

Please continue to send recipes, information about restaurants, stores, favorite websites, articles, sightings of new GF foods and anything else you would like to share with the group. Did you have a GF vacation? Did you go on a cruise? Did your GF child go to a camp? We would love to hear from YOU. This is your group and your newsletter. We can learn from each other. You will find items submitted by your GF friends in this newsletter. If you sent me an item, and you don't see it in the newsletter, let me know. I have been known to misplace emails.

Gluten Free in Central Arkansas, branch of GIG

www.centralarkansasgig.org

www.gluten.net

April 2009

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Please send any donations to our GFCA treasurer, Terri Murdoch. Make checks payable to GFCA.

paul.terri@sbcglobal.net

11 Berwyn Dr

Little Rock, AR 72227

Phone: 501-312-1689

Gluten Free 101 classes are held on demand. Please contact either Terri Murdoch or me for more information on classes in Little Rock. LaDonna Brock will be available for GF 101 in Conway. She can be contacted by email at ladonnabrock@yahoo.com or by phone 501-733-9026

All **general meetings** are held in the community room of Whole Foods unless otherwise specified. Whole Foods kindly allows us to use their community room for our meetings. We are not affiliated with Whole Foods. GFCA is a branch of Gluten Intolerance Group (GIG)

Whole Foods

10700 N Rodney Parham Rd

Little Rock, AR 72212

(501) 312-2326

For directions go to: <http://snipurl.com/3duie> [maps_google_com]

Calendar for GFCA

Monday, April 20, 6-8pm - Penny Rudder is a nutritionist and health advocate. She holds formal classes in eating healthy and living gluten free. Whether you are living gluten-free because you want to or because you have to, nutritionist Penny Rudder will open up some new tastes and flavors for you and will help make gluten-free living easier and more fun. Join us on April 20 for her nutrition and cooking tips and a taste of how good "cooking to heal" can be! . . . Until then, go to her website, www.naturalfoodscooking.com for more information.

Monday, May 18. 6-8pm – To be announced

Monday, June 15 6-8pm – Anne Luther will share information learned at the GIG Annual Education Conference that was held in Seattle on June 4-6.

Monday, July 15. 6-8pm – Craig Cooney, PhD, a member of GFCA, is an Assistant Professor in the Department of Biochemistry and Molecular Biology of UAMS.
<http://www.uams.edu/biochem/cooney.asp>
Topic to be announced.

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## What's New at Gluten Intolerance Group (GIG)

GFCA is a branch of GIG. Although GFCA may make a donation to GIG, the donation you made to GFCA does not make you a member of GIG or support GIG. GFCA does not get any money from GIG. I strongly encourage you to support GIG. Donations enable GIG to run programs such as The Gluten Free Certification Organization [www.gfco.org](http://www.gfco.org), The Gluten Free Awareness Restaurant Program <http://www.glutenfreerestaurants.org/> and the ones listed below. As a member you will receive the GIG Quarterly magazine. The newest issue has an articles on anemia, sorghum flour, mesquite flour, teens and more. Support GIG. Support GFCA. ~ Anne

### E-News from GIG

Exciting things are happening at GIG and we want you to be a part of them!

1. **GIG Annual Education Conference\***  
**I will be attending this annual conference. Email me or call me if you are planning to attend too.**  
**Anne Luther 501-681-5544**

**June 5 & 6<sup>th</sup>, Seattle WA.**  
[www.gluten.net/events.php](http://www.gluten.net/events.php) (scroll to conference info and register online)

Check out the exciting and fun program for the conference

Highlights:

Thursday, June 4<sup>th</sup> GIG Leadership Training Day  
*Lots of sharing and fun. Highlights of the program will include: Being leaders in Advocacy, Teen advocate program and GIGs other new programs, supporting each other.*

Friday, June 5<sup>th</sup> Dietitian Training for GIG/ADA Camp

*This special event is for dietitians who are volunteering for camp with GIG and Amer. Diabetes Assoc. in Seattle.*

Friday, June 5<sup>th</sup> Health Care Professional Meeting

*Designed to provide health care professionals with the latest information on diagnosis and treating celiac disease and gluten intolerances. Continuing education credits pending.*

Friday/Saturday, June 5 & 6<sup>th</sup> General Program  
*Learn about the latest in how to live healthy with celiac disease and gluten intolerances. Have fun with the Iron chef competition, demos, exhibits and much more.*

Saturday, June 6<sup>th</sup> Teen Program  
*A special program just for teens with lots of fun activities. Its all about being a positive force in your own life!*

2. **Chef to Plate Awareness Campaign**  
**May, 2009 – International Participation!**  
[www.gluten.net/events.php](http://www.gluten.net/events.php) (to find ways to help participate)

It is so easy. There are 2 ways to help spread awareness:

1. Help restaurants to sign up to display their participation. They will be sent posters and table tents to be used during the month of May.

2. Plan a special meal event at a restaurant on May 3<sup>rd</sup>. Details are provided. Any restaurant who has a GF menu is encouraged to participate in this international awareness event. Restaurants in Canada and the USA are participating. There is no cost to restaurants. Help make this the biggest awareness campaign for celiac disease and gluten intolerances ever!

3. **TAGS – Teen Advocates for Gluten Intolerances**

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

This is a new program for teens. Please get your teens involved. We will be working on national and local events.

The goal is to help teens be proactive in taking care of their needs and to provide a source of support just for teens.

4. **GIG Kids Camps\***

[www.Gluten.net/events.php](http://www.Gluten.net/events.php) (scroll down to Camps)

GIG Kids Camps are earlier than normal this year. The programs fill fast. If you have a child interested in camp, please sign up early.

*GIG Kids Camp East at Camp Kanata, NC is June 21 – 27, 2009*

*GIG Kids Camp West at Camp Sealath; Seattle is July 28 – Aug 7, 2009. This camp is run in conjunction with the American Diabetes Association.*

*\*Scholarships are available but limited. Please see details in each program for more information.*

## Meetings in Arkansas

Arkansas R.O.C.K. For information, you may contact Melanie at 479-582-9232 or email her at [melaniefaught@cox.net](mailto:melaniefaught@cox.net) This group is based in Fayetteville. There is also an active Yahoo group to join <http://health.groups.yahoo.com/group/ArkansasROCK/>

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NWA Celiac Sprue Association Support Group meets on the 3rd Saturday of the month at the new Mercy (St. Mary's) Hospital. For more information you may contact Carolyn McKinley at 479-644-9909 or email [glutenfreefriends@yahoo.com](mailto:glutenfreefriends@yahoo.com) Their website is [www.glutenfreefriends-nwa.org](http://www.glutenfreefriends-nwa.org)

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Hot Springs Village meetings are (almost) always held on the fourth Tuesday of the month, at 10:30am at Cranford's Grocery store on Highway 5 right outside of Hot Springs Village. There are two contact persons: Marcia Clark, 501-915-9024, [marciarclark@suddenlink.net](mailto:marciarclark@suddenlink.net) or Jeannie Shapley, 501-321-8171, [cjshapley@cablelynx.com](mailto:cjshapley@cablelynx.com)

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Gluten Free Fort Smith will now be meeting on the First Thursday of each month. We will still meet at St. Bartholomew's Episcopal Church, 6:30 p.m. For more information contact Majetta Green 479-221-4372 or [itsjett@hotmail.com](mailto:itsjett@hotmail.com)

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Restaurants

Liana Grubbs had this positive experience at **McAlister's**. "My dad and I found a good place to go eat. Believe it or not, **McAlister's**. People

were very understanding and kind when I told them about no gluten. (I love to see people's faces when I order a club sandwich with no bread) After they realized I was serious I got the best club I have ever had. I did not get glutened at all. I even had the honey mustard dip . I love having this new place to eat. "

<http://www.mcalistersdeli.com/> There are multiple locations in Arkansas.

Tori Garrett wanted us to know that her kids were in Washington, DC and had fabulous GF pizza at **Petes New Haven Style Apizza**. Here is the website: <http://www.petesapizza.com/>

Also, there is a sushi place in way WLR on Highway 10 in The Ranch area – **Osaka Japanese Restaurant**. We sat at the sushi bar and he made special GF rolls for us! The phone number is (501) 868-3688

Finally, I learned that in addition to the GF menu at **Pei Wei** you can order Edamame with a fresh pot and fresh water – which makes them GF. Any other edamame is cooked in the pasta water – yuck! (Do other restaurants use pasta water to cook the edamame?)

<http://www.peiwei.com/#/home/>

Cece lives in NW AR and wanted us to know that there is a small local restaurant called the **Greenhouse Grill** in Fayetteville that understands GF people.

<http://www.greenhousegrille.com/home.html>

Are you looking for a restaurant with a GF menu? Go to

<http://www.communitywalk.com/map/index/23899> Although there are many restaurants that are GF friendly, only the ones that have taken the extra step of making a GF menu available have been included in this map. Please

let me know if you find a restaurant I need to add to keep this map current.

Camps

"Get On A Mission of Nutrition" Family Camp

How would you like to experience the fun of summer camp in one of the most naturally beautiful areas of the country... a camp that can be attended by an entire family... and a camp serving gluten-free, healthy organic food?

Camp Shaver Jemez Springs, NM
June 28th to July 3rd, 2009

Brought to you by the Intestinal Health Institute and Kenny Davin Fine, M.D. for your Health, Happiness, and Hope! (All meals will be organic and gluten-free, with dairy-free, yeast free, soy-free, egg-free options)

To Register By Phone or for More Information Call 972-686-6869 or go to <http://www.intestinalhealth.org/camp/>

Celiac Camp Texas at the Beautiful Fairhaven Stables in Red Rock, Texas welcomes all campers ages 8-17, with dietary restrictions related to Celiac's Disease, Dermatitis Herpetiformis, and Gluten Intolerance, to come and spend June 29-July 12 on a Gluten Getaway.

The camp is on a working horse farm that will inspire kids to learn responsibility, teamwork, patience and have plain old fun. Each day campers will get a horse back riding lesson and lessons in horse care. Campers will also participate in art classes,

bocce ball, swimming, archery, journaling and other fun activities.

Jordana Boloker

Celiac Camp Texas

www.celiaccamp texas.com

GIG Kids Camps*

www.Gluten.net/events.php

Information is under "What is New at Gluten Intolerance Group"

<http://celiacdisease.about.com/od/raisinga-glutenfreechild/tp/SummerCamps.htm> has a list of more GF camps.

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## **New GF Products**

These items will be available soon. Although Whole Foods is not listed as a retailer, I have seen the GF frozen cookie dough in the Whole Foods Freezer a couple of times. If you want these items, ask your favorite store to stock them. In the meantime, go to the website of Glutenfreeda. It is filled with great information and recipes. ~ Anne

*Glutenfreeda Foods is proud to present the world's first Gluten Free Burritos and Instant Oatmeal both available as individual servings*

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

### **GLUTEN FREE INSTANT OATMEAL**

*Start the day off right with our single serving, certified gluten free, heart healthy, instant oatmeal.*

*Available in 3 flavors :*

*-Maple Raisin with Flax*

*-Banana Maple with Flax*

*-Apple Cinnamon with Flax*

*-plus a multi-pak of all three flavors*

*Ideal for school, home, work, camp or travel our oatmeal is made of all natural and organic ingredients, no trans fats, and no hydrogenated oils.*

### **GLUTEN FREE BURRITOS**

*Our gluten free hand rolled flour tortilla Burritos are available in 4 flavors:*

*-Vegetarian Bean & Cheese*

*-Vegetarian & Dairy Free*

*- Breakfast Burrito*

*- Chicken & Cheese*

*Ideal for school, home and work for breakfast, lunch, dinner or snacks our gluten free flour burritos easily heat in their packaging within a couple of minutes.*

*All natural and organic ingredients, no trans fats, no hydrogenated oils, and no GMO's*

*As with our Real Cookies all product is processed in a dedicated gluten free facility*

*We will have product request forms up online in a week so check back then for the downloadable request form to take into your favorite store.*

*-The Folks at Glutenfreeda.com*

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

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Tony Pipkin wrote me that around June 1, 2009 **General Mills** will be putting out more GF cereals. Corn Chex, Cinnamon Chex, Strawberry Chex and Honey Nut Chex have been re-formulated to be gluten free too. These GF cereals will be clearly marked on the front

and side of the box. Some cereals may be rolled out in only some parts of the country at first.

Watch your store shelves for Betty Crocker Gluten Free cookie, cake and brownie mixes. They will be appearing in June too. Betty Crocker is a General Mills company. Liz tested these mixes – you can read about it here. http://killthegluten.blogspot.com/2009_03_01_archive.html

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The Gluten-Free Certification Organization, a program of GIG, is proud to announce the certification of some wonderful products and companies in the first quarter of 2009!!

Haco Swiss/ Swiss Chalet Fine Foods  
Crisptek  
Zrii  
Montana Monster Munchies  
Shandiz Natural Foods  
King Arthur  
Red Mango  
OATstanding  
Flax 4 Life  
Battistoni Meats  
Linda's Gourmet Latkes

Products ranging from fabulous GF oatmeal cookies to nutrition supplements, terrific meat products, and frozen yogurt have all been certified by GFCO. To see a complete listing of all products recently certified by GFCO, please visit [www.gfco.org](http://www.gfco.org)

GFCO has a standard for testing gluten free products that is twice as strict as the FDA proposed standard. Our symbol on packaging means Gluten Free Foods that can be trusted!

Keep your eyes out for these delicious products in stores near you! Thank you!  
Channon Quinn  
Director of Industry Programs  
Gluten Intolerance Group

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Angelfood ministries

The Angel Food program now is helping provide food relief to more than 500,000 families each month. Many of the churches in and around Little Rock are involved with this program. One of the food options is an allergen free box. It is free of the top 8 allergens and all the gluten grains too. <http://www.angelfoodministries.com/>

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## Recipe Corner

**Homemade Thin Crust Pizza** from Terri Murdoch

Crust: Food for Life Brown Rice Tortillas (package of 6 in the freezer section at Drug Emporium and Cook's Unimed)

Sauce: Ragu Pizza Sauce, Homemade Style, or, make your own from recipe below

Toppings: your favorite gluten free toppings, including Hormel pepperoni

Bake at 425 to 450 degrees for about 15 minutes, or until the edges brown.

### **Homemade pizza sauce**

1 6 oz. can tomato paste  
Add at least 1 C to 1 ¼ C of water, possibly more

Add basil, oregano, and your favorite seasonings to taste

Mix together until you get a good spreadable consistency. There should be enough to spread over six tortillas.

*You can also use a corn tortilla as a quick snack "pizza crust" ~ Anne*

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Al, from Gluten Free and Beyond,  
<http://glutenfreeandbeyond.org/forum/viewtopic.php?t=944> told me I could share this recipe  
– thanks Al!

### **Beef Burgandy Stew**

1/4 cup Sweet Rice flour  
1/4 tspn salt  
1/4 tspn pepper  
3/4 pound sirloin beef steak [sliced in thin strips]  
2 tblspn vegetable oil (divide this)  
1 medium onion thinly sliced  
1 clove of garlic - minced  
2 cups of raw mushrooms (sauteed - optional)  
2/3 cup of GF beef broth (Kitchen Basics, Pacific) or Herb Ox Bouillon  
2/3 cup of burgundy wine or additional GF beef broth  
1/2 tspn dried basil

GF Egg noodles or Tinkyada Fettucini

Yield: 2 servings

In a plastic bag, combine flour, salt & pepper. Drop a few pieces of beef in at a time. Close the bag and shake until coated. Remove coated pieces repeat the process until all pieces are coated.

In a skillet, pour in 1 tablespoon of oil and brown beef on all sides. Remove beef when browned and set aside.

In same skillet, pour in the remaining [1 tblspn] of oil and sauté onion, mushrooms & garlic till tender. You may need to add a little more oil if the mushrooms absorb it.

Return browned beef to pan and stir in the broth, wine & basil. Bring to a boil. This will thicken up once it's come to a boil. Reduce the heat, cover and simmer for 25-30 minutes.

Place a pot of water on stove and start heating it for pasta. Cook pasta per

directions/your preference.

Serve over bed of pasta and stuff yourself silly.

## **Book Review**

### ***The First Year: Celiac Disease and Living Gluten-Free: An Essential Guide for the Newly Diagnosed*** (Paperback)

by Jules E. Dowler Shepard I have copied my review I wrote for Amazon. I gave it a 5 star rating. [http://www.amazon.com/First-Year-Gluten-Free-Essential-Diagnosed/dp/073821227X/ref=cm\\_cr\\_pr\\_product\\_top](http://www.amazon.com/First-Year-Gluten-Free-Essential-Diagnosed/dp/073821227X/ref=cm_cr_pr_product_top)

“This book should be required reading for anyone starting a gluten free lifestyle and it is well worth reading even if you are a gluten free pro. It takes you, step by step, through the first year. Some of the many subjects covered are eating out, college, shopping, holidays, children's birthdays and traveling. This is an upbeat book and the author points out the many positive aspects of the gluten free life. Yes, there are some recipes too. I wish this book had been available 5 years ago when I went gluten free. It would have made the transition easier.”

## **Abstracts and Articles**

### **Vaccine trial for Celiac Disease**

An effective clinical treatment for coeliac disease (or gluten intolerance) is the ultimate objective of WEHI clinician scientist, Dr Bob Anderson. This month will see the beginning of a Phase 1 clinical trial for an experimental vaccine in Melbourne. Using forty volunteers who suffer from coeliac disease, the early trial will test for drug safety – in particular, an

appropriate drug dose range will be ascertained and any adverse effects will be noted. If within the course of a year the Phase 1 trial is deemed successful, a Phase 2 trial will beckon to determine the clinical effectiveness of the vaccine.

"The vaccine itself is intended to gradually desensitize the coeliac sufferer, so that gluten is tolerated. Consequently, the villi in the small intestine should revive and absorb nutrients in the normal way. Ideally, that would mean the end of gluten-free diets for people with coeliac disease."

For the complete article, go to [http://www.eurekalert.org/pub\\_releases/2009-04/ra-vtf040209.php](http://www.eurekalert.org/pub_releases/2009-04/ra-vtf040209.php)

Enjoy the Spring flowers.

Anne Luther

501-681-5544 this is my only phone number now. 223-3981 is no longer a working number.

Information in this email/letter is not medical advice. Please contact your medical team for diagnostic and treatment concerns

If you want a print out of anything mentioned in this newsletter, please tell me what you would like and send me a self addressed stamped envelope.