

WNY Celiac News

Fall 2013

The WNY Gluten Free Diet Support Group, Inc. was formed to give Celiacs the opportunity to share (give and take) support that will help us manage our lives without gluten.



P.O. Box 1835 • Williamsville, NY 14231 • www.buffaloglutenfree.org • 716-636-6021 • CSA/USA Chapter #33-1990



Upcoming Meeting and Event Schedule:

WNYGFDSG CONTACTS:

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Sharon Kettner
Grace Little
Lindy Redmond
Sharon Teresi

Open Positions:

Website Maintenance
Corresponding Secretary

Advisor

Daniel Gelfond, M.D.

The WNY Gluten Free Diet Support Group typically (but not always) meets one Saturday a month from 10:00 to 11:30 am. The usual meeting location is Mount Mercy Academy, 88 Red Jacket Parkway, just off Abbott Road close to Mercy Hospital in South Buffalo. The meeting room is in the dining hall located in the lower level of the school. All meetings offer special counseling, ability of dues paid members to purchase deeply discounted books and borrow educational materials from the honor system lending library, and a sampling of GF goodies prepared by group members and donated from vendors. Wegman's Food Markets provides a complimentary grocery bag of GF food products for individuals recently diagnosed with CD and who are first time meeting attendees. Hope to see you there. Let us know if you are new to our group. We would love to meet you!

October 5, 2013 • 10 AM at Mt. Mercy Academy

General meeting featuring Dr. Gelfond of the Digestive Diseases and Nutrition Center of Women's and Children's Hospital. Dr. Gelfond will speak on celiac disease in the pediatric population. Have questions in advance? Please submit them to Cliff: hauckc@roadrunner.com. Special counseling session to follow.

November 23, 2013 • 10 AM at Mt. Mercy Academy

Ann Marie Smokowski, RD, CDE will speak on Autism and the Gluten Free Diet; Special counseling session to follow.

December 8, 2013 • Holiday luncheon & cookie exchange at Salvatore's Italian Gardens

Holiday luncheon & cookie exchange will be held this year at Salvatore's Italian Gardens. Reservation form is included in this newsletter.

February 15, 2014 • 10 AM at Mt. Mercy Academy

Elaine Rothfus, RD, will speak on the International Symposium on Celiac Disease which she will attend in Chicago in October 2013.

Where are our meetings? See the website for information and a map.

CHECK OUT OUR WEBSITE:

If you have not thoroughly read our website, please check it out. There is a lot of pertinent information for you:

www.buffaloglutenfree.org

CLIP AND SAVE:

Safe Foods:

Meat, poultry, fish, milk, eggs, cheese, nuts, legumes, vegetables, fruits, most ice creams, sour cream, and yogurts. Also teff, rice, corn, flax, millet, buckwheat, cornmeal, potato flour, tapioca, quinoa, amaranth, cocoa, MSG, and sorghum. Honey, jam, jelly, molasses, sugars, marmalade, and chocolate. Coffee, tea, soft drinks, fruit and vegetable juices, liqueurs, and gluten free beer. Vanilla, baking soda and cream of tartar are fine.

Caution Foods:

(Check to see if gluten is in the product or if it is packaged in an environment with gluten.) Salad dressings, baking cooking sprays, certain mustards, sauces, soups, deli meats, processed meats, hot dogs, some baked beans, flavored tofu, gravy, Worcestershire sauce containing malt vinegar, fruits with a sauce, vegetables in sauces, spread cheese, cheese sauces, cereals, candy, and chocolates that contain malt. Baking powder may contain wheat starch. Some dates contain flour so watch for that as well. Be careful with French fries as they are usually fried in the same oil as foods containing gluten. Some potato chips and some medications contain wheat. Watch coolers, cider, hot chocolate mixes as some contain malt.

Do Not Eat Foods:

Containing – wheat, spelt, rye, barley, bulgur, einkorn, malted milk, wheat grass, emmer, and kamut. Oats are not recommended as often they are contaminated with wheat. Breaded or battered foods such as onion rings or fish fry. Look for GF oats. Salad dressings containing malt vinegar, Brewer's yeast, wheat starch or wheat protein. Most pastries, cookies, cakes, pies, pizza, bagels and breads contain wheat products. Look for GF brands.

Gluten Free Granny

Many of you have questions, need clarifications, need help, feel bewildered, or just wonder about many facets of living gluten free. Maybe you have a suggestion of an article you would like to see in our newsletter. Send these questions/suggestions to Gluten Free Granny at LTR67@aol.com and we will try to answer you in the following newsletter. Please put in the subject line: "WNYGF question" so we know it is from YOU!



Q. Dear Granny,

I know I can't eat the pie crust but would it be OK if I just scooped out the blueberry filling from the blueberry pie? (N.L. East Aurora)

A. No. First of all, the flour from the pie crust seeps into any filling in a pie. Secondly, with blueberry pie, flour is sometimes added to the blueberries (sugar, lemon juice) to thicken the filling. In that case, neither the pie crust NOR the filling are gluten free.

Let's hear from you!



At the November 23rd meeting, we will have sample boxes of the new gluten-free girl scout cookies to sample if attendees would like to.

DID YOU KNOW:

- Veggie Burgers are not necessarily GF. Check the labels. Most have wheat in them as a filler.
- Gluten free dough is stickier than wheat based dough. When making breads or pastries, grease your hands or flour them before handling the dough. Use parchment paper to line cookie sheets and cake pans.
- Do you know there is now a website primarily focused for Gluten Free MEN? In this world primarily saturated with female writers, this site written by Brendon O'Neil, offers information for the males in the house. The website (gluten-freeformen.com) is for men trying to adapt to the GF lifestyle. The site includes interviews with health care professionals, gluten-free athletes and men who have an active lifestyle. Check it out!

Reuben's NY Deli to Offer Gluten-Free

Rich Balogh, proprietor, plans grand opening for Wednesday, October 2. The deli is located at 714 Maple Road in Amherst next to the Desert Deli in the mall at Maple and North Forest. Deli sandwiches on gluten-free, mock-rye bread by Vin-Chet's will be available with a variety of gluten-free deli meats.

MEET JUST ASK JOSH

(Julia Jornsay-Silverberg provides us with a monthly breakdown of gluten-free options in Buffalo. She gives us the inside scoop on what to buy and where to go for quality gluten-free eats at her blog. She will be posting on the second Thursday of every month published on Buffalo.com, in the Grub & Pub section)

Just Ask Josh was one of the vendors at our Celiac Awareness Walk. The baked goods were delicious. Here is some information about this new company, as featured by Julia Jornsay-Silverberg in her blog post of July 11, 2013.

Are you craving some Gluten free baked goods that are tasty? Look no further. Julie Reinstein, president of Just Ask Josh Gluten-Free Baked Goods, is a small-business owner, full-time mother and a part-time physical therapist.

Just Ask Josh Gluten-Free Baked Goods was established in 2009 as a home-processing business approximately seven years after Reinstein's son Joshua was diagnosed with Celiac at age 2. Reinstein set out to provide Josh with treats that he could eat, share and enjoy. Since starting the business, Reinstein's youngest daughter has also been diagnosed with Celiac.

By 2010, Reinstein located a manufacturer with strict gluten-free policies and OU Kosher certification, freezing and packaging.

Finally in 2012, Reinstein's chocolate chip cookies and brownies became available online and in the frozen-food aisles of the following Buffalo-based grocery stores:

- Dessert Deli (716 Maple Rd, Buffalo)
- Dash's Markets (499 West Klein Rd, East Amherst)
- Lexington Co-Op (807 Elmwood Ave, Buffalo)
- Tops Friendly Markets:
 - Lockport Location (5827 S Transit Rd, Lockport)
 - Lewiston Location (906 Center St, Lewiston)
- Orchard Fresh (4050 North Buffalo Rd, Orchard Park)
- Clarence Deli (10633 Main St, Clarence)

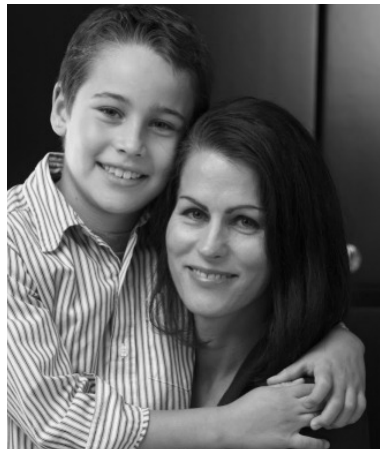
Reinstein currently focuses on just two products: fudge brownies and chocolate chip cookies. The brownies are pre-cooked so you can just slice and serve. The 12 large chocolate chip cookies, come as frozen balls of cookie dough to be baked fresh in the oven.

Reinstein is currently working on an oatmeal raisin cookie which is still in the development phase but is expected to arrive in stores by the end of the year.

Just Ask Josh Gluten-Free Baked Goods are sold at \$12.99 per box.

Check out Reinstein's presence on Twitter, Facebook, Google+, Blogspot, and Pinterest to learn more about her story and her products.

"Gluten-Free Good Neighbors" is a blog series written by The Buffalo News' digital project coordinator Julia Jornsay-Silverberg, who has Celiac and feels passionately about educating the local community about how to adopt a gluten-free lifestyle in Buffalo. Be sure to check back on the second Thursday of every month for more tips, trends and stories.



Got gluten-free kids?

Check out these helpful blogs:

- www.gfreekid.com
- www.thrivinggfcf.com
- www.thesavvyceliac.com
- www.raisingjackwithceliac.blogspot.com
- www.thepatientceliac.com
- www.kitchenclassroom4kids.com
- www.glutenfreemom.typepad.com

Driving Thru Tim Horton's?

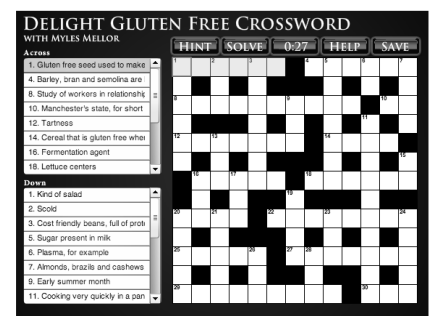
Grab one of their new, pre-packaged, GF macarons — they're delicious!

EATING OUT TIPS:

- Eat earlier or later than the average crowd so that you can get the attention you need.
- Call ahead and make reservations, notifying the restaurant of your needs.
- Ask questions to be sure that what you are served is in fact G-F.
- Verify fried items are not cross-contaminated by being fried in the same oil as gluten-containing foods.
- Be polite.
- Get to know the restaurant's staff. Being a "regular" has its perks.
- Tip well. It will be remembered.

Love crossword puzzles?

Take the *Delight Gluten-Free Magazine* Friday Crossword Puzzle Challenge to test your food and word knowledge! (There has been one per week since August 16th so try them all) <http://www.delightglutenfree.com/friday-gluten-free-crossword-puzzle-september-20-2013>



WNYGFDSG Restaurants and Stores

WNYGFDSG is in the process of examining the gluten free “proficiency” of the establishments listed below. This is a work in progress and does not obviate the need for you, the customer, to be your own advocate when dining at any of these establishments. As one example, we have de-listed those establishments whose only gluten free offering is pizza often produced in a busy kitchen where we believe there is increased risk for cross contamination under these circumstances

AREA RESTAURANTS RECOGNIZING GLUTEN-FREE

(* shows new additions to this list)

Asa Ransom House

10529 Main St., Clarence 759-2315

Asian Star Restaurant

4060 Seneca St, West Seneca, 675-9888
Chinese, Thai, Japanese & Vietnamese cuisine. Very familiar with G-F.

Betty's*

370 Virginia St, Buffalo, 362-0633

Black & Blue Steak & Crab

5493 Sheridan Drive
Williamsville, NY 14221 • 839-2525

Bocce Club Pizza

4174 North Bailey • 833-1344
1614 Hopkins Road • 689-2345
Take-out only, GF quarter pies available

Bonefish Grill

1247 Niagara Falls Blvd., Amherst
833-6106 • *online G-F menu.*

Bravo Cucina Italiana

One Walden Galleria Drive
Buffalo, NY 14225 • 684-4595

Break'n Eggs Creperie

5235 Main St., Wmsvl. 7am – 3pm.
Buckwheat crepes & more. 634-EGGS

Brick Oven Bistro & Deli

904 Abbott Road, Buffalo, NY 14220
GF bread, pizza, pasta, beer, 844-8496

Broadway Deli

5430 Broadway, Lancaster 681-3100

Buffalo Roadhouse Grill

1980 Niagara Falls Blvd., Tonawanda;
692-7999 *Now offers a g-f menu*

Cantina Loco

191 Allen St. Buffalo, NY 551-0160
Tacos made w/ all corn tortillas

Carrabba's Italian Grill

1645 Niagara Falls Blvd.
Amherst, NY 14228 • 833-5003
Go online for printable menu listing.

Casa-Di-Pizza

477 Elmwood Ave. Buffalo 883-8200
The owner or chef has a celiac child

Chef's Restaurant of Buffalo

291 Seneca Street
Buffalo, NY 14204 • 856-9187
G-F spaghetti available daily.

Cheesecake Factory

1 Walden Galleria (Galleria Mall)
Buffalo, NY • 685-2600
Ask server for details.

Chipotle Mexican Grill

1643 Niagara Falls Blvd. Suite 44C,
Amherst, 14228 • 836-1039
Everything is G-F except flour tortillas!

Clarence Pizza Company

6235 Goodrich Rd, Clarence Center
741-2888 *Offering 10" G-F pizza.*

Comfort Zone Café

17 Main St, Hamburg • 648-5779
Extensive GF offerings! Call for info.

Como's

2220 Pine Ave, Niagara Falls 14301
285-9341 (*offers G-F pasta*)

Curly's Bar & Grill

647 Ridge Rd, Lackawanna 824-9716
G-F items created by award-winning chef, Krista Van Wagner!

DeFlippo's Restaurant

326 West Ave., Lockport, NY 14094
716-433-2913 (*carries G-F pasta*)

Dick and Jenny's*

1270 Baseline Rd., Grand Island. Full
g-f menu w/ Cajun style & New Orleans
hospitality. 775-5047

Dove Restaurant

3002 Abbott Rd, Orchard Park, 823-6680

Fiamma Steak House

1735 Hertel Ave. Buffalo, NY 834-2662

Fieldstone

5986 S. Transit Rd, Lockport • 625-6193

Flappy's Pub at Greyside Grill

5700 Seneca Street (at Transit)
West Seneca, NY 674-5300
Has gluten free menu, including pizza

Fortuna's

827 19th St., Niagara Falls • 282-2252

Fuji Grill II

4151 McKinley Pkwy, Blasdell, 14219,
646-6688 *Even have GF soy sauce!*

Gerties*

6010 Goodrich Rd. Clarence Center;
Offers g-f bread, pasta and dessert
Call for hours: 741-1311

Gianni Mazia's

10325 Main Street, Clarence, 14031
759-2803 • www.maziaspizza.com
GF pizza, wings, pasta & fries.

Golden Duck Restaurant

1840 Maple Road, Wmsvl • 639-8888
Chinese food. Ask them to prepare dishes G-F (using G-F soy sauce & rice/tapioca flours).

Giuseppe's

7067 Olean Rd., South Wales, NY
14139 • 652-9455

Grapevine Restaurant

2545 Niagara Falls Blvd.
West Amherst, NY 14228, 691-7799
GF menu, aquariums of exotic fish

Hayes Seafood House

8900 Main Street, Clarence, NY
632-1772 • *Ask for grilled items*

MORE AREA RESTAURANTS RECOGNIZING GLUTEN-FREE

Hutch's

1375 Delaware Ave., Buffalo, 885-0074

Ilio DiPaolos Restaurant

3785 South Park Ave. Blasdell, 14219
825-3675

Iris Restaurant (former Dakota Grill)

4224 Maple Rd, Amherst, NY 14226

Kassie's Pizzeria

616 West Ave., Lockport, NY 438-3799

Kopper Keg*

11 E. Main St, Cuba, NY • 968-1523
Owner caters to restricted diets; (585)

La Nova Pizzerias

371 West Ferry St., Buffalo, 881-3303
5151 Main Street, Wmsvl., 634-5151
(now serving gluten-free pizzas!)

La Tee Da

206 Allen Street, Buffalo, NY 14201
881-4500 (reservations required)

La Tolteca

7530 Transit Road (across from
Eastern Hills Mall) • 565-0105
Order corn taco shells or corn tortillas

Lebro's

330 Campbell Blvd, Getzville 688-0404
Members tell us that delicious g-f pasta
is offered.

Liquid Energy Café and Juice Bar

298 Main St. Buffalo 512-1225
Owner Megan is a celiac

Longhorn Steakhouse

3494 Amelia Dr., Orchard Park 825-1378
2015 Walden Ave. Cheektowaga 681-2351

Mangia Ristorante & Cafe

4264 N Buffalo Road
Orchard Park, NY 14127 • 662-9467
Rice pasta. Chef is very accommodating.

Medici House

634 Main Street, East Aurora, NY
652-0372 Re-opened under this new
name; some g-f available

Merge Restaurant

439 Delaware Ave., Buffalo, 842-0600

Melting Pot

1 Galleria Drive (in the Galleria Mall)
Cheektowaga, 14225 • 685-6357
Offers a number of interesting fondues.

Mighty Taco

16 locations in WNY. Order corn tacos.
See website for gluten-free menu.

Milo's

5877 Main St; Williamsville, NY 14221
810-9489; Greek Cuisine; inform server
of GF needs

My Tomato Pie

3085 Sheridan Dr, Amherst, 14226
838-0969. Northtown Plaza. Rice pasta.

Nino's Pizza

1737 Orchard Park Road, West Seneca
674-9066

O'Brien's Pub & Steakhouse

8557 North Main St, Eden, 992-4300

Osteria 166 *

Newly opened at 166 Franklin,
Downtown Buffalo; Offers g-f pasta.

Orazio's

9415 Main Street, Clarence, NY 14031
759-8888 Trained staff prepares an
extensive selection of gluten free incl
pasta of course

Original Pancake House

5479 Main Street, Williamsville
2075 Niagara Falls Blvd. Amherst
3019 Union Road, Orchard Park, NY
(all 3 locations offering g-f pancakes)

Outback Steakhouse

1551 Niagara Falls Blvd, Amherst:
833-6067, 3670 McKinley Pkwy
Hamburg, NY 14075 • 823-2020
Great G-F menu. Printable online too.

P. F. Chang's Chinese Restaurant

1 Galleria Drive TH131 (Walden
Galleria Mall) Buffalo, 14225 706-0791

Pizza Plant Restaurant

Now open at new expanded location,
7770 Transit Rd Wmsvl, 632-0800
Offering Wheat Free Wednesdays
Pizza Plant at Walker Center,
5110 Main St. Wmsvl, 626-5566
Offering Wheat-Free on Sundays only

Pomegranate, The

4125 Transit Rd, Wmsvl, 631-0900
Middle Eastern, lots of kabobs

Red Mill Inn

8326 Main St, Wmsvl, 633-7878

Red Robin Gourmet Burgers

4060 Maple Rd in Amherst • 834-4100
460 Amelia Drive in Orchard Park •
827-6577 • GF hamburger rolls & fries

Rizzoto Ristorante*

930 Maple Rd., Wmsvl. 204-4455

Rocco's Wood Fired Pizza

5433 Transit Rd, Wmsvl, 247-5272
g-f pasta, chicken meat balls and pizza

Rocky's

2488 Grand Island Blvd. 744-1100

Root Five

4914 Lakeshore Road (Rte 5),
Hamburg NY • (716) 627-7161

Roycroft Inn

East Aurora, NY 14052 • 652-5552
Many G-F choices and a knowledgeable
kitchen staff. Be sure to request G-F.

Shogun

7590 Transit Road, Wmsvl. • 631-8899

Saigon Bangkok Restaurants*

8080 Transit Road, Williamsville &
512 Niagara Falls blvd, Buffalo

Santasiero's

1329 Niagara Street, Buffalo, 886-9197
GF spaghetti, penne pasta & Ital. Saus.

Strikers

50 Michael Road, West Seneca, NY
674-1104 Has gluten free pizza.

Suzanne's Fine Dining

2843 Niagara Falls Blvd. Niagara Falls
716-694-6562
Several menu items offered gluten free

Ted's Hot Dogs

8 locations in WNY now offer Udi's GF
hamburger & hot dog rolls.

Thai House

5246 Transit Road, Depew, NY 14043
601-7865 Ask for g-f menu offerings

Thai Orchid Café

416 Evans Street (Evanstown Plaza)
Williamsville, NY 14221 • 565-2094

The King And I Authentic Thai Cuisine

2188 Kensington Ave., 839-2950
Go online for printable menu listing.

MORE AREA RESTAURANTS RECOGNIZING GLUTEN-FREE

Toni Pepperoni's

4224 Maple Rd. (near Sweet Home)
Amherst, NY 863-6149
*Offering GF items every day;
Owner Pam is Celiac.*

Village Eatery Italian Bistro

429 Davison Road, Lockport

Waterstone Grill

3671 Commerce Place, Hamburg, NY
646-4400 *GF meals upon request*

Water Valley Inn

56656 Gowanda State Rd
Hamburg, NY • 649-9691

Wine on Third

501 Third Street, Niagara Falls, NY
245-4147
*Upscale wine & dine establishment
offering some g-f items*

Wok & Roll

5467 Sheridan Dr., Williamsville

White Linen Tea House

6610 Shawnee Rd. Wheatfield, NY
14221 • 731-1685 *Must call 1-2 days
in advance for GF*

YOLO's ("You Only Live Once")

5841 Transit Rd, E.Amherst; 688-4479
New, extensive g-f menu

Yummy Thai

72 Webster St., N. Tonawanda 694-1763
Advise need for g-f menu

Zoe*

Definitely authentic Greek cuisine. Ask
for g-f menu. 5711 Transit Rd., East
Amherst. 639-4550

Know of anywhere else in WNY where you can find GF food?
Please let us know by emailing Cliff at hauckc@roadrunner.com
• thanks! •

AREA STORES & BAKERIES OFFERING GLUTEN-FREE

Alethea's Chocolates

8301 Main St. Wmvs, NY 14221
(Chocolatier w/ no wheat flour in kitchen)

Bon Bon's Gluten Free Bakery

1298 Orchard Park Rd, West Seneca
361-5884 • 100% GF. Closed Sun&Mon.
www.bonbonsglutenfreebakery.com

By the Way Bake Shop

621 West Ave, Lockport, NY, 471-3305
100% GF: www.bythewaybakeshop.com

Dash's Food Market

8845 Main St., Clarence, 650-2888
*Gluten-free food & freezer sections,
fresh baked goods from Vin-Chet's
delivered every Friday morning.*

Dessert Deli

716 Maple Road, Williamsville, 14221
*(G-F key lime pie, flourless chocolate
cake & "Just Ask Josh" cookies/brownies)*

Domes Country Market

Rte 39 in Bliss, NY. Bulk food store.,
carrying gluten free pasta, mixes, flours
and cookies.

Firefly Cupcakes (GF cupcakes)

700 Main St, East Aurora, 655-4949

Theresa's Tasty Treats *

Springville, NY • 913-6229
Bakery offering GF cake pops

WEGMANS STORES throughout WNY

*Wegmans carries a wide variety of
Gluten-Free products in their "Nature's
Marketplace" section. Look for the green
"Gluten-Free" sign on the shelves, and in
the frozen section of Nature's Marketplace
for more G-F products.*

*Wegmans also has hundreds of store
brand products that carry the Gluten-
Free label and others that are G-F but
do not have the label. Look for their
gold "G" in a circle symbol. Wegmans
offers a list of these products and updates
it regularly. Go online to get the latest,
updated list.*

Lantz's Bulk Foods

5673 Rt 20 A, Warsaw, NY 14569
(585) 786-3710

Feel Rite Fresh Markets & Natural Foods

5 locations:
Williamsville – 5425 Transit Road
636-1000
Buffalo – 2141 Delaware Ave, 874-6422
Amherst – 3912 Maple Rd, 834-3385
Hamburg – 6000 S. Park Ave. 649-6694
West Seneca – 3521 Seneca St, 675-6620

Best of Health

2840 Delaware Ave., Kenmore, 14217
(716) 874-6422

TOPS STORES throughout WNY

Tops has a gluten-free section within its

*natural foods section—Largest variety
is at the store at Transit & County.*

The Podge

10205 Main St, Clarence • 759-2080
Substantial G-F section.

**Aldi's, Christmas Tree Shops,
Marshall's, and TJMaxx and BJ's**
also sell misc. gluten-free products

Vin-Chet Gluten Free Baked Goods

2178 Kensington
Amherst, NY 14226 • 716-839-0871
www.GlutenFreeBakedGoods.com

*Offers fresh baked goods daily Tuesday
–Saturday. Over 70 varieties including
breads, hamburger and hot dog rolls,
sub rolls as well as pizzas and pizza
dough. Desserts include cupcakes, carrot
cake, chocolate and white cake in many
different sizes. Muffins and coffee cakes
as well as cookies are also available
daily. Check out their facebook page.
VinChet is certified gluten free below 5
ppm by the Celiac Sprue Association.*

Orchard Fresh

4050 North Buffalo Rd, Orchard Park
*A specialty Grocery Store offering
numerous g-f items.*

WE JUST HEARD:

News flash: The FDA has issued regulations regarding labeling of gluten free foods. As one of the criteria for using the claim “gluten-free,” FDA is setting a gluten limit of less than 20 ppm (parts per million) in foods that carry this label. This is the lowest level that can be consistently detected in foods using valid scientific analytical tools. Also, most people with celiac disease can tolerate foods with very small amounts of gluten..

The regulation will be published Aug. 5, 2013, in the Federal Register, and manufacturers have one year from the publication date to bring their labels into compliance.

For the full article, follow this link:
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm363069.htm?source=govdelivery>

- **An article on Celiac.com** (7/31/13) notes a team of scientists from Washington State University are attempting to develop new varieties of wheat that would suppress the proteins in wheat that cause problems for celiac sufferers. This new ‘wheat’ would be safe for those with celiac disease. They can now stop nearly 90% of the protein that causes a gluten reaction. Their goal is to suppress 100% of that protein. Keep your fingers crossed!

- There is a **Gluten-Free Box of the Month Club!** This company tastes dozens of foods every month and delivers a box of them right to your door with free shipping. If you are interested, call: 1-888-840-0053

- **Researchers from the Celiac Disease Center at Columbia University** recently found that men diagnosed with celiac disease as adults were on average about 3 inches shorter than the general population. They published the height comparison for almost 600 confirmed celiac disease patients as compared to the general population. Women diagnosed were not found to be significantly shorter than women in the general population. Isn't that interesting?

4 Foods that Contain Gluten in Hidden Ingredients



The gluten-free diet has become very popular but the threat of gluten entering your body is still a huge threat.

The Food and Drug Administration in the United States does not currently require food makers to clearly identify the use of gluten in their food products. If the manufacturer makes a product with absolutely NO gluten in it, they can put “Gluten Free” on the label. But, on the other hand, if they are using gluten in their product, there are no laws to say that it must be clarified in print. So if it does not state ‘contains gluten’ you may be getting it without even knowing it.

Any food that contains wheat must read, “Contains: Wheat” under the ingredient panel. Wheat is the most pervasive of the gluten-containing grains but rye and barley also contain gluten and cause us problems.

If you have celiac disease or are gluten sensitive, it is imperative that you read labels and know of the ‘hidden’ sources of gluten.

Below are four of the most common items that many people do not recognize as gluten products:

Malt: This a food made entirely from barley and is found in candies, baked goods and drinks. This contains gluten and is something that someone with celiac disease should not eat.

HVP: Hydrolyzed vegetable protein is a common meat substitute that is used in most of those frozen meat alternatives. This is found often in frozen veggie burgers. While it might be made of corn, it is often made with wheat.. Contact the manufacturing company to see what ingredients are in their product. Check the labels as well.

Artificial flavor or flavoring: Barley is often used for many things with a sweeter flavor. Barley is a grain based product and might have amounts of gluten as well.

Generic terms: Watch out for these generic terms as they are all foods that could potentially contain gluten. Seasonings”, “Vegetable starch”, “Flavorings”, “Caramel color”, “Natural flavor/flavorings”, “Maltodextrin”, and “Vegetable starch.

[Editors note: Many reliable sources states that HVP, caramel color, and artificial flavorings are safe]. This surely makes us aware of the hidden gluten ingredients. Maybe we need to buy just from suppliers who state on their packaging “Gluten free”!

This information was gleaned from information on the Celiac blog by Zach Rachins. The article's link cannot presently be found.



LOOKING FOR SOMETHING NEW?



Cooking School Classes have just been announced!



COOKING WITH GLUTEN FREE GRAINS

Jessica Masterson, RD, CDN

Monday, October 28, 6-8pm Amherst

Wednesday, October 23, 6-8pm West Seneca

\$25 per person

This class will review different grain types, cooking methods and flavoring options. Learn the many health advantages and nutritional composition of ancient grains. Oatmeal, millet, quinoa and Teff will be discussed. Spanish Quinoa with Ground Turkey, Very Veggie Savory Oatmeal*, Zesty Millet with Sundried Tomatoes*, Teff with Almonds and Cranberries*

A DAY IN THE LIFE OF A HAPPY GLUTEN FREE /DAIRY FREE EATER

Culinary Instructor Paula Eisenberger

Wednesday, October 16, 6-8:30 PM Amherst

Tuesday, October 8, 6-8:30 pm West Seneca

\$25 per person

There is no need to worry about what you are going to feed your family on a gluten/dairy free diet. Join Paula to learn how to fill an entire day of gluten free yummys! Even your pickiest eaters will not be able to turn these food choices down! Apple Pancakes, Peanut/Almond Butter Chocolate Chip Muffins, Unbeatable Potato Soup, Homemade White Sandwich Bread Sandwiches

GLUTEN FREE THANKSGIVING SIDES

Culinary Instructor Paula Eisenberger

Wednesday, November 20, 6-8:30 pm Amherst

Thursday, November 14, 6-8:30 pm West Seneca

\$25 per person

Thanksgiving is just around the corner. Even if you are not hosting, you may want to have some healthy gluten free side dish choices that you know are safe for you or your loved ones. There is something for everyone in this cooking demo. Each recipe is easy to make and will likely become a regular throughout the year. Spiced Pecans, Zucchini Bread, Sweet Potato Puff, Cinnamon Parsnips, Cornbread

HAPPY HOLIDAYS, GLUTEN FREE!

Culinary Instructor Paula Eisenberger

Tuesday, December 10, 6-8:30 pm Amherst

Tuesday, December 3, 6-8:30 pm West Seneca

\$25 per person

We all love the season of giving. But what do you make for those that are sensitive to wheat and/or dairy? Join us for 4 delicious recipes of cookies and brownies perfect for the holiday season. Not only are they easy to make, no one will believe they are gluten and dairy free! Mexican Wedding Cakes, Decorated Sugar Cookies, Super Mocha Brownies

For more information, contact:

Grace Hanusin, COTA • Regional Cooking School Manager, TOPS Markets • 3980 Maple Road • Amherst, NY 14226
www.topsmarkets.com, click on depts, cooking school, "calendar" 716.515.2000 FAX 716.362-9679
cooking.school.t00041@topsmarkets.com

TIDBITS



Did you know?

Pillsbury has come out with refrigerated pizza dough, pie & pastry dough and chocolate chip cookie dough. For more info: <http://www.pillsbury.com/products/gluten-free>

Got excess tomatoes?

Make this amazing salsa:
Basic recipe:
-2 large tomatoes
-onions, diced, to taste
-1 T extra light olive oil
-1 T red wine vinegar
Mix, chill and enjoy!

Gluten-free, yet still have gut troubles?

Investigate the Paleo Diet (grain-free) and give it a shot, to some degree. Or at least consider giving up some grains and see how you feel. It's worth a shot! :)



WNY Gluten-Free Diet Support Group Holiday Luncheon & Cookie Exchange

Sunday, December 8, 2013 • 12:30 pm—3:30pm

Salvatore's Italian Gardens • 6461 Transit Road • Depew, NY 14043

Fresh Garden Salad with Tomato Vinaigrette

Entree Selections Include Choice of:

6 ounce Filet Mignon @ \$26.00

or

Chicken Francaise @ \$21.00

or

Asiago Bruschetta Tilapia @ \$21.00

All entrées are served with a baked potato w sour cream & butter
and fresh roasted seasonal vegetables (chef's blend)

Gluten Free Dessert

Coffee/Hot Tea/Water

Cash Bar

.....

Prices as shown above for dues-paid WNYGFDSG members and their families with a \$5.00 pp surcharge for non-members. Soda and alcoholic beverages are extra and available at cash bar. Please make your entrée choices below and return with your check made out to WNYGFDSG, Inc. Mail to Marilyn Hauck at 30 Ainsley Ct., Wmsvl, NY, 14221 before November 25.

(Remember to bring g-f holiday cookies (with recipe) for the annual cookie exchange!)

Name	Steak @ \$26	Chicken @ \$21	Fish @ \$21

WNY Gluten Free Diet Support Group, Inc.

P.O. Box 1835 • Williamsville, NY 14231-1835

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Celiacs helping Celiacs...

The WNY Celiac News – FALL 2013



The recommendations, information, dietary suggestions, product news, menus, recipes, and related data generated by the WNY Gluten Free Diet Support Group, Inc. are intended for the benefit of our members and other vested parties.

The text has not been submitted to CSA/USA Inc. or its medical board for approval. Individuals should consult with their physician/professional health care provider before following any medical or diet recommendations contained in this newsletter.

Opinions expressed are those of the editor or identified contributor and are not necessarily endorsed by CSA/USA Inc.

Food manufacturers' products are subject to formula change at any time and these changes may not be reflected on labels. Products mentioned or omitted do not constitute endorsement. No liability is implied by or assumed for the use of information contained in this newsletter.

If you have information on a new gluten free restaurant, product, or company, we'd love to hear about it. Please call Marilyn at (716) 636-6028 or by e-mail at marhauck@adelphia.net.

Bookmark your local support group's website for tons of information:

www.buffaloglutenfree.org

Keep updated on gluten-free news, calendar events, recipes, articles and much more for the informed Celiac.

If you have any comments or suggestions to share with us regarding this newsletter — or if you can help out our group in any way — please email Cliff Hauck at hauckc@roadrunner.com