

December Meeting

Next meeting (and a cookie exchange!) will be December 17, 2009 @ 6PM. We will meet at my home again – 5108 W Malibu Ct, McHenry, IL. Please RSVP if you will be attending! If you have RSVP'd on Facebook then you don't need to RSVP again.

GF Hams

Applegate Farms
Boar's Head
Butcher's Cut (that is the brand name – I'm not saying go to the butcher!)
Dietz & Watson
Farmer John
Giant Eagle Brand
Jennie-O
Jones Dairy Farm
Meijer Brand
Publix
Smithfield
Trader Joe's Spiral w/Glaze Pack
Wellshire Farms

If you know of any other brands that are GF please let me know and I can pass it on!

WHEAT ALLERGY ALERT

December 7, 2009
College Inn is recalling "College Inn® No MSG Chicken Broth" due to undeclared wheat.

The product was distributed nationwide.

The 14 ½-oz. cans are mislabeled "No MSG" and bear any "best by date" with UPC 2400032230.

Consumers may return the product to the place of purchase for a full refund. Consumers with questions may call (800) 552-7684 or visit www.CollegeInn.com.

General Mills Launches New GF Website

General Mills has created liveglutenfreely.com to provide consumers with information on gluten-free products and gluten-free recipes. The site lists General Mills products labeled gluten-free and features kitchen-tested recipes for preparing an array of gluten-free foods.

"One of the most frequent inquiries our customer service department receives is 'What products are gluten-free?'" says Katie Lay, marketing manager, General Mills Health and Wellness division. "Consumers should always consult product labels prior to purchase, but our new website can give them 24/7 access to information about General Mills' gluten-free products. We also created an electronic newsletter by the same name that consumers can subscribe to when they visit liveglutenfreely.com. Gluten-free product information and gluten-free recipes will be sent directly to their inboxes.

"General Mills is one of the leading food manufacturers responding to consumers concerned about gluten," says Lay. "We recently launched a line of Betty Crocker gluten-free dessert mixes, and we have many additional products labeled gluten-free. For example, our Yoplait yogurt, LÄRABAR fruit and nut bar, Betty Crocker Fruit Snack, and Chex cereal product lines all contain several gluten-free items. All this information is included on our new site. Anyone who has adhered to a diet of any kind knows that it's easier when there are a variety of foods to choose from and recipes to help you."

Michelle Tucker, M.S., registered dietitian and senior scientist of the Bell Institute of Health and Nutrition, says liveglutenfreely.com is a great resource for the one in nine U.S. households watching, reducing or avoiding gluten intake. "The web site is an excellent tool to help the growing number of consumers seeking information on gluten-free foods," says Tucker. "But consumers need to remember that it's essential to always read ingredient listings and look for the words *gluten free* near the nutrition and ingredient list on package labels before adding a food item to their shopping cart."

A quick list of GM's brands that have GF products:

- BETTY CROCKER® DESSERT MIXES
- BETTY CROCKER® FRUIT FLAVORED SNACKS
- CHEX® CEREAL
- LÄRABAR®
- PROGRESSO® SOUP
- YOPLAIT® YOGURT

Quickies

I see that Bob's Red Mill has come out with their Vanilla Cake Mix and Shortbread Cookie Mix. Has anyone seen these mixes or tried them? I'm wondering if they are good or not. I like many of his mixes and hoping they are good!

Some Places to Shop

Friends Country Market, Harvard, IL

Here's Health, Barrington, IL

Natures Cornucopia, McHenry, IL

Always Healthy, Lake Zurich, IL

Woodman's

Wal-Mart

Whole Foods

Trader Joe's

Jewel Foods

Meijers

Market Day - has a Gluten Free list under the Quick Menu tab. Also lists other allergens.

Have a store, website, product, any GF information you want to share? Just email me or call me with the information and I'll put it into our newsletter.

Perrigo Company Launches Labeling Initiative to Identify Gluten-free Products

Gluten-free labeling program an industry first for over-the-counter pharmaceuticals

ALLEGAN, Mich., Dec. 7 /PRNewswire-FirstCall/ -- Perrigo Company (Nasdaq: PRGO; TASE) today announced it will implement a labeling program to help consumers more clearly identify more than 200 of the company's over-the-counter store-brand pharmaceuticals that are gluten-free, starting in January 2010. Previously, the only way a consumer could verify a pharmaceutical product as "gluten-free" was to call Perrigo directly. Now, consumers will be able to identify whether a Perrigo-supplied product is "gluten-free" simply by reading the product label.

Perrigo will be the first manufacturer to offer its customers the ability to place gluten-free statements on a wide range of over-the-counter pharmaceutical products. The new initiative will include all of Perrigo's best-selling categories, such as pain relievers, cold and allergy, and antacids. The company already has more than 200 dietary supplements that are part of a similar labeling program.

To support the gluten-free labeling initiative, Perrigo has instituted a gluten-free assurance program. Perrigo's program is based on the acceptable thresholds of gluten (less than 20 parts per million) identified by the FDA for the food industry. It is comprised of a gluten testing methodology for raw materials and products, as well as ongoing quality assurance for ingredient and formula changes.

Perrigo initiated the labeling program specifically in response to an increasing market demand for gluten-free products. Questions from consumers regarding the gluten content of Perrigo-manufactured products have recently ranked among the company's top call center inquiries.

Perrigo's Chairman and CEO Joseph C. Papa stated, "Our retail customers can continue to rely on Perrigo to pinpoint and act on consumer trends. This includes the growing list of individuals who need to know whether or not a product is gluten-free."

Perrigo Company is a leading global healthcare supplier that develops, manufactures and distributes OTC and generic prescription pharmaceuticals, nutritional products, active pharmaceutical ingredients (API) and consumer products. The Company is the world's largest manufacturer of OTC pharmaceutical products for the store brand market. The Company's primary markets and locations of manufacturing and logistics operations are the United States, Israel, Mexico and the United Kingdom. Visit Perrigo on the Internet (<http://www.perrigo.com>).