 885-3087
sales@gfnfoods.com

Our speaker, Pam Cureton, a dietician from the University of Maryland Center for Celiac Research, gave a wonderful presentation at our August 20th meeting. We had approximately 90 members attend. Our room was a little cozy, but we got through it and learned a lot about Dr. Fasano's research.

Gluten-Free Naturals from Cranford, New Jersey came as a new vendor and even made us gluten-free pancakes. We had Cindy from Gluten Free 4 Me, Naomi with Better Batter Flour and Ron from Polly's GF Kitchen. A big Thank You goes out to those vendors who travel a distance so we can enjoy their

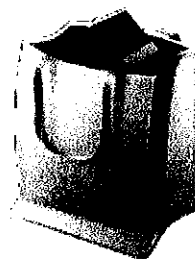
GF products.

Great Harvest Bakery in Lititz is now making other gluten free products. They are making a blueberry coffee cake, and several other products. If you want to be called or emailed when they are scheduling a Gluten Free Day, please contact them at 627-3236 or MKCVB@aol.com.

Thank you to those who provided snacks: Patti E with a peach cobbler, JoAnn S with a Pina Colada Cake and a snack mix and Julie C with cookies. I hope I didn't miss anyone.

CO-OP WITH GARDEN SPOT DISTRIBUTORS

Please remember we have a Co-Op that provides you with savings on your GF food and makes a little bit of money for our group. If you like Tagliatelli Noodles, or cookies, etc, please call JOHN at least one week before the meeting and let him know how many packages you would like. We might be able to split the box with another member. Since there are many members that love the noodles, please contact John with your order at 717-367-9308 or co-brajb@embarqmail.com.



Garden Spot carries a lot of gluten free products and they have donated many samples to us, so let's support them.

Also, watch the papers for demos of Gluten free food that will be held at Herr's, Yoder's and Oregon Dairy, sponsored by Garden Spot. They will offer GF products that the store is carrying. This is a great time to sample and purchase at discounted prices. I will keep you posted on up-coming events.

THE CELIAC DIET

"After five years on a gluten-free diet, celiacs are at no greater risk of developing cancer than the rest of the general population."

If you were not able to attend the October 2nd meeting in York with Shelly Case, you missed a great meeting. This was Kathie's last meeting as chairperson and it was a memorable one. Shelly was a wonderful, entertaining speaker and covered a lot of information. I purchased several of her books to sell at our next meeting. They will be \$20 instead of the normal \$25. I only have a few copies, so if you would like to purchase her latest book, "Gluten-Free Diet - A Comprehensive Resource Guide - Expanded Edition", let me know.

Shelly Case, registered dietitian, was the guest speaker at the Harrisburg meeting. She has also appeared as a guest on the Today Show, is a member of several medical advisory boards and is a frequent guest speaker on Celiac Disease.

Her talk was interesting and full of information regarding nutritional values and needs in the Celiac diet. The most important point that she made was that after five years on a gluten-free diet, celiacs are at no greater risk of developing cancer than the rest of the general population, so stick to the diet!!!

Shelly quoted from her book extensively and she emphasized the need for celiacs to introduce additional nutrients into our diets. The need for calcium, vitamin D, fiber, iron and the B vitamins was emphasized. The addition of amaranth, buckwheat, flax, Indian ricegrass (montina), quinoa, tef/teff, millet, brown rice, and multivitamins to the celiac diet were recommended for bringing much needed enrichment.

We were reminded that distilled alcohol as well as vinegar, with the exception of malt vinegar, is gluten-free. The question of oats being safe is still under discussion. Testing shows that most celiacs can tolerate ½ cup of uncontaminated oats per day. Cream Hill Estates, Gifts of Nature Gluten-Free Oats and Only Oats are the only pure brands of Oats grown in the United States. All other oats tested at varying levels of contamination. For detailed information on this topic go to www.celiac.ca and look for the position statement. You can also find extensive details in her book.

CELIAC DIET WEBSITES:

celiac.nih.gov
glutenfreediet.ca
(Shelly Case's Website)

A new study found that adults and children with celiac disease run a significant risk of increased hip fractures and bone fractures of any type. To combat this, celiac patients should eat a diet rich in calcium and vitamin D to maintain healthy bones.

GLUTEN-FREE WEBSITES:

- www.glutenfree.com
- www.glutensolutions.com
- www.recipezaar.com/recipes/gluten-free
- www.recipesource.com/special-diets/gluten-free
- www.csaceliacs.org
- www.authenticfoods.com/recipes/recipes.htm
- www.glutenfreedrinks.com
- <http://allrecipes.com/recipes/healthy-living/gluten-free/>
- Amazon.com has 570 GF products listed.

Go to: <http://tinyurl.com/37rect>



CELIAC 101 CLASS:

If you need help in surviving gluten free, this is the class for you. It will give you insight as to where to shop, what to look for, what to do at restaurants and time for lots of questions.

For more information contact: Eileen @ 717-687-9460 or Sandy @ 717-392-1675



STAYING GLUTEN-FREE DURING THE HOLIDAYS

From The National Institutes of Health Celiac Disease Awareness Campaign "Staying Gluten-free Holiday Season".

Tips for how to have a Gluten-Free Holiday Season:

1. **Do your homework.** Get to know the not-so-obvious foods that contain gluten, like casseroles, salad dressings, soy sauces and the every so important gravies. Look for gluten-free substitute ingredients and gluten-free recipes.
2. **Plan ahead.** If you are attending a party at someone else's home, bring a dish to share with everyone. If you are going to a restaurant or hotel, call ahead to see if there is a gluten-free menu or to request a gluten-free meal. Call several days in advance around 2:00 PM and, once you arrive, confirm your meal is prepared and alert the wait staff where you will be seated.
3. **Be assertive.** Make sure the chef and server knows the dangers of cross-contamination, because even small amounts of gluten that accidentally come in contact with your food can cause a reaction.
4. **Be creative.** Try some gluten-free alternatives to your favorite holiday recipes, like corn bread instead of wheat bread stuffing and gluten-free cookies, breads and rolls.
5. **Change your focus.** The holidays are often centered around food, however, instead try to focus on friends and family to make your holiday season even more meaningful.
6. **Stay positive.** Instead of thinking about all of the foods you can't eat, think of all of the foods you can eat.



For full article go to: www.celiac.nih.gov/GlutenFreeHoliday.aspx

NEW LAC CHAIRS:

After five years of leading Lancaster Area Celiacs, **Sue Polachak** will be stepping down as chair. Sue was one of the group's founders and under her leadership LAC has grown to over 200 people. She has been a wonderful leader and we are thankful for all she has done to educate and provide support for so many people dealing with the challenges of Celiac Disease.

Starting in January, **George and Becky Maag** will be taking over as co-chairs of the group. They are excited to continue what Sue began and they look forward to helping increase awareness of Celiac Disease throughout Lancaster County. Come meet them and thank Sue for her service at the November meeting!

COMING SOON:

LAC Website
lancasterareaceliacs.net

CALENDAR



Harrisburg GIG Celiac 101 Clinic

November 5, 2007 6:30 PM
Mohler Senior Center, Hershey, PA
Contact Linda Weller 520-9817

LAC Meeting

November 12, 2007 6:30 PM - 9:00 PM
Heart of Lancaster Hospital, Lititz, PA
Speaker: Waleh Snyder, RN
Topic: The Importance of Early Diagnosis

LAC Meeting

January 27, 2007 2:00 PM - 4:00 PM
Heart of Lancaster Hospital, Lititz, PA

LAC Meeting

April 21, 2007 6:30 PM - 8:30 PM
Location TBD

LAC Meeting

August 25, 2007 6:30 PM - 8:30 PM
Location TBD

DONATIONS:

Thank you again to those who donate to our group. Our fund is growing. Every little bit helps. Our support group doesn't exist on air. Those funds pay for paper, mailings, speakers, ink, copying, etc. It all adds up. We have over 200 members on our list and if everyone just gave a couple of dollars at every meeting, this would certainly help.

WE NEED YOU:

Please consider volunteering to help make our group even better.

Additional volunteers are needed in the following areas:

Refreshments
Samples
Vendor Contacts
Meeting Minutes

VENDORS' CORNER:

Better Batter Flour:

Better Batter Flour products are now being sold at Stauffer's in Lititz. To encourage sales there, Naomi will no longer be selling her products at our meetings.

GF Bake Shop:

The GF Bake Shop stand in Lancaster's Central Market has been so successful, they are now open Tuesdays, Fridays and Saturdays. They've also moved to a larger stand across the aisle from where they were before.

MEMBERS' CORNER:

"I would like to thank all those support group members that sent me cards, good wishes and thought of me in their prayers during my hospital stay. It was greatly appreciated and brightened my day. I am still recovering and getting stronger everyday. Hope to see you all at the next meeting."

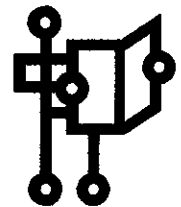
- Marie McBride

COMMITTEE:

Chair: Susan Polachak
2417 Butter Rd
Lancaster, PA 17601
Phone: (717) 392-6971
Email: spolachak@comcast.com

Refreshments:	Joanne Snyder
Advertising:	Doris Jenkins
Samples:	Eileen Mausekapp
Brochures:	Patti Eitner
Phone Committee:	Michele Trost
Fundraising:	Cindy Brodbeck
Food Co-Op	John Brigden

Celiac 101	Eileen Mausekapp
	687-9460
	Sandy Stine
	392-1675



Harrisburg GIG is publishing a GF Cookbook. If you have a recipe you would like to include, please e-mail glutenfreeforall@yahoo.com or write to Gluten Free for All, 1772 Ridge Road, Richfield, PA 17086