

Happy New Year!

I hope you had a good holiday season. Personally, I overdosed on Gluten-Free Pantry's chocolate truffle brownies.

This year we are expanding our outreach to newly-diagnosed celiacs in a couple of ways.

First, by spreading the word about our group to physicians, other health care providers, and vendors of gluten-free products.

Secondly, by offering a personal approach to newly-diagnosed celiacs and their parents, by having a member in their part of town help them with store and restaurant information – maybe even take them shopping. I know many of us are already doing this. I'm asking that you be a CSA member to work with this group.

If you would like to help with either of these programs, please contact the coordinator, Christy Burgess, at (816) 246-7364 or email her at b.christy@sbcglobal.net.

Mary Scharff, our new VP, is looking for program suggestions. Please see her contact information on page 3 if you have ideas for programs at our monthly meetings. Thanks to Mary for her work as Treasurer and to Kim Slaubaugh for her service as Vice President during the past two years.

Kris Koehler is our new webmaster. Thanks to Jason Penrod for his help with the site this past year.

George Smiley is our new treasurer. If you'd like to make a tax deductible contribution to CSA-Chapter 4 (our group), mail a check to George or hand it to him at a meeting. His contact information is on page 3.

Sincerely,
Judy Bond

REMINDER: In 2007, our meetings occur on the **SECOND SUNDAY** of each month. Please mark your calendars accordingly.

UPCOMING EVENTS



February 11, 2007

Rusty Macy, General Manager of Hyatt Regency Crown Center (a member of our group) will bring chefs for a gluten-free cooking adventure (see page 6 for details)

March 11, 2007

"Gluten-Free Cooking" with Anna Scharenberg

April, 2007

NO MEETING—Easter Sunday

May, 2007

To Be Announced

All meetings from 2:00 to 4:00 p.m. on the second Sunday of each month.

Unless otherwise noted, meetings are at the St. Joseph Hospital Community Center, I-435 and State Line. Availability of speakers could change schedules.

Your Donations Are Increasingly Important

Member donations enable each of us to enjoy the advantages and resources of Kansas City's celiac support group: informative speakers, children's activities, the quarterly newsletter, food such as turkeys for the Thanksgiving Dinner, dinnerware and beverages at monthly meetings, and much more. For actual income and expense information, see the budget report on page 3.

Our costs are going up. Until now, our meeting room has been graciously provided by St. Joseph's Medical Center at no cost, but as a not-for-profit organization, the board of directors has concluded that they must begin charging \$90 per meeting for rental. We continue to incur our other expenses and they, too, rise with inflation.



If you have not been a regular donor, please consider a gift on a regular basis. Any amount you feel comfortable with will be appreciated. If you are already a regular donor, thank you for your support and we welcome your continued generosity. **Gifts can be deposited in the donation jar at monthly meetings or checks can be handed to George Smiley, our treasurer. Checks can also be mailed to George at 5119 Lowell Avenue, Overland Park, KS. 66202.** Make checks payable to "CSA of Greater Kansas City."

For over 20 years, member donations have allowed our group to avoid charging membership dues. We need to continue that practice so that all celiacs in our area can share in the benefits of the organization. **When we all do our part by giving whatever we can, it helps the entire group. It's one more demonstration of our philosophy: Celiacs Helping Celiacs.**

Keep Track of 2007 Donations for Tax Purposes

In the November, 2006, edition of the *KC Gluten-Free Advocate*, members were reminded that, when itemizing tax deductions, IRS regulations for 2006 required no verification of donations under \$250 each. **Beginning in 2007, tax law has changed and donations, such as those to the Celiac Sprue Association, must be documented by receipts or annual statements from the organization or by bank records, such as cancelled checks.** This applies to all cash donations, including those under \$250. Cash donations are reported on Schedule A, "Itemized Deductions." *(This is not tax advice. You should verify this information with your tax advisor to ensure accuracy as it applies to your situation.)*



Because of the record keeping required, our local CSA chapter cannot feasibly provide receipts or annual statements for single donations smaller than \$250. Consequently, we request that members make contributions by check when they wish to itemize their donations for tax purposes. Make checks payable to "CSA of Greater Kansas City" and hand them to George Smiley, our treasurer, at monthly meetings or mail them to George at 5119 Lowell Avenue, Overland Park, KS. 66202.

Great Harvest Bread Company Has Relocated

The Great Harvest Bread Company store, formerly at 95th and Nall, has moved to the northwest corner of 83rd and Mission Road in the Corinth Square Shopping Center. Phone: (913) 381-8877. On the web: www.bestbreadinkc.com

HOTLINE REPORT

by Helen Richards

During November and December the group's hotline has had 20 contacts, some by phone, some by email, and some from members like you.

Tell a friend! Tell your family! Tell your doctor! Tell a stranger! All of these contacts make you a "Celiac Helping a Celiac!" and all of these have been ways people have found our support group! So if our group has helped you achieve a gluten-free lifestyle, let others know. YOU are a "hotline!"

Thanks to members and professionals who refer those with gluten intolerance to our group.

Hotline Phone:
913-393-2400

Local website: www.csakansascity.org
Webmaster: Kris Koehler
kmkoehler@kc.rr.com

Standing Committees:

Celiac Kids	Jessica Farris
Education	Helen Richards
Greeters	Lea Everist
Picnic	Jessica Farris & Rose Farris
Hospitality	Paula & Ray Melton, Ann & George Smiley

KC Gluten-Free Advocate

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meltonrp@sbcglobal.net

Gluten-Free Pancake Breakfast at Wild Oats, March 31

Start your weekend with a delicious gluten-free pancake breakfast at Wild Oats, 5101 Johnson Drive, Mission, Kansas, on Saturday, March 31. Breakfast will be served from 9:00 a.m. to 11:00 a.m. More information regarding cost, making reservations, etc., will be provided in a postcard that will be mailed to all members' homes.

Interesting Article Regarding Celiac

To read a well-written and informative article about celiac disease, visit the Mayo Clinic website at <http://www.mayoclinic.com/health/celiac-disease/DS00319/DSECTION=1>

\$\$\$ Treasurer's Report \$\$\$ by George Smiley

Beginning balance as of 12-31-05	\$2,379.54
Income	\$6,318.53
Expenses	<u>\$6,227.17</u>
Ending balance as of 12-31-06	\$2,470.90

Thanks to your generous donations, our Chapter has operated over 20 years without requiring membership dues. An accomplishment to be proud of!

CSA of Greater Kansas City—Executive Board for 2007

President Judy Bond
913-236-5659; JBond@kc.rr.com

Former President Anna Scharenberg
913-962-0282; glutenfreeme@everestkc.net

Vice-President Mary Scharff
816-650-3649; papabearscharff@earthlink.net

Secretary and Cindy Faulkner
CSA Member-at-Large/Region 2
913-384-2276; cfaulkner@msn.com

Treasurer George Smiley
913-831-0031; grizzlypaw@everestkc.net

Chapter Dietitian Karen Breshears
660-543-8737; kbreshears@cmsu1.cmsu.edu

CSA Director/Region 2 Dean Cling

Please Do Not Bring Peanut Products to Monthly Meetings

Please be sure the food items and vendor products you bring to monthly meetings are peanut-free—no peanuts, peanut oil, peanut butter, or other peanut products.

Children with peanut allergies attend our meetings on a regular basis and we want to avoid exposing them to this allergen which can cause potentially severe reactions. As celiacs, we grasp better than most people the importance of respecting allergies and intolerances.



When you bring a manufacturer's product, please read the label to confirm that peanut oil or other peanut derivatives were not used in the cooking process. Similarly, when preparing a home cooked item to bring to a meeting, please read the labels of all your ingredients to confirm that they are peanut-free.

Please Keep Tree Nuts on a Separate Table at Monthly Meetings

We have members and children with allergies to tree nuts. Because the reactions usually are less severe than with peanut allergies, foods containing tree nuts will be permitted at monthly meetings, but please place them on a separate table away from the other foods. A table for these items will be clearly identified.

Hidden Gluten—A Lesson Learned the Hard Way

One of our members learned a lesson about hidden gluten and shares the experience here for the benefit of other celiacs: “In April 2006, my lower digestive tract became very irritated and it continued all summer. In September, my wife and I went to a foreign country on vacation and, within 36 hours, the irritation completely went away. Three weeks later, we came home and, again within 36 hours, the irritation returned. I suspected I was eating something at home that contained gluten, but could not determine what it was. Then, in late October, I obtained information that Flonase, a nasal spray for hay fever, contains gluten. It has been incorrectly listed as gluten-free on the website, www.glutenfreedrugs.com. I have hay fever from spring through fall each year and had been using Flonase. Immediately upon receiving the new information, I stopped using the nasal spray and, within 36 hours, the irritation completely cleared up. Reflecting back on our vacation, I had not used the nasal spray because my hay fever allergens do not exist in the foreign country.”



It's a lesson for all celiacs: always verify that prescription and non-prescription medications are gluten-free. The website, www.glutenfreedrugs.com, is usually a reliable resource (but it does not list generics). Another resource is the pharmacy school at KU which can look up the gluten-free status of drugs. Call KU's Drug Information Center at 913-588-2328. Finally, it's always a good idea to contact the drug manufacturer directly to determine gluten-free status. Remember that formulations can change with each lot manufactured, so it's a good idea to check each time medication is purchased.

Incidentally, the only gluten-free nasal steroid for hay fever, as of January 2007, is Nasacort AQ manufactured by Sanofi-Aventis (1-800-633-1610). It may not always be gluten-free, so check before you purchase.

FDA Has Issued Proposed Definition of “Gluten-Free”

By August 2008, the FDA must implement a formal definition of the term “gluten-free” for use by manufacturers who wish to voluntarily label products as gluten-free. On January 22, 2007, the FDA issued a proposed definition and has invited public comment before arriving at the final result. Celiacs are encouraged to send their comments to the FDA by the methods described below. The final date to send comments is April 22, 2007. For easy access to the full 95-page FDA docket and to the FDA’s brief summary, go to www.csaceliacs.org

Here is text from the FDA’s summary:

“The FDA is proposing to define the term “gluten-free” for voluntary use in the labeling of foods, to mean that the food does not contain any of the following: An ingredient that is any species of the grains wheat, rye, barley, or a crossbred hybrid of these grains (all noted grains are collectively referred to as ‘prohibited grains’); an ingredient that is derived from a prohibited grain and that has not been processed to remove gluten (e.g., wheat flour); an ingredient that is derived from a prohibited grain and that has been processed to remove gluten (e.g. wheat starch), if the use of that ingredient results in the presence of 20 part per million (ppm) or more gluten in the food; or 20 ppm or more gluten. A food that bears the claim ‘gluten-free’ or similar claim in its labeling and fails to meet the conditions specified in the proposed definition of ‘gluten-free’ would be deemed misbranded. FDA also is proposing to deem misbranded a food bearing a gluten-free claim in its labeling if the food is inherently free of gluten and if the claim does not refer to all foods of that same type (e.g., milk, a gluten-free food’ or ‘all milk is gluten-free’). In addition, a food made from oats that bears a gluten-free claim in its labeling would be deemed misbranded if the claim suggests that all such foods are gluten-free or if 20 ppm or more gluten is present in the food. Establishing a definition of the term ‘gluten-free’ and uniform conditions for its use in the labeling of foods is needed to ensure that individuals with celiac disease are not misled and are provided with truthful and accurate information with respect to foods so labeled.”

Note: While the FDA definition uses the 20 ppm limit to define the product, the CSA Recognition Seal schedules tests at 3 ppm to verify that the product, process, and packaging are as “risk-free” as possible for eliminating wheat, barley, rye, oats; their cross-bred hybrids; and their derivatives from the diet.

To send your comments, you must include the following:

Agency Name: Food and Drug Administration, HHS

Docket Number: 2005N-0279

Regulatory Information Number (RIN): 0910-ZA26



Submit comments electronically to: *(Do not send email)*

(1) Federal eRulemaking Portal: <http://www.regulations.gov>. Follow the instructions for submitting comments.

(2) Agency website: <http://www.fda.gov/dockets/ecomments>. Follow the instructions for submitting comments.

Fax: 301-827-6870

U.S. Mail: Division of Dockets Management (HFA-305), Food and Drug Administration, 5630 Fishers Lane, Rm 1061, Rockville, MD 20852

Note: All comments may be posted without change to <http://www.fda.gov/ohrms/dockets/default.htm>, including any personal information provided.

For access to the docket to read background documents or comments received, go to <http://www.fda.gov/ohrms/dockets/default.htm> and insert the docket number (2005N-0279) into the “Search” box and follow the prompts.

Professional Chefs Will Present GF Cooking Adventure at February Meeting

Sharpen your taste buds! At our February 11 meeting, Executive Chef Frank Majowicz from Hyatt Regency Crown Center and Corporate Chef Mark Pierce from The American Pasta Company will demonstrate delicious gluten-free dishes that we can prepare at home. Chef Majowicz will prepare braised short ribs; beef, chicken, and pork sautés; braised red cabbage; and a delightful Anna Potato. Chef Pierce will show two hot pasta dishes and two cold pasta dishes. The chefs will explain how to make the dishes and will answer questions from our group. Thanks to our member, Rusty Macy, General Manager of Hyatt Regency Crown Center, for arranging this special event.



Volunteers Needed to Help with the Food Table at Monthly Meetings

Volunteers are needed to help staff the food table at monthly meetings. Please contact Judy Bond if you can serve our support group in this important function (913-236-5659, JBond@kc.rr.com). One option is for several members to work together, along with Ann and George Smiley (currently staffing the table), to divide up the tasks and not be obligated to attend every meeting. This is another opportunity for Celiacs to Help Celiacs.

Tasks include buying plates, cups, napkins, and other supplies and putting them on the serving tables prior to the meeting. (Large quantities can be purchased at Sam's Club or Costco to avoid shopping before each meeting.) One person needs to come at about 1:00 p.m. to make coffee and drink mixes so they are ready when members begin to arrive. The hospitality staff also reviews recipes and package wrappers as they are placed on the table to ensure that the foods are gluten-free. After the meeting, the hospitality staff packs away the supplies, cleans the coffee pot, and wipes down the serving tables. Costs for supplies and beverages are reimbursed from the support group's treasury.

New Celiac Support Group in Blue Springs, Missouri



A new celiac support group meets from 7:00 p.m. to 8:30 p.m. on the third Thursday of each month at the Timothy Lutheran Church in Blue Springs, Missouri. All celiacs, family members, and interested parties are welcome. Enjoy making new friends and sharing gluten-free treats, recipes, and information about the gluten-free lifestyle. For more information, contact group leader Roxanne Kerwood at 816-229-8447 or by email at kerwoodr@comcast.net.

Timothy Lutheran Church is at 425 NW R.D. Mize Road. From Interstate 70, take exit 20 and drive 0.4 mile south on Highway 7 to R.D. Mize Road, the second traffic light (not counting the light at the I-70 ramp). Turn left (east) on R.D. Mize and drive 0.3 mile to Timothy Lutheran Church (phone 816-228-5300; not answered at night). Enter the building from the south door (facing R.D. Mize Road) and follow signs to the meeting room.

New Northland Celiac Support Group

Recently announced was the launch of the *new* Northland Celiac Support Group which meets from 11:00 a.m. to 1:00 p.m. on the fourth Saturday of each month in the conference room of the Gladstone Hy-Vee (7117 N. Prospect Ave., Gladstone, Missouri 64119).

Kick off the new year with this new group. All celiacs, family members, and interested parties are welcome to attend. Enjoy developing new friendships and gathering information as to the gluten-free lifestyle. Also, Hy-Vee's dietitian, Valerie Bailes, will be on hand from time to time to field questions and introduce the latest gluten-free products. The February meeting will cover "Celiac 101," featuring Dietitians Valerie Bailes and Carolyn Dunham. Tracy looks forward to meeting each and every one of you. It's an exciting time for the Northland!

For more information, contact group leader Tracy Hansen at 816-858-4971 (cell: 853-4972) or by email at THansend@att.net.

Recipe: GF Bean and Chicken Soup (quick, easy, tasty)

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

Makes 6 servings.

1 medium onion, finely chopped
3 tablespoons olive oil
1 (4-oz) can chopped green chilies, drained (LaVictoria)
2 teaspoons ground cumin (McCormick, Tone's, Durkee)
2 (15.8-oz) cans Bush's Great Northern Beans
1 (14.5-oz) can chicken broth (Swanson's Ready-to Serve)
1½ cups finely chopped cooked GF chicken breast
Shredded Monterey Jack cheese (optional) (Kraft)
Sour cream (optional) (Daisy)
Salsa or picante sauce (optional) (Pace)

In large skillet, cook onion in olive oil for four minutes or until transparent. Add chilies and cumin; cook and stir for two minutes. Add beans and chicken broth; bring to a boil. Reduce heat; simmer for 10 minutes. While mixture is simmering, chop chicken breasts into ½-inch cubes. After 10-minute simmer, add chicken to skillet; cook until hot. Garnish with cheese, sour cream, and salsa, if desired. (*Adapted from label recipe on Bush's Great Northern Beans.*)

A Recommended Cookbook



Gluten-Free Baking Classics, by Annalise G. Roberts, has many of the best recipes I've experienced in terms of taste and texture. For example, the pizza crust is significantly better than any other GF version; the Lemon Layer Cake is one of the best GF cakes I've eaten. There are also other very good cakes, cookies, breads, muffins, and more. At www.amazon.com, the cost is \$11.53 plus about \$4 shipping.

Superfine Rice Flour Eliminates Grainy Texture in Baked Items

Superfine brown rice flour and white rice flour are available in three-pound bags (approximately \$7 to \$8, plus shipping) from Authentic Foods in California. The finer grain helps eliminate the coarse grainy texture that comes with most other rice flours. The website is www.authenticfoods.com. In the left column, click on "Shop Online." The phone number is 310-366-7612. Use 7/8 cup of superfine flour when a recipe calls for one cup of flour (*7/8 cup is one cup minus two tablespoons*).

Another Gluten-Free Beer on the Market

Anheuser-Busch now produces Redbridge Beer, a gluten-free beer made from sorghum. For availability, visit the website at www.redbridgebeer.com.



As announced in previous newsletters, other gluten-free beers are:

- (1) Dragon's Gold from Bard's Tale Beer (<http://bardsbeer.know-where.com/bardsbeer/>), developed by Craig Belser, one of our support group members in Lee's Summit;
- (2) New Grist (www.newgrist.com) from Lakefront Brewery, Inc., in Milwaukee; and
- (3) Passover Honey Beer (www.rampovalleybrewery.com) made by Rampo Valley Brewing in Hillburn, New York..

Report from Annual Conference of Celiac Sprue Association

This report is from Judy Bond, President of Chapter 4: The 29th annual conference of the Celiac Sprue Association was held last October in Green Bay, Wisconsin. The preparation of the wonderful gluten-free meals was supervised by the Executive Chef of the Celiac Sprue Association, Aaron Flores, assisted by Lee Tobin, Gluten-Free Team Leader for Whole Foods Market. I was especially impressed with the activities for children, teens and young adults.

Among the speakers was Dr. Frank Hamilton of the National Institute of Health. Visit <http://www.celiac.nih.gov/> to learn about what the US government is doing to create awareness of celiac disease. We often wonder why we don't have some of the advancements in the research on Celiac disease in the US as is being done in other countries. Dr. Hamilton said not a single US based company had applied for grants available to research celiac disease!

Another featured speaker was Dr. Joseph Murray of the Mayo Clinic. He said that celiac disease could be healed with the gluten-free diet in 95% of cases. He listed the various symptoms for which people come to the Mayo Clinic for help, which ultimately turn out to have been caused by celiac disease.

The room was packed to hear Dr. Gail Pyle speak on "Enzyme Therapy and Celiac Disease". Current research is 5-10 years away from a therapy that might let celiacs safely handle a small amount of gluten.

These were just a few of the great presentations. I have CD's containing all the conference lectures that you can check out at one of our meetings.

In the voting for CSA offices, our chapter Secretary, Cindy Faulknier, was elected our Region II Member at Large. Congratulations to Cindy!

If you are planning your vacation for 2007, let me suggest this year's CSA conference September 28-30 at the Westward Look Resort in Tucson, Arizona.

Celiac Disease and College

To celiac students shopping for a college for next year, here's good news about gluten-free food options. From the *glutenfree.com* newsletter: Most colleges and universities handle special diets in their dining facilities, but some are more tuned to the gluten-free diet than others. After narrowing down your college choices, visit with their food service directors and chefs. Some are willing to keep gluten-free products on hand and to provide separate toasters. Some school dietitians label one or two entrees as gluten-free each day. In other cases, they may prepare special GF meals on a daily basis. Some dorms have cooking facilities and the celiac student may be offered priority housing because of the special diet. A mini refrigerator in the dorm may be useful.



Make Your Reservation for GF Breakfast Buffet at Olathe Hy-Vee

Olathe Hy-Vee (18101 W. 119th Street) presents "Upstairs at the Club Room," a gluten-free breakfast buffet from 8:00 a.m. to 11:00 a.m. on Saturday, February 17. Samples of many GF products will also be available to try. Cost is \$9.99 per adult and \$7.99 for children under 12. Reservations are requested, but not required. To reserve, send email to 1464clubmgr@hy-vee.com or call Stan Hughes at 913-393-4150. The menu includes bacon; sausage; scrambled eggs; hashbrowns; assorted breakfast pastries; pancakes and waffles with syrup; toast; jams and jellies; assorted juices; coffee; rice, soy, and almond milks. All items are gluten-free; most will be lactose-free.

Restaurants

Peppercorn Duck Club. Located on the Mezzanine Level of the Hyatt Regency Crown Center, 2345 McGee Street, Kansas City, MO 64108, (816) 398-4845. As one of Kansas City's renowned restaurants, Peppercorn Duck Club provides an atmosphere of elegance, a superb dining experience, a host of wine selections and a fabulous chocolate bar to indulge in with the final result of making your evening extraordinary. Menu items include: Rotisserie Duck, Grilled Veal Chop, Lamb and Beef Brochette, Certified Angus Kansas City Strip, Pan Seared Stripe Bass, Seafood Medley and Pan Roasted King Salmon. All gluten-free items are flagged with the CSA symbol on the menu. Dinner entrees are priced from \$30.00-\$42.00.

Peppercorn Lunch Special includes the Market Island salad bar, petite portion of entrée selection and Ultra Chocolatta Dessert Bar for \$21. Lunch and dinner entrees include the Ultra Chocolatta Dessert Bar.

Please call 48 hours in advance to make reservation and please let the Restaurant Reservationist know of your gluten-free preference. **Peppercorn Duck Club proudly holds the "CSA Recognition Seal" from the Celiac Sprue Association denoting that it is a risk-free choice for celiacs** and is recognized as the Best of the Best. *(For more on the Recognition Seal, see below.)*



Skies Restaurant. Located atop the Hyatt Regency Hotel Crown Center, 2345 McGee Street, Kansas City, MO 64108, (816) 398-4845. Kansas City's only revolving restaurant. Skies offers cocktails and dinner with a panoramic view of the city. With 72 windows lining the exterior of Skies, guests are surrounded with the sights of Kansas City. Menu items include: Mediterranean Roasted Walleye, Sautéed Prawns Pescatora, Pan Fried Breast of Chicken, Filet Mignon, Kansas City Strip Steak and Skies Prime Rib. Entrées range \$28-\$40. Please call 48 hours in advance to make reservation and please let the Restaurant Reservationist know of your gluten-free preference.

Milano Italian Dining. Located on the 1st Level, Crown Center Shops, 2450 Grand Blvd., Kansas City, MO 64108, (816) 398-4825. Menu items include: Gluten-Free Pasta, Fish, Chicken and Steak. In addition the Milano culinary staff has developed individual sized 10-inch gluten-free pizzas that are available with 48 hours notice, \$9.95. A la carte lunch and dinner entrees start at \$8.95-\$24.00.

These three restaurants are under the direction of Rusty Macy, a celiac member of our support group and General Manager, Hyatt Regency Crown Center. Executive Chef Frank Majowicz and his staff are fully trained in gluten-free cooking and avoidance of cross-contamination.

The CSA Recognition Seal

From *Lifeline*, official publication of the Celiac Sprue Association: "The CSA Recognition Seal, the first and ONLY visual indicator of a risk-free product choice for celiacs, is administered by the national office.

The seal itself means that the product is free of wheat, barley, rye, oats; their cross-bred hybrids; and their derivatives in *Product, Processing, and Packaging*. It simply means the *Best of the Best*.



"The program encompasses the entire lifecycle of a product from market analysis to point-of-sale. The program includes professional *field-to-fork* confidential consulting and on-site inspections. Ingredient and end-product VERIFICATION testing at less than 3 ppm is processed in cooperation with the food testing laboratory at the University of Nebraska. The program supports the CSA mission of "Celiacs Helping Celiacs" by educating and informing manufacturers on how to provide the *Best of the Best* products for celiacs. The seal indicates they graduated with honors."

Gluten-Free Essentials Holds CSA Recognition Seal

Gluten-Free Essentials in Clyde, Kansas, near Concordia, proudly holds the CSA Recognition Seal denoting that it is a risk-free choice for celiacs and is recognized as the Best of the Best (*see page 9 for details about the seal*). They offer an all-purpose baking mix and mixes for brownies, cookies, cakes, muffins, pancakes and waffles. All products are made with organic rice flour and non-GMO sorghum flour in a dedicated gluten-free facility. They also offer mixes for rice side dishes. All products are free of gluten, lactose, casein, nuts, and soy. For information, go to www.gfessentials.com; write to Gluten-Free Essentials, P.O. Box 134, Clyde, KS 66938; or call 785-446-3639. Gluten-Free Essentials products can be found in some Hy-Vee Stores in the KC area: 4000 West 6th Street, Lawrence, KS; 16100 West 135th Street, Olathe, KS; 8900 W. 135th, Overland Park, KS; 4545 S. Noland Road, Independence, MO; 7117 N. Prospect, Gladstone, MO; 929 Hwy D, Osage Beach, MO; 310 SW Ward Road, Lee's Summit, MO; 201 N. Belt Highway, St. Joseph, MO. Other retailers are To Your Health Kansas, 611 E. Main Street, Gardner, KS 66030; and Emerald Forest Health Foods, 12234 W. 95th Street, Lenexa, 66215.

Disclaimer

Efforts are made to verify the gluten-free status of products named in this newsletter, but manufacturers can change formulations without notice and once gluten-free products may not always be gluten-free. **It is the responsibility of every person to verify the gluten-free status of products he/she purchases and not to rely solely on the information provided in this newsletter.** Citing brand names is for reader convenience and does not constitute endorsement of products or imply that these are the only suitable gluten-free products available.

The information provided in this newsletter is not intended to be a substitute for individual medical advice in diagnosing or treating a health problem. Please consult your healthcare provider about your health concerns.

All recommendations, information, dietary suggestions, menus, recipes, and related data generated by the Kansas City Chapter of CSA/USA, Inc., are intended for the benefit of our members and other interested parties. The text has NOT been submitted for approval by the CSA/USA, Inc., medical board. No liability is assumed for the use of this information.

KC Gluten-Free Advocate

Celiac Sprue Association of Greater Kansas City

Chapter 4

14409 W. 123rd Terrace

Olathe, KS 66062

Celiacs Helping Celiacs