

McHenry Celiac Support Group

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January Meeting

Our next meeting will be Tuesday, January 26th @ 6:00PM at my house – 5108 W Malibu Ct, McHenry, IL.

Please RSVP if you will be attending – 815.363.1523 or email me! If you have RSVP'd on Facebook then you don't need to RSVP again.

Wheat Allergy Alert

Harry London Candies Inc. is recalling "Harry London Chocolate Pecan Caramel Stars" due to undeclared wheat.

The product was distributed nationwide. The 4.62-oz. packages bear lot code 9238-1 and were sold before December 28, 2009.

Consumers with questions may call (330) 494-0833, ext. 193.

Special Gluten-Free Dinner at Wildfire- Glenview

Please join University of Chicago Celiac Disease Center at a special benefit dinner at Wildfire Restaurant in Glenview, IL, on Tuesday, February 16, 2010, at 6:30 pm. The dinner will be entirely gluten-free, with wine pairings for each course. The price is \$60. Wildfire will make a donation of \$25 per ticket to The University of Chicago Celiac Disease Center. At the dinner, you can purchase raffle tickets for an iTouch! For more information or to purchase tickets, please visit our website at: www.celiacdisease.net/fundraising.

Happy Gluten-Free 2010!

I was reflecting the other night about how far gluten-free food has come in just the short time since I was diagnosed – March 2007. I remember not being able to find too many foods locally so I ordered much of my food online. Now I can pretty much find everything I need within McHenry! They just need to build a Woodmans or a Whole Foods here so I can get everything at one store. (I know, I should just be happy I can find my food at all!)

And it is really exciting that a major manufacturer, General Mills, has seen the huge untapped market for gluten-free foods. They are leading the way and I really hope other major companies follow along. For me personally, I try to buy any General Mills products I can just to show my support. General Mills products include Betty Crocker, Progresso, Larabar, Yoplait and Chex Cereals. You can get a full list off of their gluten-free products at <http://www.liveglutenfreely.com>. Please make sure to support them whenever you can.

It is also exciting to see restaurants starting to offer gluten-free foods. But, with this excitement I have a bit of apprehension. I have gotten ill at restaurants eating off of their gluten-free menu. I want to support those that are trying to offer me something to eat, but I also don't want to be their "guinea pig" to the detriment of my health! There still needs to be a lot of education for ALL employees at restaurants about cross-contamination. For this reason I still do not venture out to eat much and opt to cook my own meals most of the time. Maybe someday I won't have to be so apprehensive.

The best part of being a Celiac is all of the amazing people I have been able to meet online and in person. The Celiac community seems, to me, to be a very optimistic group of people. Everyone I have come in contact with has been very helpful and up-beat about our disease and our dietary restrictions. It is really nice to see so many Celiacs willing to help other Celiacs.

I am hoping that 2010 brings us more GF food options and greater awareness and education of Celiac Disease. I know more people are starting to be tested as the emails and phone calls have picked up in the last 6 months from people who have been newly diagnosed. The word is getting out there!

Thank you to everyone who has joined the group and I hope that we have been able to help you in some way. I am looking forward to a prosperous and exciting 2010!

GF Cooking Classes

I am talking with the personal chef about holding gluten-free cooking classes. I would like to hold at least one in February, so if you would be interested please shoot me an email. I need to figure out if a week night or weekend would be better for everyone. If you want to attend a class please let me know what works better for you then I can plan the classes. I also plan on holding more than one class so they remain smaller groups. That way we have time to ask him lots of questions! So let me know if you would be interested and if weekday evenings or weekends would be better for you.

Thanks!

Some Places to Shop

Always Healthy, Lake Zurich, IL

Friends Country Market, Harvard, IL

Here's Health, Barrington, IL

Jewel Foods

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

Meijers

Natures Cornucopia, McHenry, IL

Trader Joe's

Wal-Mart

Whole Foods

Woodman's

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.

iEatOut™ Enables Safe Dining and Traveling – Anytime & Anywhere

AllergyFree Passport® and GlutenFree Passport®, internationally acclaimed health education firms, have launched the *iEatOut Gluten & Allergen Free™* application. iPhone™ and iPod® touch users can now experience instant access to safe eating out around the corner from their homes or around the world.

Individuals, families, friends and restaurants learn what is safe to eat as well as how foods are prepared – all discreetly and easily at their fingertips! Based on the 7-time award winning *Let's Eat Out!™* book series, this how-to application offers users peace of mind with 'cuisine-specific' choices dynamically configured to 10 food allergens. Users have the opportunity to select from one or a combination of allergens: corn, dairy, eggs, fish, gluten, peanuts, shellfish, soy, tree nuts and wheat.

The program can be tailored to the individual and users can quickly browse detailed menu items from Indian, Italian and Steak restaurant cuisines with color-coded columns immediately indicating if the dish 'contains' or 'may contain' allergen(s). Users are further empowered with knowledge of dish preparation, ingredients, traditional/non-traditional culinary techniques, cross-contamination and critical questions for safe meals.

The application is the result of a collaborative team effort between international business and technology consultants, restaurant industry professionals and individuals impacted by celiac disease & food allergies.

Sesame Seed Cookie Recipe from Jennifer Garden

Mix together:

1/2 cup oil

1/2 cup maple syrup or honey (Honey makes a chewier cookie, maple syrup a slightly sweeter, more crumbly cookie.)

Add:

1 cup sorghum flour

1 cup sesame seeds

1 cup gluten-free oats (I used Bob's Red Mill.)

1/4 teaspoon xanthan gum

Scoop by the tablespoon full onto a cookie sheet and flatten slightly. (I use parchment paper to cover my cookies sheets, so I don't remember if the pan has to be greased or not.)

Bake at 375 degrees for 5-15 minutes or until golden on top. Be careful with these, if they go much past 15 minutes, they will turn dark brown and taste burned.

I usually let the cookies sit for a couple of minutes to set on the cookie sheet before removing them to the cooling rack.

Enjoy!