

Eugene GIG Bulletin February 08

Now that the threat of snow is gone (we hope) and driving won't be a problem, we hope you will join us for our February 14th meeting from 6:30-8:30 pm at the Club House at 1800 Lakewood Court. Mrs. Spradling will be presenting a pie demo. Her last one was very popular with our members.

Since inclement weather has been such a problem this past month, we wanted to let you know our policy regarding meetings being held on a "bad weather" day. If the 4J schools have a "no school today" on our meeting day, we will not have a meeting that night. We will try to have a "make up" meeting soon afterward.

Capella Market has their complete gluten free product list online now at www.capellamarket.com. Click on Grocery on the left-hand side and scroll down to the gluten free product list. New additions will be added at or near the top of the list. They will also be holding their monthly gluten free demo on Feb 16th from 12:00 – 4:00pm. Be sure to let them (or any other market carrying gluten free products) know that you are a member of Eugene GIG and we appreciate all the gluten free products they are stocking.

Market of Choice on Willamette and Capella Market are now carrying La Tortilla wraps. The ingredients are millet and teff. These are the tortillas that we featured at our quesadilla night. Capella's is also stocking Tinkyada lasagna noodles. They will be arranging them so the gluten free noodles are all together.

A new bakery featuring cupcakes is online at www.divinecupcake.com/site/Flavors. You can contact them at info@divinecupcake.com for information. Check it out and if you order from them, let us know what you think.

We will be having a social at Lok Yaun Chinese Restaurant on February 18th or 25th at 6:00 p.m. The final date will be decided at the meeting. We MUST have a head count so please call Diane at 343-0459 or email her at dianecon@comcast.net.

In the **Gluten Free Entrees at Fast Food Restaurants** guide in the beginner's pamphlet and as a handout on the information table, there needs to be a clarification. When this information was obtained, we had gotten a menu from Arby's and were told that the Grilled Chicken was gluten free. We rechecked their menu information and found out that there are 2 different kinds of grilled chicken.

1. Diced grilled chicken
2. Grilled chicken fillet.

The grilled chicken fillet is gluten free, but the diced grilled chicken is NOT GF. The diced grilled chicken is used in their salads.

Charles Papa, Ph.D., who is the Food Safety and Regulatory Affairs Compliance Officer for Arby's, emailed and called us. He is very sorry that this situation has happened. We suggested that they just use the Grilled Chicken Fillet for both sandwiches and salad. He

said he wished it could be so, but he can't make that decision. He will bring this matter up with Arby's, however. If you have a copy of the Gluten Free Entrees at Fast Food Restaurants, please do the following:

1. Cross out Sante Fe or Martha's Vineyard Salad and add the word fillet to Poultry, Seafood.
2. Grilled Chicken should read Grilled chicken fillet. He said if you asked the Arby's nearest you, they may be able to make up a salad using the filet chicken.

In April, Cynthia Kupper RD, CD will be our speaker. She is Executive Director of the Gluten Intolerance Group of North America (GIG), a national non-profit organization supporting persons with gluten intolerances. As a clinical dietitian, she speaks internationally on celiac disease and the gluten-free diet at government and regulatory agency meetings, to the food and hospitality industries, health care professionals, and patient organizations.

As part of her work with GIG, she initiated programs working with restaurants to provide gluten-free dining options, and the food industry in providing third-party gluten-free certification. She is the point person for GFRAP and GFCO who looks at ingredient lists and menus to help determine the GF status of the menus or products.

Cynthia is our representative in Washington for lobbying as well as at professional conferences with doctors and other practitioners to advance the celiac agenda. She is also very active in the American Celiac Disease Alliance. This group worked on the new labeling law.

She has published a number of papers in peer-review journals and authored a continuing education manual for dietitians. In addition, she meets every other month with the GIG board to help set the agenda for GIG. She also works with the local support group to develop and organize the GIG conference and leadership day each year.

We are very fortunate to have someone of her experience speak to our group. She has given us several choices for a topic of discussion. Please vote as soon as possible for your favorite topic so we can let Cynthia know our preference. Call or email Diane with your answer. Please do not vote more than once. The following topics are available:

1. Understanding food allergies, intolerances and celiac disease
2. Optimizing your health on a GF diet (covers adding fiber, getting better nutrition from grains, weight management)
3. GIG Food Industry Programs - GFRAP (restaurant program) and GFCO (certification program)
4. Gluten-free Diet 101 (done correctly, this program needs a minimum of 2 hours)

So far the voting results are as follows. As you can see, not many of our members have voiced a preference. So, please, do vote soon.

#1 - 1 vote

#2 - 2

#3 - 0

#4 - 2

Although we put this information in the January bulletin, we are repeating it in case someone missed it. If you purchased Cecelia's Marketplace Gluten Free Grocery Shopping Guide please note that the following items are not gluten free:

- Page 30 Better Than Bouillon – Reduced Sodium Beef and Reduced Sodium Vegetable bases are not GF.
- Page 53 Cereals: All Malt-O-Meal cereals and Safeway Golden Corn Nuggets Cereal are not GF
- Page 67 Tyson Simply Perfect Chicken Tenders (bagged) are not GF. Fresh Chicken Breast Tenders are GF.
- Page 74 All Old Dutch chips are not GF with the exception of Plain Tortilla Chips (they are GF)
- Page 81 TraderJoe's Chocolate Truffles are not GF

Here is a list of the agendas for our next meetings:

- March 13th Mary Moppins, a nationally recognized cleaning expert. She is in Quick and Simple, Woman's Day, Woman's World, Real Simple and a host of other national magazines as well as having a book in bookstores across the U.S. She'll teach not only green cleaning tips, but can intermingle speed cleaning and preventive tips as well.
- April 10th Cynthia Kupper RD, CD Executive Director GIG National

We're always looking for speakers for our meetings. If you know of someone who would talk to our group, someone who would be interested in giving a cooking demo, or if you have a fun or interesting idea for a meeting, we would like to here from you.

For more information call Diane 343-0459 or dianecon@comcast.net .