



Rockford Area Celiac Support Assoc.

Helping People on a Gluten-free Diet
February 2016 Newsletter

Website: www.rockfordceliacs.com

Email: RockfordCSA@yahoo.com

Annual GF Pancake Breakfast Saturday, March 19, 2016

Serving Pancakes at 9:00 a.m.

St. Bernadette Parish Center

2300 Bell Ave., Rockford, IL

[Parish Center is behind the Church]

Gluten-free pancakes, waffles, sausage, juice and coffee will be served, along with what each of you bring. You will also need to bring your own table service.

Please bring a breakfast item of your choosing or an item from the below list:

Juice Butter/Margarine

Syrup Whipped Cream

Cut up Fruit - Strawberries or

Raspberries for Pancakes

If you are bringing an item from the list, please leave Jolyn a message so we can make sure we have it all covered. If you make something, bring the recipe!

(Jolyn - 815-289-8092)

Families are Welcome

2016 Remaining Meeting Dates

The dates for the remaining meetings in 2016 are as follows:

March 19 (Sat) - 9am (breakfast)

May 25 (Wed)

July 27 (Wed)

September 28 (Wed)

November 30 (Wed) - Holiday Dinner

January Meeting Recap

We met at the Schnucks at Harlem and Alpine in Loves Park for our January meeting. One of the store managers, Rick Winkeljohn, spoke to the group about the changing gluten-free market in grocery stores and explained that some companies request that their products are on shelves by other products from the same company, while others request that they are in the specialty section. That is why you will find many products throughout the store, not just in the gluten-free aisle. He walked us through the whole store and pointed out various areas and GF products. The dedicated sections are identified with large overhead signs and they are working on special shelf labels that identify GF products. Next time you are in a Schnucks, make sure you check out the aisles, not just the GF section. Rick also said that any member with questions or requests could email or call him. His number is 815-633-1481 and his email is: rwindeljohn@schnucks.com. Special thanks for to Rick and Schnucks for providing meeting space and store tour!

Gluten-Free Expo in Schaumburg

There is a gluten-free expo coming up at the Schaumburg Convention Center on Saturday, May 14th and Sunday May 15th from 10am - 4pm.

There are several ticket price options, as well as discounts of 30% until 4/13 and 20% until 5/13. They also have a family ticket good on Sunday only. We talked about possibly car-pooling if there are enough people interested in attending. If you are interesting in car-pooling please let Jolyn know by email (rockfordcsa@yahoo.com) or cell phone (815-289-8092). Include your name, a phone number to reach you at, and which day you would prefer to go. We will coordinate carloads if there is enough interest.

Dues

Dues for 2016 have remained at \$10.00 for the year. Although our costs are not excessive, we depend on the payment of dues to pay for meeting supplies, notebooks, etc. Payment of dues is required to remain on the mailing list (email and regular mail). Please send your check payable to "Rockford CSA" for \$10.00 to our treasurer, Ron Ford, at 2431 Devonshire Drive, Rockford, IL 61107. If you are unable to pay the dues, please send a note instead. Thanks for your support!

For the Techie's

Would you like **GF recipes** delivered straight to your email instead of searching for recipes? If so, you can sign up for a subscription that will do just that at www.glutenfreeonashoestring.com.

www.TheCeliacSaga.com is a new place especially for teens trying to follow a GF diet. Started by a 16 year old girl in need of support.

Weekly podcasts started the middle of January - 6 podcasts so far available to listen to or download - www.celiacprojectpodcast.libsyn.com.

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 last meeting.

Beefaroo-GF menu available, including buns & soup

PHO Square Noodles & Grill - Many GF options

Outback - GF options/modifications on menu

New Sample Packs from Katz

If you have never ordered a sample pack from Katz, you are missing one of the best deals out there on GF products. They now have 3 sample packs of 8 items available as listed below (plus shipping).

Sample Pack 1 - FREE (use code: Sample)

Whole grain bread, challah bread, donut, cupcake, English muffin, chocolate chip cookie, chocolate rugelach, marble cake.

Sample Pack 2 - \$4.99

Wholesome bread, everything bread, Kaiser roll, donut, blueberry loaf, sprinkle cookie, chocolate chip muffin, cinnamon rugelach

Sample Pack 3 - \$4.99

Oat bread, white bread, dinner roll, English muffin, bagel, lemon poppy loaf
Blueberry muffin, vanilla rugelach

To order or for information, they can be reached at 888-431-5289 or at www.katzglutenfree.com.

New Dietary Guidelines

The 2015-2020 Dietary Guidelines have been issued and are designed for individuals ages 2 years and older. The key recommendations are:

Consume a healthy eating pattern that includes all foods and beverages within an appropriate calorie level. A healthy eating pattern includes:

- A variety of vegetables from all subgroups - dark green, red and orange, legumes (beans and peas), starchy and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes and nuts, seeds and soy products
- Oils

A healthy eating plan LIMITS saturated fats and trans fats, added sugars and sodium:

- < 10% of calories from added sugar
- < 10% of calories from saturated fats
- <2,300 mg per day of sodium
- Alcohol - limit to 1 per day for women, and 2 per day for men

And be sure to get physical exercise so that your body properly utilizes the foods you are eating.

Good Fats

A healthy diet must include fat to help with vitamin absorption and brain function. The kind of fat you consume makes a big difference in overall health. In the last few years, we have seen a lot of flavored oils and alternative oils, but which ones are really the healthy choice? Canola oil has been around a few years and is heart healthy and Olive Oil is one of the best oils you can consume, but what about Coconut Oil, Avocado Oil and Walnut Oil?

Coconut Oil claims to spark weight loss and lower cholesterol, but over 90% of its fat is saturated which makes a bad choice for cardiovascular health. Small amounts can be a good addition, but don't start using it for all your oil needs.

Avocado Oil has a nutritional profile similar to olive oil and has lots of health benefits. Although avocado's are high in fat, most of the fat is unsaturated and beneficial. Try it on veggies, salads, grilling, etc. but because of the high cost, you won't want to use this for all your oil needs.

Walnut Oil is gaining popularity because of its nutty flavor. It is high in unsaturated fat and rich in omega-3 fatty acid ALA making it a good heart healthy choice, although it is no more healthy than olive oil, so it may not be worth the cost, except for uses where you are looking for the nutty flavor.

Prescriptions and OTC Medications

There are no laws requiring disclosure of gluten or the source of any starch in medications, so it is

difficult to obtain accurate information by reading labels. If it is a prescription, the pharmacist should have that information available and can advise you, but if it is an over the counter medication, it gets much more difficult. They are required to disclose fillers or excipients (which is likely where the gluten would be found), but they can describe them in general terms which may or may not be helpful. For tablets, caplets or capsules, the vast majority of starch used in both prescription and OTC medicines come from corn or potato and a very small percentage may contain wheat starch. Starches from barley or rye are not found in cough and cold products. If there is a liquid form of a medication, it should be free of gluten (check for Red 40 which may or may not be GF). Medications such as eye drops, ear drops, nose drops, nasal sprays and other oral liquids are typically gluten-free. Many OTC drug companies now identify GF on the label so look for those.

Gluten-Free Commercial Foods

Quaker launched new GF oatmeal in January 2016. They are produced on equipment subjected to a rigorous and breakthrough cleaning system so that GF consumers can trust the oatmeal. There are 3 products that are GF: *Quaker Quick 1-Minute Standard Oats* and *Quaker Instant Oatmeal (original and maple/brown sugar)*.

Daiya Margherita Pizza (dairy free & GF) and Chocolate Cheesecake (both dairy free and GF) - available at Woodmans.

Gluten-Free Cookies & Cupcakes

Samantha Wright of **2B Gluten Free** is making GF cookies & cupcakes that are wonderful and don't break the bank. Standard cost is 3 cookies for \$1 and 12 cupcakes for \$12. We had them at our November dinner and they were moist and full of flavor. Contact Samantha at 815-543-8722.



Past Meeting Recipes

Items Made from Mixes:

Betty Crocker GF Brownie Mix
Martha White GF Blueberry Muffin Mix
Martha White GF Chocolate Chip Muffin Mix
Schnucks GF Classic Chocolate Cake

Dump Cake

2 sticks butter
1 can 16oz Crushed Pineapple
1 Yellow Cake Mix
1 can 21 oz Cherry Pie Filling

Put pineapples with juice in pan; spread pie filling over pineapple, sprinkle cake mix over that; cut butter into slices and place on top. Bake at 350 for 1 hour.

Almond Butter Cookies/Bars

1 ½ sticks butter	<u>Frosting:</u>
1 c. sugar	1/4 c. butter
1/2 Tb Almond Extract	2 c. powdered sugar
1/2 Tb water	2 Tb. Milk (maybe more)
2 C. GF flour mix	1 tsp. GF vanilla

Cream all cookie ingredients except flour mix; then add flour. The mix will be crumbly Pat dough into lightly greased 9x13. Bake at 400 for 10-12 minutes - may need a few more minutes. Cut while warm so it is easier. Frost thinly with frosting which needs to be runny or it pulls up the dough. Recipe can be doubled in a jelly roll pan.

Chocolate Chip Applesauce Cake

1 ½ c. sugar	1 ½ tsp. baking soda
1 stick butter	2 c. applesauce
2 eggs	1 tsp GF vanilla
3 Tb cocoa	1 c. mini chocolate chips
2 c. GF flour mix	[3T sugar for topping]

Cream sugar and butter until light and fluffy. Add eggs and beat to blend well. Stir together flour, cocoa and baking soda. Stir together applesauce and vanilla. Add flour mixture alternately with applesauce mixture and mix well. Pour into greased and floured 9x13 pan. Sprinkle with sugar

on top and sprinkle mini chocolate chips. Bake at 350 for 35 minutes.

Gingersnaps

1/4 c. molasses	1/4 c. shortening/butter
1 tsp GF vanilla	1 large egg
1 GF Yellow Cake Mix	1 tsp ground ginger
1/2 tsp cinnamon	1/4 tsp ground cloves
1/3 c. sugar	

Mix molasses, shortening and vanilla until mixed. Add egg and beat on medium for 30 seconds. Set aside. Combine cake mix, ginger, cinnamon and cloves in a separate bowl and stir. Add cake mixture to wet mixture a little at a time, beating on low until combined. Cover with plastic wrap and chill 2 hours or overnight. Place sugar in shallow bowl. Form dough into 1" balls, then roll dough in sugar and arrange on baking sheets. Bake at 350 for 9-11 minutes or until crisp around edges.

Impossible Pumpkin Pie

3/4 c. sugar	1/2 c. GF Baking Mix
2 Tb butter	1 - 16oz can Pumpkin
1 - 13 oz can Evaporated Milk	2 eggs
2 1/2 tsp. pumpkin pie spice	
2 tsp. GF Vanilla	

Beat all ingredients until smooth. Pour into a lightly greased 9" or 10" pie pan. Bake at 350 for 45 minutes or until knife comes out clean.

Chocolate Cake

1/2 c. Cocoa	2 eggs
1/2 c. boiling water	2 1/4 GF baking mix
2/3 c. shortening	1 1/2 tsp. baking soda
1 3/4 c. sugar	1/2 tsp salt
1 tsp. GF Vanilla	3/4 tsp xanthan gum*
1 1/3 c. buttermilk	

Mix cocoa and boiling water together until smooth. Let cool. Cream together shortening, sugar and vanilla. Add eggs and beat well. Mix dry ingredients in separate bowl then add alternatively with buttermilk. Then add chocolate and mix well. Pour into greased 9x13 and Bake at 350 for 35-40 minutes. Frost with favorite frosting.

*If flour mix has xanthan gum in it, then omit.

Pumpkin Bars

3/4 c. margarine 1 16oz can pumpkin
2. c. sugar 2 eggs
2 c. GF flour 2 tsp. baking powder
1/2 tsp. baking soda 1 tsp. cinnamon
1/4 tsp. nutmeg

Cream margarine and sugar. Add eggs and pumpkin and blend well. Combine dry ingredients and add until mixed well. Pour into greased and floured 9x13 and bake at 350 for 30-35 minutes. Frost with cream cheese frosting.

Cream Cheese Frosting

1/2 c. butter 1 pkg cream cheese
1 tsp. vanilla 2 1/2 c. powdered sugar

Better butter and cream cheese until light and fluffy. Gradually add powdered sugar and continue beating. Add vanilla.

GF Better Than Almost Anything Poke Cake

1 box GF Devil's Food cake mix.
(water, butter, eggs per box)
1 jar caramel topping
1 c. frozen whipped topping (thawed)
1/2 c. toffee bits

Make cake as directed on box. Bake at 350 for time designated on box depending on pan size. After baked, with handle of wooden spoon, poke top of warm cake every 1/2 inch. Drizzle caramel topping evenly over top of cake; let stand until absorbed into cake. Cover. Refrigerate about 2 hours. Spread whipped topping over cake. Sprinkle with toffee bits. Store covered in refrigerator until serving.

Pumpkin Spice Bundt Cake

2 c. GF flour mix 1/2 tsp ground ginger
1 T baking powder 1/2 tsp salt
2 tsp. cinnamon 4 large eggs
1 tsp. all spice 1 1/2 c. sugar
1 tsp. baking soda 3/4 c. + 2 Tb oil
3/4 tsp. xanthan gum 1 can pumpkin puree
1/2 tsp. nutmeg

Combine all dry ingredients and set aside. Beat eggs in large bowl until lemon colored; slowly add sugar and beat until mixture turns pale yellow and

thick. Add oil and pumpkin and beat on medium until well blended. Add flour mixture and mix on low just until blended. Pour into greased bundt pan. Bake at 350 for 50-55 minutes or until toothpick comes out clean. Top with caramel glaze.

Caramel Glaze

1/3 c. brown sugar 3 Tb butter
3 Tb heavy cream 1 tsp. GF Vanilla
2/3 c. powdered sugar

Combine brown sugar and butter in small, heavy saucepan. Cook until butter melts and sugar dissolves. Stir in cream and bring to a low, gentle boil and cook for 1 minute. Remove from heat. Add vanilla and whisk. Add powdered sugar and whisk until smooth. Cool until lukewarm before drizzling over cake. Glaze will thicken as it cools.

Current Officers

President - Jolyn Jensen 815-289-8092
Vice Pres. - Betty Welsh 815-633-6582
Treasurer - Ron Ford 815-229-8804
Newly Diagnosed Contact - Penny Kreiman

Email: wldflwr528@gmail.com

Baking and Cooking Questions -

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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.

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