



Lancaster Area Celiacs

# LAC Quarterly

Volume III No. 4

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org)

October 2008

## August Meeting Recap

Lancaster Area Celiacs met on Monday, August 25 at the Heart of Lancaster Hospital in Lititz. Naomi Poe, founder of the Better Batter Gluten-Free Flour company, spoke to the group about ways to eat well on a gluten-free diet without breaking the bank. She provided many tips for saving money while trying to eat gluten-free. Naomi and her family have used many of these techniques to eat gluten-free on a tight budget.

Look for regular items that are already gluten-free. There's no need to buy the expensive gluten-free vanilla when McCormick's regular vanilla is gluten-free and costs a lot less.

Be aware of sales at health food stores and stock up on nonperishables. Since pasta has a long shelf life, Naomi purchases a year's supply of gluten-free pasta when it goes on sale.

Make a chart of all the foods eaten during a week. Highlight each food as follows:

Green – okay to eat

Yellow – caution

Red – not safe for gluten-free or too expensive

Think about the categories of foods and decide which ones are economical and which ones should be eliminated. The money saved can be used for other priorities.

Use the power of people. Order cases of food with friends or a support group to help make it more affordable. You can also call the company to inquire about ordering wholesale.

Resources to explore:

- Group power – order together.
- Internet – Amazon.com has wholesale prices and no shipping costs.
- Buy from the grower just before harvest (anxious to sell the rest of previous year's crop).
- Shop wholesale in bulk quantities.
- Make your own baked goods. Naomi bakes for 3 hours one day a week.
- Couponing – Naomi uses The Grocery Game which is a color coded data base of coupons; costs 60 cents a week but worth it since it sorts through the coupons for you. She also uses couponmaster.com to obtain coupons nationwide. The money she saves using the coupons enables her to purchase the more expensive gluten-free foods.

Information about Naomi's company can be found on her website

[www.betterbatterglutenfreeflour.com](http://www.betterbatterglutenfreeflour.com).

There are many recipes included on the website. They are planning to expand the company to offer cake and cookie mixes as well as pizza crusts.

Minutes taken by Sue Francis

### August Vendors

#### Better Batter Gluten Free Flour

[www.betterbatterglutenfreeflour.com](http://www.betterbatterglutenfreeflour.com)  
(814) 312-0419  
[betterbattergff@hotmail.com](mailto:betterbattergff@hotmail.com)

#### Garden Spot Distributors

[www.gardenspotdist.com](http://www.gardenspotdist.com)

#### Grandma's Gone Gluten Free

Sue Polachak  
[spolachak@comcast.net](mailto:spolachak@comcast.net)  
(717) 392-6971

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## New Meeting Location

Thank you to the following companies for providing samples for our August meeting:

**Garden Spot Distributors**  
www.gardenspotdist.com  
(717) 354-4936

**French Meadow Bakery**  
www.frenchmeadow.com  
1-877-No-Yeast

**Glutino**  
www.glutino.com  
1-800-363-3438

**Tastes Like Real Food**  
www.tasteslikerealfood.com  
(319) 365-1718

**Heartland's Finest**  
www.theLivingBean.com  
(888) 658-8909

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We recently found out that Heart of Lancaster Hospital in Lititz will no longer be able to accommodate our meetings. We thank them for allowing us to use their facility for the past year and after frantically searching, we were able to secure a new space. **Our next meeting will be held at the Stager Conference Center at Lancaster General Hospital in downtown Lancaster.** We will have rooms 5 & 7 in the Stager Conference Center, which is located on the ground floor of the hospital. These rooms will provide plenty of seating space for our meetings as well as room for vendors and samples.

Directions:

From North, head south on Duke Street, turn left onto James Street.

From South head north on Lime Street, turn left on James Street.

Turn into entrance circle from James Street and bear right into the parking garage. Take the elevator in the garage to the ground floor and follow signs to the right for the Stager Conference Center Rooms 5 & 7.

Take a ticket when entering the garage and we will hand out parking passes that will allow you to exit for free when leaving.

We owe many thanks to Julie Callender and Liz Korman for helping us to quickly find a new space for our meetings. We're excited about our new space and look forward to our next meeting!

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## Update on Celiac-Safe Wheat

Washington State University researcher Diter von Wettstein, Ph.D., D.Sc., recently received a grant from the National Institutes of Health to continue developing a variety of wheat that is safe for celiacs to eat. While the outcome of his research is yet to be determined, his research may pave the way toward making life easier for all of us.

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## Gluten-Free Food Co-Op

If you're looking for ways to save money on the gluten free products you use everyday, remember our Gluten Free Food Co-op with Garden Spot Distributors. Garden Spot sells our members food by the case in order to receive lower prices. They have also supplied us with many samples for our meetings and newly diagnosed patients. A portion of the money we spend on the products comes back to our group, so remember them when you're making your shopping list.

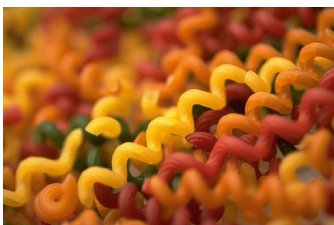
If you'd like to get some products from the Co-op, but don't think you can use a whole case, let us know. We can split cases between members if we get enough interest for popular products such as Glutano Tagliatelli Noodles or Conte's Pastas.

Please see our website, [www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org) for the April Specials and a link to the Garden Spot website. If you'd like a list mailed to you please contact John Bridgen.

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To place an order, contact John Bridgen by

Phone: (717) 367-9308 or E-mail: [cobrajb@embarqmail.com](mailto:cobrajb@embarqmail.com)



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## School Lunches

School is now in full swing and some celiac students and their parents may be struggling to find a safe meal at school. You don't know if the ingredients in the school prepared meals are safe and packed lunches may be ok, but let's face it, there's nothing like a sandwich made with un-toasted gluten free bread to remind you that the diet isn't always a walk in the park. The good news is that students and parents have a tool at their disposal and more and more people in the celiac community are taking advantage of it. The US Department of Agriculture's Food and Nutrition Service Guidance on Children with Special Dietary Needs requires that schools provide adequate substitutions to those with food allergies and intolerances. Celiac Disease is covered by these requirements because, as stated in Section 504 of the Rehabilitation Act of 1973, an individual with a disability may not be excluded from a program that receives federal funding. Under definitions created by the Americans with Disabilities Act of 1990, Celiac Disease qualifies as a disability because it is a physical impairment that substantially limits one or more major life activities and a diagnosed person has a record of the impairment or is regarded as having such an impairment.

To receive substitutions for lunches,



you must first submit a 504 Plan to the School District. Each district is a little different, so it is best to contact them directly to determine exactly which forms and steps you need to take. The basic elements of each plan include filling out the required forms, having your doctor certify that the student does in fact have celiac disease, and meeting with the school to discuss the plan. Upon submission of the plan, the school district will review the doctor's certification, identify staff to work with you to implement the plan, and notify personnel that come in contact with the student.

This implementation process for a 504 plan is not always easy. However, if you can maintain a good relationship with your school, you can work through it together. It's important to write a summary of celiac disease and identify where gluten is found (obvious and not-so-obvious locations) and what to do if the student accidentally eats gluten. It's best to let them know that eating gluten won't cause your child to go into anaphylactic shock, but that it should be taken seriously.

Article Sources:

Easy Eats Magazine, September 2008

National Foundation for Celiac Awareness ([www.celiaccentral.org](http://www.celiaccentral.org))

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For more information on 504 Plans go to:

[www.americanceeliac.org/studentsCD.htm](http://www.americanceeliac.org/studentsCD.htm)

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If you took the school lunch survey with The American Celiac Disease Alliance, be sure to check out their site for the results!

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## Special April Presentation by Author Cleo Libonati

Nationally recognized author Cleo Libonati, RN, BSN will be coming to Central PA to present "Celiac Disease: Nutritional Deficiencies and How to Achieve Wellness on a Gluten Free Diet". The presentation will be a special combined meeting of Lancaster Area Celiacs and Harrisburg GIG and will be held on Monday April 27 at 6:30

PM at the Mohler Senior Center in Hershey. Cleo will be presenting She is co-founder of [glutenfreeworks.com](http://glutenfreeworks.com) and the author of Recognizing Celiac Disease, Cleo is also a celiac and is dedicated to increasing awareness of celiac disease medical research to medical professionals and dietitians. Pre-orders of the book will be offered at a discounted

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For more information on Cleo go to her website:

[www.recognizingceliacdisease.com](http://www.recognizingceliacdisease.com)

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Please register for this event by  
April 20, 2009!

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## Restaurant Reviews—Local and Regional

### Piazza Sorrento

16 Briarcrest Square, Governor Rd, Hershey  
835-1919

A big thank you to Linda Weller, leader of the Harrisburg Gluten Intolerance Group. In Linda's most recent newsletter, she profiled the new restaurant Piazza Sorrento, which is located in Briarcrest Square in Hershey, across from Hershey Medical Center. This restaurant is welcoming to both guests who want an upscale dining experience, as well as families like ours who hope that the background noise drowns out their kids screaming!

In addition to offering gluten free pasta, Piazza Sorrento offers *gluten free pizza*, which is nearly unheard of in this area. After speaking with the manager, we were very comfortable with their knowledge of cross contamination. They bake the pizza in a separate area of the oven and use a screen to prevent cross contamination. They recommend that when you order, you request that the pizza toppings are fresh and not from the other pizza trays used for their regular pizzas, since the chefs stick their hands in the regular topping containers.

Unfortunately, on the night we were there, they were out of the gluten free pizza crusts. They had a supply problem with the crusts, but hoped to start selling them again within a few weeks. I had the Penne alla Vodka made with the gluten free pasta, which tasted just like a regular pasta dish. For dessert, they offered gluten free peanut butter cookies and caramel bars. Everything was excellent and we are looking forward to going back for the pizza!

### Mitsitam Native Foods Café at the National Museum of the American Indian

Washington, D.C.

We recently took a family trip to Washington, D.C. to see the sights and enjoy a weekend away from the stress of everyday life. We took along an extensive list of celiac-recommended websites in the Washington, D.C. area, which was compiled by the local celiac support group. While many of the restaurants were in the Washington suburbs, there was a short section on celiac-friendly restaurants in downtown Washington. Because we happened to be visiting the museums on the National Mall when lunchtime rolled around, we decided to visit the Mitsitam Native Foods Café at the National Museum of the American Indian.

I expected to find a standard cafeteria with a few salads on the menu and one person who knows what gluten is. While this was standard cafeteria-style dining, it was evident as soon as we stepped into the café that this restaurant was a cut above all of the others that we saw on our trip. It not only offered delicious indigenous Native American foods from all over the United States, South America, and Meso America, but everything that was gluten free was clearly labeled "Gluten Free!"

Being able to eat without having to look at every ingredient in the food took the hassle out of at least one portion of our trip. We highly recommend visiting this café if you're in the Washington, D.C. area!

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## Restaurant Recommendations from LAC Meeting

Several people in the group suggested area restaurants where they have been able to eat gluten-free successfully. The restaurants suggested at the meeting were:

J.B. Dawson's – Park City (gluten-free menu)

Café Chocolate – Lititz

P.F. Chang's Chinese Bistro – chain (gluten-free menu)

Charlie Brown's Steakhouse – York (gluten-free menu)

The Country Table – Mount Joy

Prince Street Café – Lancaster (gluten-free breads)

Five Guys Burgers – Fruitville Pike (fries cooked in separate fryer)

Black Griffin – Elizabethtown

Symposium – Centerville Road (has gluten-free pasta)

It was suggested that those on a gluten-free diet should be persistent if food is served and is not right. Keep the food until the waiter brings a new plate of food so that you know the suspicious ingredient was not just removed and contamination still exists.

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## Recipes of the Quarter

### Pumpkin Cake / Muffins

#### INGREDIENTS

- 1 cup sugar
- 3/4 cup oil
- 8 oz pumpkin
- 2 eggs
- 1 1/2 cp gf flour mix
- 1 tsp xanthum gum
- 1/2 tsp cinnamon
- 1 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1 cup semi-sweet chocolate bits



Combine the above ingredients. Bake at 375 degrees for 20 minutes for muffins, a little longer for a cake. Top with cream cheese frosting.

### Ricotta and Green Onion Gnocchi

- 15 ounces ricotta cheese
- 1 large egg, beaten
- 1/2 tsp salt, 1/2 tsp pepper
- 6 green onions, minced
- 1/2 cup grated Parmesan cheese
- 1 1/2 - 2 cups gf flour mix
- 3 cups marinara sauce

Drain ricotta for 15-30 min, discard liquid. Combined ricotta, egg, salt, pepper, green onions, and cheese. Gradually add flour. Divide dough into four parts and roll each into 1-in diameter ropes. Indent ropes with fork, cut into small pieces. Boil until gnocchi float to top and serve with marinara sauce.



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## Celiac 101 Class

If you are newly diagnosed or just need help surviving on a gluten free diet, this is the class for you. It will give you insight on where to shop, what to look for, what to do at restaurants and time for lots of questions.

For more information contact: Julie @ 717-764-3932 or Sandy @ 717-392-1675

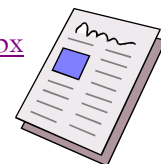
## Product News

### Triumph Dining - The Essential Gluten Free Grocery Guide

Triumph Dining has just published the 2nd Edition of their grocery shopping guide. This guide lists over 30,000 gluten free foods found in mainstream grocery stores. Save money by using this guide to know which of your favorite non-specialty food items are gluten free instead of paying for high-priced specialty foods!

See the website below to order your copy:

<http://www.triumphdining.com/glutenfreefood.aspx>



### CSA Gluten-Free Product Listing

Another good resource for determining if your favorite foods are gluten free is the Celiac Sprue Association's "Gluten-Free Product Listing - 13th Edition." This guide is now available for pre-publication ordering. Become a new CSA member when ordering and get a 25% discount. Order your copy at 1-877-272-4272 or <http://www.csaceliacs.org/cgi-bin/store/store.cgi>.

### Heinz Website

Heinz has added a page to its website which lists its gluten free products. See this long list of products at

<http://www.heinz.com/health--wellness/focus-foods/dietary-preferences/gluten-free.aspx>

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### LAC Website

Be sure to visit our website:

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org)

It has information on everything from a biological explanation of celiac disease, to gluten free tips, to local restaurant and grocery store recommendations. If there's one you'd like to share with the group, let us know and we'll put it on the website.

Many thanks to our webmaster, John Bridgen, Jr for his hard work and creativity!



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## November Meeting Preview

Date: Monday, November 3, 2008  
Time: 6:30 PM - 8:30 PM  
Location: Stager Conference Center Rooms 5&7  
Lancaster General Hospital  
555 North Duke Street  
Lancaster, PA 17604  
Topic: To be announced  
Vendors: **Grandma's Gone Gluten Free**  
**Garden Spot Distributors**  
**Spice of Life Bread**

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## Calendar



### October 20, 2008

Co-op orders and payment due to John Bridgen

### October 27, 2008

Pre-orders for Grandma's Gone Gluten Free products due to Sue Polachak

### October 27, 2008

Pre-orders for Gluten Free 4 Me products due to Cindy Sunderland. Orders will be distributed at the meeting.

### November 3, 2008      **6:30 pm—8:30 pm**

#### *LAC Meeting*

Stager Conference Center in  
Lancaster General Hospital

### November 3, 2008

#### *Gettysburg Gluten Free Group Meeting*

Gettysburg Hospital Community Room  
Contact Cheryl Hutchinson at 642-6053 for information

### January 26, 2009      **6:30 pm**

#### *Harrisburg GIG Meeting—Ask the Doctor*

Mohler Senior Center, Hershey  
Contact Linda Weller at 520-9817 for information

## LAC Updates

Looking for more information on food specials, gluten-free events and the latest in celiac research? Be sure to check out our e-mail updates. Many e-mail providers consider these types of e-mails spam, so **be sure to add our e-mail address to your contacts and mark us as a safe sender.**

If you have e-mail and don't already receive our updates, please let us know and we will sign you up!

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## Donations and Volunteers

Thank you again to all of those who have donated their time and money to our group. Your help keeps us going so that we can continue to educate ourselves and the world around us about Celiac Disease. With your support we can pay for paper, mailings, speakers, ink, copying, etc. Your time allows us to run programs and make our meetings friendly and inviting to everyone. We have over 275 members on our list, so when everyone gives a few dollars at our meetings, it goes a long way toward allowing our group to continue in the future.

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## Committee

**Chairs:**      **George & Becky Maag**  
208 Old Hershey Road  
Elizabethtown, PA 17022  
Phone: (717) 367-9257  
Email: lancasterareaceliacs@yahoo.com

Advertising:	Doris Jenkins
Brochures:	Patti Eitner
Food Co-Op:	John Bridgen
Fundraising:	Richard McKenna
Minutes:	Sue Francis
ROCK Chair:	Janelle Gregory
Samples:	Mike Schreiner
Special Projects:	Sue Polachak Julie Callender
Webmaster:	John Bridgen, Jr.
Minutes:	Sue Francis
Celiac 101	Julie Callender 764-3932 Sandy Stine 392-1675