



Volume 4, Issue 4

Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

online at WWW.SouthernArizonaCeliacSupport.org

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DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.

No fooling— pizza fundraiser set for April 1

Don't miss our April 1st general meeting which is a Pizza Party & Fundraiser at St. Mark's Presbyterian Church in their Geneva Hall, 3809 E. Third St. (see map page 6) from 4 to 6:30 p.m. Send in the bottom half of your enclosed numbered pre-order ticket and your check by March 24th so we'll be sure to have enough pizza on hand.

For \$10, you'll get two slices of a medium pizza with a wide variety of toppings available – including cheese and vegetarian options, a salad, a variety of drinks and a dessert assortment donated by GF vendors and baked by member volunteers.

As always, SACS is able to offer scholarships for anyone in financial

need who cannot pay the \$10 for the fundraiser. Contact Hetty Pardee (see page 3). Also, if you need to make a



last-minute change in your ticket or order, phone Hetty before March 25th.

You may also choose to pre-order and buy a separate cooked pizza for \$20 to take home with you and reheat

to enjoy later. These are Picazzo Pizzas – which means they are really, really good. Since most GF Picazzo Pizzas sell for over \$18, these pizzas are a bargain when you consider that you won't have to drive to Phoenix, pay a sales tax or leave a tip. The group was limited to choosing only two different pizzas for members to buy to take home, but you also have the option of buying the frozen pizza dough and making your own. Member Cheryl Wilson buys a *lot* of this dough. Contact her (see page 3) for information about it.

The toppings on the Vortex Pizza are: Red sauce, mozzarella, salami, Canadian bacon, pepperoni, mush-

Please see **Pizza** page 6

CSA leaders unveil new fund-raising foundation

By CHERYL WILSON



JERRY REEVES

Eight of our own, board members and members-at-large, car pooled for a trek to Scottsdale on January 13,

where we were treated to a feast of gluten-free pizza and gourmet salads at Picazzo Pizza.

Our regional director for CSA-USA Region 6, Larry Schneider, organized the meeting with us because we are the largest CSA chapter in Arizona. He says he has started a new trend that CSA will be implementing in the other regions around the country- that of having regular meetings with state chapters to update them on what CSA is doing, and to encourage them to continue the good work they are doing, namely CSA chapters having an impact on the Celiac and gluten-intolerant community.

At this meeting, we also met Jerry Reeves, a self-proclaimed

"professional beggar", who is the side-kick of Larry Schneider.

Jerry is a former comptroller for the University of Arizona who was diagnosed with CD after a long string of illnesses and serious health concerns, as did Larry.

Larry recently underwent another heart bypass, but said he will be "running on all cylinders" soon. Jerry started a CD support group in his new hometown, Casa Grande, although he still maintains a home in Tucson and travels here often.

Jerry came to the SACS general meeting in January to advise our group of new investment-type opportunities that are currently available through a new organization started by

Please see **Foundation** page 5

Oscar is still our boy



LISA LOPEZ fills her van with food

Lisa Lopez delivered bags of GF foods and a brand new Zojirushi Home Bakery Supreme bread maker to Oscar and his family in Nogales, Sonora over the Feb. 4th weekend. The bread machine was donated by a very generous SACS member who wishes to remain anonymous.

Oscar Ceron, (AKA ‘Tito’) is a 12-

year-old Celiac who lives in Nogales, Sonora. His uncle contacted SACS last year through our website and the board voted to ‘adopt’ Oscar as his mother is having a great deal of difficulty finding and affording GF foods for him.

Lisa said she hopes to make the trip to Nogales with food for Oscar every two months. Also, she indicated that his mother is very, very grateful for the help. Lisa’s mother-in-law Hortencia Lopez donated a full-size refrigerator to Oscar’s family and is a great help in translating GF cooking tips.

Lisa said, “I know this must be difficult for the group to donate, as they do not see the end result as I do. Please let them know how I do appreciate their donations and if you would please let me know when the next meeting will be, I will have a few pictures available.”

You can donate GF goods for Oscar at any general meeting, Roundtable or board meeting. He is especially fond of the following foods:

Please see **page 6** for a list of foods

Virtual Walk is ‘no sweat’

Due to a lack of volunteers, SACS annual Celiac Walk will not be held in Tucson this April.

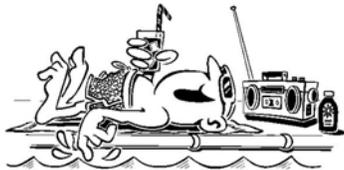
If you are still interested in helping raise funds for the Center for Celiac Research (CFCR), join the CFRC in a Virtual Walk.

This year the CFRC is trying out a new way for those who do not have a walk site near them to participate. A web page will be set up in your name where you can e-mail friends and ask them to sponsor you in a

virtual walk to raise money for Celiac research.

You can find examples of the web pages provided at <http://celiacwalk.kintera.org/faf/home/default.asp?ievent=158896> . Click on the links in the upper right corner of this web page.

Contact Pam King at the CFRC at pking@peds.umaryland.edu for more information.(copy links into browser with no spaces between)



**Roundtable
every fourth
Wednesday!**

Chapter 15 Notes

Kraft comes through at this URL http://www.kraftcanada.com/assets/docs/KLG_all.pdf with a printable list of all Kraft products with designation for Gluten, Lactose, and Kosher

Godiva Chocolatier, Inc regrets to inform us that NONE of their products can be considered GF due to their manufacturing process.

The internal temperature of GF breads should reach 205 to 210 F according to Beth Hillson, Founder Gluten-Free Pantry.

Chloraseptic cherry-flavored sore throat lozenges contain gluten even though it is not listed in the ingredients.

Tootsie Roll Industries has the happy news that all of their candies are GF and they do not use any form of gluten on their product lines.

Chik-A-fil A has a GF list on their website: <http://www.chickfila.com/gluten.asp>

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central Time. Their URL is: www.csaCeliacs.org.

Change of address/phone number: Change of email: Notify us via the website or call 742-4813

Subscription discounts are available if at least 10 new readers sign up for *Living Without* magazine. Contact Mary Louise Catura at 298-1038.

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French fry flap sizzles

Many of you have been following the controversy over McDonald's disclosure that its French fries, long touted as GF, actually contain some form of wheat. The Gluten Intolerance Group (GIG) issued this position statement which injects a bit of reason into the hysterical reaction of some that McDonald's 'lied' to us for many years.

Gig states: *The science and processing of refined oils does not allow residual proteins to be left in the oils at any level significant*

to be detected or cause an allergic reaction. The favoring agent added to the oil during par-frying is possibly suspect, however until information is provided on testing of the flavoring agent we cannot say if it is a problem or not. It is possible that the flavoring agent could be an exempt ingredient under FALCPA law, meaning if it has not proteins, it does



not have to be labeled. McDonald's policy is that the fryers used to fry the French fries are dedicated and only used for potatoes; this would mean the fries are gluten-free. McDonald's is expected to make an updated statement about this situation in the very near future. We anticipate that it may include information about recent testing.

Wait and see, do the research and then decide for yourself if you want to eat Mickey D's fries seems to be what GIG is advising.

SACS goes to the County Fair

As befits our growing, active group, SACS will sponsor an informational booth for the first time at the Pima County Fair, 11300 S Houghton Rd, this year, from April 20th – 30th in Pueblo Hall at the Fairgrounds.

Cheryl Wilson is organizing this event and will need many volunteers to help her at the table, even if it is just for three or four hours. It is also a great way to get to know other members while sharing information with the public.

Members will sit behind a table in a 10'x10' booth and distribute hand-

outs, answer questions and refer interested people to a laptop slide show. We will also have a display board behind the booth with more information about Celiac Disease. The only requirement will be your ability to interact with people in a friendly and knowledgeable way. Booth hours are from 11 a.m. to 10 p.m. for the duration of the Fair.

Cheryl will have a signup sheet available at our April 1st general meeting and fundraiser. Or, you can contact her via email or phone. See **Leadership Contacts** this page.

Lunch Bunch toasts Wine Country

Over 20 SACS members tucked into a variety of salads, pasta and seafood dishes at **Elle Wine Country Restaurant**, Country Club and Broadway on the Feb. 10th meeting of the GF Lunch Bunch.

The portions were plentiful and the potato saffron soup was wonderful, with a buttery flavor and a hint of fire in the seasonings. Their GF menu is not extensive, but you should be able to find something to your taste.

The service left a little to be desired as the management only allotted one server for the entire group,

which was seated at one long table. This made conversation difficult. Some might find their menu items a bit pricy, also.

The next GF Lunch Bunch will be noon March 10th at the Mexican restaurant, **La Parrilla Suiza** located at 2720 N. Oracle Rd., which is just south of Glenn and between Ft. Lowell and Grant Roads.

Contact Eilene Ealey at 888-2935 to reserve a seat. Thanks to the efforts of Colleen Beaman and Eilene Ealey, the GF Lunch Bunch is an enjoyable and well-attended monthly event held on the second Friday.

Contact info on this site
for information on leadership contacts



Chewy Apple Butter Cookies taste tested at Roundtable



These chewy cookies passed the taste test at the last Roundtable. Since they freeze well and taste 'almost real', you can stock up and your non-GF friends will never know the difference.

2 cups GF Flour
1 tsp salt
1 tsp baking soda
1/4 tsp cloves
1/4 tsp nutmeg
1 tsp cinnamon
1 1/2 tsp Xanthan gum

1 cup dates, quartered (optional)
1 cup seedless raisins
1/2 cup margarine or butter



"Wheat-Free"
Does NOT
Mean
"Gluten-Free"

Read ALL the labels ALL the time!

(4)

1 cup sugar
1 egg
1 cup Apple Butter

Combine dry ingredients. In another bowl, cream butter and sugar; stir in egg, dates, and raisins. Stir in dry ingredients alternately with apple butter. Chill dough for several hours to prevent them from spreading too much. Drop by rounded teaspoons onto greased baking sheet 2 inches

apart. Bake in preheated 375 degree oven for about 12 minutes. These freeze well.

These cookies can stick together once cooled so slip a sheet of wax paper between them. If you use a dense flour like soy or sorghum, you can cut way back or omit the Xanthan gum. (Note: If the cookies are thick and do not bake all the way through, decrease temp to 360 degrees and increase the baking time a bit.)

Mark your calendar

(See SACS Leadership box Page 3 for phone numbers/email addresses)

March 10 – GF Lunch Bunch at *La Parrilla Suiza*, 2720 N. Oracle Rd. Noon. RSVP @ 888-2935

March 22 - Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

April 1. GF-Pizza Fundraiser, *St. Mark's Presbyterian Church* in their Geneva Hall, 3809 E. Third St., 4 to 6:30 p.m.

April 7 - Board Meeting, Bookman's Grant & Campbell, 12:30 – 3:00

April 14 – GF Lunch Bunch TBA

April 26 - Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

May 5 - Board Meeting, Bookman's Grant & Campbell, 12:30 – 3:00

May 20 – General Meeting, 9-12 , TMC, Alamo Building

May 24 - Roundtable, 1 p.m. Ward Six City Hall at 3202 E. 1st St..

Southern Arizona Celiac Support
Chapter 15, CSA/USA
P.O. Box 0905
Cortaro, AZ 85652-0905

ADDRESS CORRECTION REQUESTED

First Class Mail



Sharing advice for a gluten-free life.

Natural foods store 'Sprouts' at Oracle/Magee

Sprouts Farmers Market, an Arizona based company with stores also in California and Texas, has a brand new store at Oracle and Magee, on the west side of Oracle, about a mile north of Wild Oats and a little south of Trader Joe's. Website:

<http://www.sprouts.com/>

According to their website, Sprouts specializes in farm-fresh produce and organic foods as well as a wide assortment of vitamins and supplements.

Like the other two stores, Sprouts has a GF product list, and they also have prominent signs throughout the store tagging certain products as 'Gluten Free', which is very convenient.

The store is big, with high ceilings, spacious aisles, bright colors and a deli/bistro section that invites one to just stand there and enjoy the wonderful smells. They have an extensive book/information section and



were kind enough to allow SACS to place its informational brochures there. Tom, the director of vitamins for the Arizona region, also men-

tioned that Sprouts sponsors informational lectures by health related groups and our group would be welcome to stage an event there.

The prices on dry cereals, for example, were quite a bit better than either Wild Oats or Trader Joe's with boxes of most being a penny under three dollars. Their GF flours were not a bargain, though.

Sprouts does have some draw-

backs. They have many foods in bulk containers, so the possibility of cross contamination is high. Even though they specialize in organic fresh vegetables, they do not have a separate area where such vegetables can be stored and washed, hence, the contamination from other, non-organic produce is always a possibility.

Many items are labeled 'wheat free' and the staff seemed not to have a good grasp on the concept that *wheat free* and *gluten free* are not the same thing. A staff member said that 'Wheat Sprout

Bread' was gluten free because it was made from the part of the wheat that was not dangerous. Whole wheat flour was the fourth ingredient listed on that item.

As always, read the labels, decide for yourself and have a good time shopping at Sprouts.

**Roundtable
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Wednesday!**

Foundation

(Continued from page 1)

CSA. For more information on these opportunities you can visit their website at www.csaceliacs.org and click on AACSA Foundation. The Affiliated American CSA Foundation, Inc. was formed by action of the CSA Executive Committee in 2004 as a separate, Nebraska based, non-profit (501)(c)(3) corporation. The Foundation was established to receive, invest and disburse gifts, grants, devises and bequests made to the Foundation and/or CSA in order to benefit CSA and its members and their activities of being "Celiacs Helping Celiacs".

GF gourmet cooking classes offered

SACS member, **Sandra** (Sande) Sande Smith spoke at our January meeting to invite those interested to gluten free cooking classes by a personal chef/caterer.

Chef Jennifer Meeker, featured chef in *Arizona Gourmet Living* magazine, will be offering gluten-free cooking classes at Sande's **Blue Sky Ranch** located near the historic village of Tubac, located about 45 miles south of Tucson on I-19.

Various classes of Spa and European cuisine, pastries, and specialties of the trade are going on now through May 3rd.

Call Sande at 400-0412 for prices and a list of available classes or go online to the SACS website. Scholar-



SANDE SMITH at our Jan. 28 general meeting

ships are available for those who really want to go but feel they cannot afford the fees.

**barley, rye, triticale,
spelt and most oats
contain gluten**

Pizza

(Continued from page 1)

-rooms, red and yellow bell peppers, red onion, black olives, and home-made Italian sausage. (Actual price at Picazzo's \$19.50) The Hawaiian Pizza toppings are: Red sauce, mozzarella, Canadian bacon, fresh Roma tomatoes, pineapple and smoked mozzarella. (Actual price \$18)

Member Sande Smith is donating the lettuce and tomatoes for the salads. Vendors will donate the GF dressings.

A raffle and silent auction like we have had at past Walks will also help us raise money. Bring your check-books! GF gift baskets, restaurant and spa coupons, donated items and services will be offered for raffle or bid.

Dennis, the general manager of Picazzo's will briefly speak about his franchise and passion for bringing quality GF pizza to Arizona.

Oscar's Wish List— clip and save

Trader Joes

Christophers- Assorted Fruit Jellies
Fruitti Gummi Chewies
Cheese Puffs
Envirokidz- Gorilla Munch
Envirokidz- Peanut Butter Panda Puffs
GF bread mixes

New Life

Envirokidz- Crispy Rice Bar (Peanut Butter)
Mi-Del- Arrowroot Cookies (Animal Crackers) **his favorite**
New Morning- Cocoa Crispy Frosted Rice
Glutino- Cereal Honey Nut
Mi-Del- Chocolate Sandwich Cookies
Thia Kitchen- Instant Rice Noodle Soup

Glutino-Vanilla Dreams

Glutino- Cream Sandwich Cookies
Pamelas Gourmet Cookies- Anything with Chocolate & Shortbread Swirl

Lisa said, "I also like to buy Vitamins for Oscar that they sell at Costco and Trader Joes - Lil Critters- Gummy Vites, Calcium or Vit C. **Safeway** gift cards are also useful, because that is where Oscar's mom is able to buy his milk, chips, Cracker Jacks, chicken, vegetables and other GF items available at Safeway. He loved the chocolate soy milk from there as well."

Note: **Wild Oats** has a 10% Senior Discount Day every Tuesday, so if you are over 60, take advantage of that to stock up on supplies for Oscar



Gluten-Free Creations Bakery

Gluten-Free Creations Bakery is a totally wheat and gluten-free facility located at 2940 E. Thomas, Phoenix, AZ, 85016—phone (602) 522.0659

Directions: 1 mile east of Hwy 51 & Thomas Street exit and about 1 mile south of the Biltmore Shopping Center—behind the barber shop.

Items available for purchase include: Fresh baked breads, hamburger buns, dinner rolls, cinnamon rolls, caramel pecan rolls, cream puffs, chocolate éclairs, muffin crowns, Danish, coffee cakes, quiches mac & cheese, pizza, Tom Sawyer flours, Heartland flours & pasta, cupcakes, cut out cookies, fudge, brownies, and more!

The bakery, owned and operated by LynnRae Ries has a small 'bistro' on the premises, offers mixes for sale, and also provides child and adult cooking classes.

LynnRae has spoken at several of our general meetings and is well-known in the Celiac community.

www.glutenfreecreations.com

