



# Rockford Area Celiac Support Assoc.

Helping People on a Gluten-free Diet  
September 2015 Newsletter

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## Next Meeting

**Wed., Sept. 30, 2015**

7:00 p.m.

**OSF St. Anthony's Hospital  
Foundation Room, Lower Level by Cafe**

*You may bring a Gluten-Free snack or dessert to share if you would like. If you bring something, please bring the recipe so that people can check ingredients. Thanks!*

## 2015 Remaining Meeting Dates

The dates for the remaining meetings in 2015 are as follows:

**September 30 (Wed) - 7pm**

**November 18 (Wed) - Holiday Dinner**

## May Meeting Recap

Our speaker was Stacia Sackmaster, Family Nurse Practitioner at Rockford Gastroenterology. She talked about her background of Celiac Disease and how she treats her patients with Celiac Disease. She recommends that in addition to getting flu shots, Celiacs should also get a pneumonia shot every five years. She also said that she has found that about 15%-20% of Celiacs also have autoimmune thyroid issues as well, so that is something to look at if you are still experiencing fatigue and other general symptoms after going gluten-free. The group discussed having the summer potluck inside at our normal meeting space instead of the Park so as to eliminate weather concerns. It was decided that we would order meat from Pinons and bring dishes to pass to go along with that. We had

a lot of good treats that members brought for sampling, including: Antonina's Mini Cupcakes, Glutino's yogurt covered pretzels, Glutino's chocolate covered pretzels, Snyder's Honey Mustard and Onion Pretzels, Mediterranean Snacks' Lentil Crackers, NuGo Dark Choc-Choc Chip Protein Bars, Lance's Real PB Sandwich Crackers, Namaste Spice Cake with Butter-Brown Sugar topping, Rhubarb & Strawberry Dessert, Wind Ridge Fresh Spinach Dip, and Peanut Butter Temptations (recipe follows).

### Peanut Butter Temptations:

1/2 c. butter	1/2 tsp. Vanilla
1/2 c. peanut butter	1-1/4 c. GF Flour Mix
1/2 c. brown sugar	3/4 tsp. Baking Soda
1/2 c. sugar	1/2 tsp. Salt
1 egg	8 oz bag Mini Reese's Cups

Cream butter, peanut butter, sugars; add egg & vanilla. Beat until creamy. Stir in dry ingredients until blended. Roll dough into 1 inch balls and press each ball into mini-muffin tin. Do not make large balls because they will overflow the muffin tin. Bake at 350 for 12 minutes. Remove from oven and immediately press 1 Reese's mini peanut butter cup into each HOT cookie crust. Allow to cool. This takes an hour or longer. Use table knife around the outside edge to free up the cookie. Then turn pan over and tap cookies out. Makes 48 cookies.

## July Meeting Recap

The July meeting was our potluck held at the Hospital. Shawn Harris from C/C's Specialty Foods was there to share some of their products and to tell us about his company. Their baker has Celiac Disease so is fully aware of the necessary precautions that need to be taken. Also, they have a dedicated GF kitchen. They have a kiosk at Cherry Vale Mall where you can buy various GF

products and mixes, as well as other specialty items. He donated buns for our ham sandwiches and let us sample some cakes. He also had products available for purchase. Check them out!

Ham was purchased from Pinnon's and there were lots of great sides to go with it. Recipes are included later in the newsletter.

### **For the Techie's Grocery Shopping App**

If you are an "app" person, there is an app that helps with grocery shopping. "Gluten Free Food Finder" is an app that allows you to scan in the bar code on a product and it will tell you if it is gluten-free.

### **Sweet Natalie's - Gluten-Free**

Sweet Natalie's is a very unique spot in Geneva, Illinois. It is a dedicated GF co-op bakery so various bakers use the GF kitchen to make a wide variety of GF, dairy free, vegan, paleo and naturally sweetened desserts. They have GF bread products, cookies, bars, cakes, cupcakes, crackers, pies, granola, etc. It is located in the lower level of the Charles B. Wells House at 228 S. 3<sup>rd</sup> Street in Geneva. It is closed on Mondays. For more information, contact 630-232-7434.

### **Gluten-Free Dining**

Lots of restaurants are jumping on the gluten-free bandwagon, but you still need to ask questions at a restaurant to make sure that food preparation is done in a way that cross contamination is not likely to occur. The food might start out gluten-free, but if it is not handled and prepared in a clean environment, then it can be contaminated. Below are a few spots mentioned at the meeting.

**Culvers** - GF buns

**Mary's Market** - GF Cookies & Cupcakes

**Sugar Jones** - GF Cupcakes

### **Online Fundraising Opportunities**

Make your shopping count! Shop online and support CSA. CSA/USA has several opportunities available for you to make online purchases through that then benefit the national organization. The easiest way to access them is to go to: [www.celiacs.org/fundraising\\_partners.jsp](http://www.celiacs.org/fundraising_partners.jsp), designate Celiac Sprue Association (may appear as Celiac Support Association) as your tax-exempt charity. Current opportunities are as follows:

**Amazon.com** Enter through above CSA website and purchases generate referral fees to CSA.

**Shaklee** - go to [www.csaceliacs.myshaklee.com](http://www.csaceliacs.myshaklee.com) and all purchases generate a donation to CSA.

**Usaflorist.com** - enter through Celiac site mentioned above and a percentage of the purchase goes to CSA.

**American Medical ID** - go through Celiac site and a percentage of the purchase goes to CSA.

Put your searching to good use:

[www.GoodSearch.com](http://www.GoodSearch.com) - download the toolbar for searching, designate CSA, then 2%-7% gets donated when shopping at designated sites.

If you just find money laying around and want to donate, you can use these secure sites:

[www.AmazonSmile.org](http://www.AmazonSmile.org) - designate CSA

**Mission Fish** - designate CSA

### **Basics of Reading Labels**

1. Consider naturally GF foods. Naturally GF foods (such as bottled water, fruits, vegetables, plain rice, etc.) will likely not be labeled GF but are GF.

2. Look for GF declaration. Since August 2014 the FDA allows food manufacturers to use the term "gluten free" if a product contains <20 ppm (parts per million). 3<sup>rd</sup> party certification can help provide additional assurances. Keep in mind that

making a GF claim is voluntary so even foods not labeled as GF may be GF.

3. Read ingredient statements. The FDA requires that wheat be listed in bold at the bottom of the ingredient statement, but not rye or barley, so you still need to read the ingredient list of possible gluten-containing ingredients. Oats, while they do not contain gluten, are at high risk of being contaminated so you should look for GF oats.

4. Hidden sources. Since wheat is clearly labeled, you need to look for other names such as malt, semolina, spelt, durum.

5. Call for verification. Most products include a phone number or website that you can contact if you have questions about a product. Be sure to write down the SKU under the bar code to make sure you get information for the exact product you are looking for.

6. Avoid products with confusing labels and when in doubt - leave it out. Approximately 70% of people with Celiac Disease continue to experience symptoms from inadvertent gluten exposure. If you are not sure about a label, skip it.

## DH (Dermatitis Herpetiformis)

DH is a chronic, intensely itchy, blistering skin rash that occurs when the skin reacts to gluten in your system. It affects about 10% of the people with Celiac Disease. Although the rash can occur anywhere, the most common areas affected are elbows, knees, buttocks, lower back and back of neck. Usually your rash will occur at the same place each time.

People with DH need to adhere to a strict GF diet, but also need to be concerned with gluten in anything that touches the skin.

Dapsone is sometimes prescribed for the itching, but it can have harsh side effects so it is often reduced or discontinued once you are adhering to the GF diet and the symptoms have subsided.

DH is a lifetime condition and even though it may seem to be into remission, the strict GF diet must be followed to avoid reoccurrence, damage to the intestine, and the risk of other complications.

## Gluten-Free Foods in the Marketplace

I'm sure everyone has noticed the large amount of GF products appearing on the grocery store shelves, and even other retail spots. This is partially due to the better diagnosis of Celiac Disease and partially due to the publicity the diet has received in the general population.

There are about 3 million Americans with Celiac today. Interestingly, 4 in every 10 people believe that GF products are beneficial to everyone's health, not just people with Celiac or a gluten intolerance. Research shows that 36% of all consumers have eaten GF foods for reasons other than intolerance.

The consumer market right now is also very focused on healthy foods which include various "free-from" claims, including soy, wheat, egg, dairy, peanuts, tree nuts, fish and shellfish. GF products make up only 25% of the "free-from" consumer market as it exists today.

Sales of GF foods reached \$8.8 billion in 2014 and is expected to top \$14.2 billion by 2016. Because of these numbers, all major food companies are focusing research and development in the GF area. What this means for us right now is that there is a rush to get GF products to market and they are not always the best texture and taste. However, in the long run, there will be better and better products available to us, making it easier to maintain a GF diet.

## July Meeting Recipes

### Carrot, Cabbage, Pineapple Jello Salad

2 boxes lemon jello

1 1/2 c. shredded carrots

1 1/2 c. shredded cabbage

1 c. crushed pineapple

Mix jello and cool for about 30 minutes to 1 hour before mixing the remaining ingredients in. Chill and serve with mayo if desired.

### Corn Casserole

1 c. undrained whole kernel corn  
15 oz can cream style corn  
4-8 T softened butter            2 eggs  
 $\frac{1}{2}$  c. sugar                            1 c. sour cream  
8 oz box GF sweet yellow Cornbread Mix  
(save remainder of box for another day)  
Cheddar Cheese (or cheese of choice)

Beat eggs, sugar and butter. Stir in sour cream, both cans of corn and blend well. Stir in dry mix. Bake in a 9x13 greased casserole dish at 350 for 30-35 minutes. Top with shredded cheese and return to oven to melt cheese. (optional)

### Au Gratin Potatoes

2 lb frozen cubed hash browns  
1 stick margarine or butter  
1 pint half & half  
1 lb. Velveeta cheese

Melt cheese, butter and half & half. Add potatoes. Bake for 1 hour at 350 in a 9x13 pan or 3 quart casserole.

### 5-Cup Fruit Salad

1 c. coconut  
1 c. mandarin oranges  
1 c. pineapple tidbits  
1 c. marshmallows  
1 c. sour cream

Drain all fruit. Mix together and add sour cream. Refrigerate for several hours before serving.

### Simple Fruit Salad

4 medium peaches or 1 medium pineapple, sliced  
1 pint strawberries, hulled and sliced  
1 pint blueberries

Combine all fruit in a large bowl. Refrigerate for 1-2 hours before serving.

### Banana Cake

1 GF Yellow Cake Mix (used King Arthur's)  
1 3.2 oz White Chocolate instant pudding mix  
4 eggs  
1/4 c. Crisco blend oil  
1 c. water  
3 ripe bananas, mashed

Lightly grease a 12x17 jelly roll pan. Heat oven to 375 but lower to 350 when you put cake in the oven. With mixer, beat the oil and half of the dry ingredients. Now add 1 egg at a time and blend smooth after each addition. Add 1/3 of water and alternate with dry ingredients. Mix smooth. Be sure to scrape the bowl after each ingredient is added. Gently blend in the mashed bananas. Bake until cake is firm in the middle when pressed with your finger and a golden brown color - about 25-30 minutes. Frost as you wish. Pillsbury Classic White canned frosting is GF.

### Veggie Pizza

1 pkg Aldi Pizza Crust (with egg)  
2 pkg cream cheese  
1-2 T dill blend (dill, garlic, sea salt)  
1 c. each of the following chopped: celery, carrot, tomato, snap peas, green onion, zucchini, chives.

Prepare pizza crust according to package directions. Blend cream cheese and seasoning and spread over crust. Add chopped vegetables and refrigerate until serving.

### 3 Bean Salad

1 can green beans            1 can yellow beans  
1 can red kidney beans  
1/2 c. finely chopped green pepper  
1/2 c. finely chopped onion  
1/3 c. oil                            2/3 c. cider vinegar  
3/4 c. sugar                        1 tsp salt  
1/2 tsp pepper

Drain beans. Add pepper and onion. Mix dressing and pour over beans. Toss. Cover. Refrigerate at least 24 hours.

### Potato Casserole

2 1-lb bags frozen hash browns, thawed  
1 carton Pacific Organic Cream of Chicken Soup  
1 c. sour cream  
2 c. cheddar cheese, grated  
1/2 c. butter or oleo melted  
Salt and Pepper to Taste  
1 1/2 c. crushed GF corn flakes or corn chex to sprinkle on top

Mix together in a large mixing bowl. Pour into a 9x13 baking dish. Bake at 350 until crispy on top for 320-40 minutes.

### Bean Salad

1 can green beans, drained  
1 can wax beans, drained  
1 can kidney beans, drained and washed  
1 small red onion, sliced thin  
1 green pepper, sliced thin  
1 small jar chopped pimentos  
1 c. celery, cut in slices

[dressing]

2/3 c. sugar  
2/3 c. vinegar  
1/3 c. vegetable oil  
1 tsp. salt  
1/2 tsp. pepper

Mix dressing together then add to bean mixture and mix. Chill for 24 hours before serving.

### Pistachio Salad with Nuts

1 pkg instant Pistachio pudding  
1 large can crushed pineapple  
1 large Cool Whip  
1/2 pkg. mini marshmallows  
1/2 c. nuts, chopped

Combine all ingredients and refrigerate for at least 2 hours before serving.

### Commercial Products Brought In:

Antonina's Mini Cupcakes - Carrot Cake  
Antonina's Mini Cupcakes - Dark Chocolate  
Daiya Strawberry Cheesecake  
Goodie Girl Mint Slims Cookies  
A Spice Above - Spice Mix (for dip)  
Sabra Hummus  
Betty Crocker Devil's Food Cake

### **Current Officers**

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In this newsletter, "Celiac Disease" is used to reference the general requirement to avoid gluten in the diet. "Celiac Disease" includes the terms celiac sprue, celiac disease, dermatitis herpetiformis, gluten intolerance and gluten sensitive enteropathy. Except for direct quotations and medical reference, "celiac disease" will be the universal term used in this newsletter. GF always means gluten-free.

**DISCLAIMER:** All recommendations, information, dietary suggestions, product news, menus, recipes and related data generated by the Rockford Area Chapter of the Celiac Sprue Association are intended for the benefit of our members and other interested parties. The text has not been submitted for approval to the CSA/USA medical board. Products mentioned or omitted do not constitute an endorsement of that product. Food manufacturer's products are subject to formula change at any time, changes that may or may not be reflected on labels. Neither the Rockford Area Celiac Sprue Association nor any of its members assume liability for the use of this information. Reproduction of any material is allowed and is offered to facilitate exchange of celiac information. If you find a technical mistake, please notify an officer so that a correction can be passed along to the members.

