

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
January 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

There will be no formal meeting in December 2008 - GF 101 is always available

Monday, January 19 - We will watch a cooking video by Tiffany Pollard. She has a preview of her recipes on her website
<http://www.tiffanyshealingfoods.com/home>

Monday, February 16 - Dr. Charles Bower, an otolaryngologist from ACH will be speaking

Monday, March 16, 6-8pm - Dr. Betsy Hendricks will speak.
www.betsyhendricksmd.com

Monday, April 20, 6-8pm - Penny Rudder will speak.
<http://www.naturalfoodscooking.com/> Penny is a nutritionist and health advocate. She holds formal classes in eating healthy and living gluten free. Please see the attached pdf about the class that starts January 5.

Meetings in Arkansas

Arkansas R.O.C.K. For information about the next meeting, you may contact Melanie at 479-582-9232 or email her

at 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/>

- AR ROCK and the National Foundation for Celiac Awareness <http://www.celiaccentral.org/> are planning a celiac education day in Fayetteville. The tentative date is January 23, 2009. **This conference has been postponed.**

NWA Celiac Support Group for information Contact Lynn Raveling at (479) 855-4311 or email ljraveling@cox.net

Hot Springs Village meetings are (almost) always held on the third 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 or Jeannie Shapley, 501-321-8171, cjshapley@cablelynx.com

Gluten Free Fort Smith meetings are held at the St Bartholomew Episcopal Church. For more information, contact Wood, Cindy cwood@Rheemac.com There will not be a meeting in December. The next meeting will be at 10:30 a.m. on Tuesday, January 27th, 2009. Future meeting dates will be the 4th Tuesday of each month.

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### **Gluten Alerts**

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

### **Urgent Product Voluntary Recall Alert for EnviroKidz Penguin Puffs**

We at Nature's Path are committed to producing exceptional products and hold the health of our customers, along with quality and food safety, as our top priorities. We realize that some of our customers and their family members may have a wheat allergy or sensitivity, so we are voluntarily recalling boxes of EnviroKidz Penguin Puffs cereal that do not clearly list wheat as an ingredient. Penguin Puffs contains Kamut, which is a type of wheat. Although the cereal is not labeled as gluten-free or wheat-free, there are customers who may not know what Kamut is.

We want to make sure that our packaging is clear to all of our customers, especially those with allergies.

The affected boxes have expiration dates the following expiration dates, which can be found stamped across the top panel of the box:

- 09 Dec 08
- 23 Feb 09
- 27 March 09
- 28 March 09
- 19 May 09

If you have a box of EnviroKidz Penguin Puffs with one of these expiration dates, you may return it to the retail store where you purchased it for a full refund. If you have any questions at all please call the Nature's Path customer service line at 1-866-880-7284.

Thank you for your continued support of Nature's Path. We look forward to providing you and your family with healthy, delicious organic food in the years to come.

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Campbells

Here is the latest information about Campbell's products. I will keep you up to date as best I can. We will probably see more companies reviewing their GF lists of foods as 20ppm is the proposed standard. The US still does not have a definition of GF.

This is Susan B. from the Consumer Affairs Department at the Campbell Soup Company. I would like to clear up any confusion that may have resulted from Campbell's recent review of the gluten-free status of our Prego and Pace products. After FDA issued its proposed regulation about gluten-free food labeling, Campbell temporarily removed some products from our "Gluten-Free" List so that we could review and update our checking and validation processes. We did this to ensure that we could provide consumers with the most accurate and up-to-date information. We re-checked each and every ingredient in each of the products on our list, and, as a further safeguard, we analyzed each product to assure that even incidental levels of gluten were not present. A product could not go back into our "Gluten-Free" List until each of these steps had been completed successfully. The

Swanson Stock and Broth products that appear on our list successfully completed this process in June. Very shortly, we will complete the same process, including the analysis, on our Prego line. Our updated "Gluten Free" List, including many of your favorite Prego products, will be available in early January to consumers who call us at 1-800-44-BROTH or 1-888-FOR-PREGO. Products in the Pace brand have been removed because they are currently being scheduled for the same rigorous review. Sorry for the length of my reply but I wanted to answer all your concerns. Please share this information with other concerned consumers. Thanks for listening.

Campbell has re-checked each and every ingredient in each of the Prego products below and, as a further safeguard, analyzed each product to assure that even incidental levels of gluten were not present. We will be adding additional Prego products to the list very soon. Thanks for your patience. Susan B.

Prego Pasta Sauce

Fresh Mushroom
Organic Mushroom
Organic Tomato Basil
Traditional
Three Cheese

Prego Heart Smart Sauces

Heart Smart Onion & Garlic
Heart Smart Ricotta Parmesan
Heart Smart Mushroom
Heart Smart Traditional

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**Stores**

**Whole Foods** - Even though there is a large shelf dedicated to gluten free products, if you look, you will find GF products on every aisle throughout the store. You will now find Orgram products on the GF shelf. A product called Artisana, which is coconut butter based products, can be found in the nut butter section.

Whole foods is in the process of updating the GF food list.

[http://www.wholefoodsmarket.com/specialdiets/SW\\_LTR\\_Gluten\\_Free.pdf](http://www.wholefoodsmarket.com/specialdiets/SW_LTR_Gluten_Free.pdf)

Did you know that Whole Foods has over 800 GF recipes online?

<http://www.wholefoodsmarket.com/recipes/search-results.php?specialDietTypeId=1>

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**The Station Grocery and Deli** will be located at 1001 Kavanaugh Blvd. The owners, Holly and Casey, were hoping to be open before the Holidays, but life's little setbacks have moved the opening date into 2009. They would like to hear from you about what GF foods you would like to see in their store. They will be carrying fresh local produce and meats when available. You may contact them at [thestationgrocery@gmail.com](mailto:thestationgrocery@gmail.com) I have attached the Station Holiday Newsletter as it has a few recipes that may interest you.

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**Cranfords** (previously Harvest Foods) Terri reported Cranford's is selling gf foods such as Pamela's, GF Pantry, and more at the store across from Whole Foods. The others may, as well. These foods could be found in the pharmacy section.

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Restaurants

The Brewery, 2159 Prince Street in Conway 72034, Phone 501-327-6278 is a coffee shop that serves home made GF muffins. They may also have wraps on some days. I hope next month to have an interview with the owners.

P.F. Changs - I had a nice lunch at this restaurant. The server told me that all GF meals are served on a round plate instead of the usual oval platter. So if you don't receive your meal on this round plate, be sure to question your server.

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**Recipe Corner**

**CRISPY CORN DOGS** by Beth from Missouri reprinted from the Celiac Listserv posted on the celiac listserv and reprinted with permission

1 egg white, beaten stiff (I used the pwd ones, prepare as directed)  
3 T cornstarch  
5 T cornmeal  
sprinkle of salt  
1 tsp baking pwd  
2 T water more or less

Mix all. If it's too thick add 1 tsp water at a time.  
If too thin  
add cornmeal.  
Make this X3 for 1 lb of hotdogs.  
Heat a deep pot with oil to 375 degrees. Put the  
batter in a tall  
drinking glass. Use skewers in the hot dogs, dip  
and fry 2 at a time  
till browned.

=====  
I miss having corn dogs at the State Fair! I tried  
several recipes  
that didn't suit me that were based on corn bread,  
so this is an  
adaptation of a recipe from a 1976 gluten  
cookbook that a friend gave  
me. I tried a recipe from this book and I noticed  
that the batter  
didn't absorb the fat.  
CHEESE DROPIES 1 egg white, 2 T milk, 2 T  
cornmeal or rice flour 2  
T grated cheese, salt. Fry in hot fat.

*A reader of the listserv gave these hints:*  
Pour half the batter in to a tall drinking glass.  
Add about a tsp  
of water at a time to keep it thin, but just thick  
enough to coat the  
hot dog. Use a spoon to coat the top and drop it  
quickly into the  
hot fat.

With the excess batter, cut your favorite cheddar  
into 1/2 inch  
squares and drop into the batter then into the fat.  
Drain on paper  
towels and eat or refrigerate.

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### Spiced Pecans

4 cups whole pecan halves (1 lb.)  
3 T unsalted butter, melted  
1/2 t cinnamon  
3 T Worcestershire sauce  
1/4 t Cayenne pepper  
2 t salt  
3-4 drops Tabasco sauce

Preheat oven to 300'. Combine butter with all  
seasonings. Add  
pecans and toss well. Spread on a large  
ungreased baking sheet  
and bake for 10 minutes. Remove, stir and toss  
with a spatula so they bake evenly. Return to  
oven for 5-10 minutes, until pecans have dried

slightly.

(I let them bake 10 minutes/ toss/ 10 minutes/  
toss/ 5 minutes more.)

Cool and store in an airtight container. The  
pecans may be frozen.

(I used 1 1/5 t of salt.)

This recipe was originally from Connie Urist,  
Birmingham, AL - submitted by Terri  
\*\*\*\*\*

Favorite Pancakes (Makes a dozen 4-inchers)  
from Deanna

\*One cup flour  
\*\*One cup milk or substitute (kefir, almond  
milk,  
etc.)  
1 Tbsp baking powder  
1/2 tsp salt  
1 Tbsp sweetener (molasses gives it a good  
flavor)  
2 Tbsp oil  
1 egg

\*Use what you have on hand. Sorghum or  
brown rice  
flours seem to work fine by themselves. The  
stronger  
flavors of teff, quinoa, or buckwheat should  
comprise  
less than half the amount. Tapioca or rice flours  
are  
good fillers. Use around 25% nut flours for a  
great  
taste. I'm not sure where millet and amaranth fit  
in  
here.

If you like your pancakes thicker or thinner,  
adjust  
flour to liquid ratio slightly.

\*\*To help break down flour for maximum  
digestion, add  
1 Tablespoon lemon or lime juice or whey to  
flour and  
milk mixture. Allow to sit at room temperature  
for at  
least seven hours. (If you use kefir for the liquid,  
you don't have to add anything extra.) Then add

remaining ingredients, stir, and bake on greased griddle.

\*\*\*\*\*

**Chicken Enchiladas** - recipe modified from an Old El Paso cookbook from Anne

Need about 2-3 chicken breasts cooked. I cooked up a whole chicken in water that had salt and pepper and then, after removing the cooked meat, I simmered the bones with the juice of a 1/2 of lemon. This gets the calcium out of the bones so the broth is rich in calcium. Cook some veges in the broth and throw in some chicken - wonderful soup. Or freeze the broth for later use. Back to the casserole.

Cooked chicken

Grated Cheese - about 2-3 cups - I used jalapeno jack

Sour cream

About 1 cup chopped onion

About 2 cloves of garlic chopped

Sautee gently in about 2 tablespoons of fat (I used olive oil, you can use butter)

Add and bring to a boil and turn off

14.5oz can of diced tomatoes

About 8 oz of tomato sauce

4oz can of green chilis

add some jalapeno pepper if you want this hot or I guess you could add in some salsa?

1 teaspoon of cumin (I might cut this slightly)

1/2 teaspoon basil

1/2 teaspoon oregano

1/2 teaspoon salt

Wet corn tortillas in sauce and place in pan as bottom layer. Layer on chicken and cheese and then add another layer of tortillas, chicken and cheese. I put some well thawed frozen spinach that I squeezed dry in the layers. I think next time I will try black beans instead of the spinach, but the spinach was good. You could also substitute ground beef for the chicken. I layered the casserole but you could roll up the chicken/cheese/spinach mixture if you wanted to do more work.

Put about 1/2 - 3/4 cup of the sour cream into the remaining sauce and pour over the top of the casserole. Bake at 350 for about 40min.

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Books

Dr. Stephen Wangen's book, Healthier Without Wheat, is now available through his website and Amazon

<http://www.ibstreatmentcenter.com/HealthierWithoutWheat.htm> In this book, Dr. Wangen addresses the complete spectrum of gluten sensitivity. He says "Celiac disease[villous atrophy] is only one type of gluten intolerance. Many people have a gluten intolerance but do not have celiac disease."

If you would like to look through a copy of Healthier Without Wheat, come to the January meeting and I will bring my copies.

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## Articles and Abstracts

GIG has added some new printable brochures. Here is the list

Free Publications:

The following the GIG publications may be downloaded from

<http://www.gluten.net/publications.php> **free of charge**. All documents are in PDF file format.

- [Students with Celiac Disease](#) new!
- [Quick Start Diet Guide](#)
- [Adding Fiber to Your Gluten-Free Diet](#)
- [Gluten Sensitivity](#)
- [Celiac Disease](#)
- [Dermatitis Herpetiformis](#)
- [Associated Autoimmune Diseases](#)
- [Diabetes and Celiac Disease](#)
- [Understanding Your Student](#)
- [Restaurant Dining info](#)
- [Travel in the US](#)
- [About GIG®](#)
- [Celiac, Diabetes, and Me!](#)
- [Easy-to-Find and Fix Foods](#)
- [CD and Thyroid Conditions](#)
- [One Step at a Time](#)
- [Gluten Free Kitchens](#)
- [Gluten-Free Restaurant Awareness Program](#)
- [Celiac Disease and Anemia](#)

**Podcasts**

Celiac.com has podcasts. You can download these here

<http://www.celiac.com/categories/Celiac.com-Podcast-Edition/>

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Hope you had a wonderful Holiday with family and friends. Many wishes for a wonderful 2009. See you on January 19th at Whole Foods.

Anne Luther
501-681-5544

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