

Greetings everyone,

First a thank you to Courtney Keonin for serving as president for the past two years, Julie Davis for serving as secretary, and Cindy Faulknier for assisting Julie and for serving as CSA Member-at-Large/Region 2. Our group couldn't run without people serving other people.

I slept and dreamed that life was happiness.
I awoke and saw that life was service.
I served and found in service happiness is found.

Rabindnath Tagore – Indian poet

Celiacs helping Celiacs—that is what this group is about. I'm excited about working with all of you in supporting the group, and I welcome all the newcomers.

I hope all of you will have a blessed and productive 2010.

With regards,

Mary Scharff
President, CSA Chapter 4

UPCOMING EVENTS

- Feb 14, 2010 Judy Bond will provide an overview of autoimmune diseases associated with celiac sprue and what they share in common. Food theme: Heart healthy gluten-free soups and breads.
- Mar 14, 2010 Member discussion and roundtable. Dean Cling will share what he learned at the 2009 CSA National Conference and the group will discuss the upcoming CSA Conference in Kansas City in October. Food theme: A touch of blarney...celebrating all that is green. Bring gluten-free corned beef, cabbage, or your favorite green salad with GF dressing and GF croutons.
- Apr 11, 2010 “The Historic and Current Clash of Man vs. Gluten: Distinguishing the Gluten Sensitivity Iceberg from the Celiac,” by Dr. Kenneth Fine, Board Certified Gastroenterologist. Food theme: An optional food and cooking demonstration by Chef Frank Majowicz, Hyatt Regency Crown Center, will follow Dr. Fine's presentation; donation \$5. See page 4 for details.
- May 9, 2010 No meeting: Mother's Day.

*Children are welcome, but must be supervised at all times.
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.*

Transitions in the Offices of President and Secretary

At the January meeting, Mary Scharff was elected President of CSA Chapter 4 and Rose Farris was elected Secretary, both for two-year terms beginning February 1. We welcome them to their new positions and we all look forward to working with them in these capacities. Both have prior leadership experience in our group. Mary served as Vice President in 2007 and 2008 and as Treasurer in 2005 and 2006. Rose has served in various capacities for several years, most recently on the Hospitality Committee and the Picnic Committee. Congratulations to both Mary and Rose.

We extend our sincere thanks to Courtney Keonin for her dedicated service as our President in 2008 and 2009. Thanks to Courtney's leadership, our group has continued its fine service to our members. Thanks to Julie Davis for her service as Secretary and to Cindy Faulknier for serving as alternate Secretary and as CSA Member-at-Large/Region 2. We appreciate their contributions to the group.

A Message from Our Outgoing President

Dear CSA Members and Friends:

I would like to thank each one of you, as part of the Greater KC Chapter CSA, for your support, kindness and enthusiasm which contributed to tremendous growth and success of our group. It was an absolute joy to serve as president for such a thriving group. I look forward to Mary Scharff serving as president of our group and Rose Farris serving as secretary. I am confident that both Mary and Rose will work with all of us to continue helping our chapter grow in many ways.

I want to personally thank Julie Davis and Cindy Faulknier for their leadership roles during my term as president, and I also want to thank the Executive Board and Committees for their hard work, cooperation and perseverance in upholding the mission of our organization.

It has been a pleasure to serve you as president these past 2 years, and you can count on me to continue serving you as a member of this chapter!

Courtney Keonin, RD, LD
Hy-Vee Dietitian & Wellness Coach
Former President of the KC Chapter 4 Celiac Sprue Association

Is Gluten Absorbed Through the Skin?

According to the Mayo Clinic and the University of Chicago Celiac Disease Center, gluten applied externally, as through cosmetics and skin care products, will not cause a celiac reaction. Gluten molecules are too large to be absorbed through the skin. Gluten must be ingested to cause a reaction, even in the case of dermatitis herpetiformis. If a person has a reaction to an external product, it is probably because of an allergy or it may have been ingested, such as through lipstick, lip balms, lotions on finger tips, or a child putting her hair in her mouth after shampooing.

If you use a cosmetic or skin care product that contains gluten and you develop a skin reaction, see your doctor or dermatologist to identify the cause. It is possible to have an allergy to wheat or another grain that could cause a skin reaction. Avoid skin care products or shampoos that contain gluten if they are to be applied on a small child who might put the treated skin area or hair into his or her mouth.

For many years, celiacs have been advised to avoid cosmetics and skin care products containing gluten, but recent science no longer supports that. However, every celiac should make his/her own decision regarding the external application of products containing gluten. This article does not constitute a recommendation to use the products.

Gluten-Free Social

The Olathe Hy-Vee on Sante Fe (16100 West 135th Street, Olathe, KS 66062) is having a Gluten-Free Social on Thursday, January 28th from 4-6pm. Call the store for more details: 913-780-9339.

Cel-Kids News

The annual Cel-Kids pizza party is at Waldo Pizza, 7433 Broadway (75th and Broadway) on Saturday, February 6 from 6:00 to 8:00 p.m. Cost is \$4 per person. Please RSVP to Diadra Harnden at dhardenrd@aol.com by 4:00 p.m., February 3, if you plan to attend.

If you have changed your email address in the past two years and have not been receiving Cel-Kids notices, please send your new email address to Jessica Farris or Diadra Harnden. Jessica's email address is jfcelkids@gmail.com and Diadra's is dhardenrd@aol.com.

Teens and college students who wish to connect with other celiacs of their age may send their email addresses and/or phone numbers to Jessica Farris. Jessica will notify you of activities for your group.

Facebookers: Don't forget, we are on Facebook under Greater Kansas City Cel-Kids.

HELP LINE REPORT

by Helen Richards

Our sources for gluten-free information are fortunately multiplying--from the Internet, food suppliers, product lists, etc. But it is still helpful to speak with another celiac, especially when you are newly-diagnosed; that's why our group has a Help Line. For much more help from gluten-free individuals, attend our monthly meetings!

Help Line Phone:
913-393-7400

\$\$\$ Treasurer's Report \$\$\$

by George Smiley

Beginning balance as of 8-11-09	\$4,743.12
Income	\$1,371.86
Expenses	<u>\$1,374.56</u>
Ending balance as of 8-11-09	\$4,740.42

Suggested donation: \$5 per month per family.
Thanks to member donations, our Chapter has operated for over 20 years without requiring membership dues. An accomplishment to be proud of!

CSA of Greater Kansas City—Executive Board for 2010

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

Past President Courtney Keonin
913-515-8802; mkeonin@hotmail.com

Vice-President Debra Filla
913-381-8489; insideout@attglobal.net

Secretary Rose Farris
816-353-7560; rm.farris@att.net

CSA Member-at-Large/Region 2 TBA

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

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

Chairpersons of Standing Committees:

Cel-Kids	Jessica Farris <i>Tweens and Older</i> Diadra Harnden <i>Up to Tweens Age</i>
Hospitality	Rose Farris Sheri Garner Ann & George Smiley
Newsletter	Courtney Keonin and
Distribution	Mike & Jennifer Robert

KC Gluten-Free Advocate

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Details of April 11 Meeting

This will be a two-part meeting.

2:00 to 3:30 p.m. Presentation by Dr. Kenneth Fine, Board Certified Gastroenterologist - “The Historic and Current Clash of Man vs. Gluten: Distinguishing the Gluten Sensitivity Iceberg from the Celiac.” This presentation is a no-charge event for newly-diagnosed members attending a meeting for the first time, as well as our CSA Chapter 4 members (as determined by our email and postal mailing lists). We are opening the meeting to the community at-large for a \$5 donation per person (over age 12), payable at the door. This portion of the meeting will conclude at 3:30 p.m.

3:45 to 5:00 p.m. Food Sampling and Cooking Demonstration by Executive Chef Frank Majowicz- “Beyond Gluten-Free: Healing the Gut - Cooking Simply, Cooking Healthy”. The session will begin with information on eating to restore health to your gut. Next will be Executive Chef Frank Majowicz, of Hyatt Regency Crown Center and The Crown Center Restaurants by Hyatt, along with Rusty Macy, General Manager of Hyatt Regency Crown Center, demonstrating how to cook healthy and simply. And then you’ll be in for the best treat of all - sampling what Chef Frank has prepared! The cold dish will be a chilled Southwestern Quinoa Salad (quinoa, beans, roasted corn, cheese, olive oil, cilantro) and the warm dish will be Asian Chicken with Slaw. For everyone attending this session, including members of Chapter 4, there will be a \$5 donation per person. Children 12 and under are free. To register, please send your name, telephone number, the number in your party who will attend, and \$5 donation per attendee (over age 12) to Debra Filla, 8505 Belinder Road, Leawood, KS 66206, postmarked no later than April 1st, 2010. Please make checks payable to **CSA, Chapter 4**. Please do not send cash.

Evaluate What You Read or Hear



Some articles in the news, in books, and on the-internet claiming to be based on scientific research are questionable and, sometimes, dangerous. Likewise, some physicians, other medical professionals, educators, manufacturers, and retailers may provide information that is incorrect, questionable, or even dangerous.

Regardless of the source, it is good practice to make inquiries and do your own research to verify which information is valid and which to ignore. Get information from several independent sources, verify their reliability, and evaluate the information’s consistency from source to source. Determine that the information is supported and endorsed by the mainstream medical community and by reliable celiac-oriented organizations.

Introducing a Free Gluten-Free Online Community Resource

Gail Mitchell is the founder of an Overland Park-based company called www.glutenfreechecklist.com. Gail and her daughters were diagnosed with celiac disease six years ago and like most newly-diagnosed people, they quickly became overwhelmed. It didn't take Gail long to realize how important it was to have help from others who had been in her shoes. It was her experience with this "sense of community" that gave her the idea three years ago for glutenfreechecklist.com. It was the belief that having a network of people to turn to for advice about everything from products and recipes to preparing your child's teacher for her first gluten-free student could help make someone's life a lot easier. There is no charge to become a member of glutenfreechecklist.com or to have access to any of the checklists, recipes or resources.

At this website, consumers have the ability to sort each of the checklists by food category and manufacturer, learn more about products, and find out where to buy them online or through direct website links to manufacturers and store locators.

Survey of Gluten-Free Hospital Experiences

Christy Burgess, Registered Nurse and a member of our support group, is developing a program to educate hospital staffs regarding how to provide gluten-free meals and medications to patients with celiac disease.

If you have been hospitalized and required a gluten-free diet and medications, please take a few minutes to answer the questions in this survey. Your answers will assist Christy in developing her program which will benefit all celiacs. Print out the questionnaire, complete it, and mail to:

Christy Burgess

9601 Howard Road

Lee's Summit, MO 64086

Or email the completed questionnaire to

b.christy@sbcglobal.net

Print Your Name: _____ Telephone Number: (____)-____-_____
(Optional) (Privacy is guaranteed. Only Christy will see your completed questionnaire.)

Print Your Email Address: _____
(Optional—In case clarification is needed)

Print Name and City of Hospital: _____
(Optional)

Questions:

1. Of the hospital staff members you had contact with, please indicate how you would rate each person's knowledge of the gluten-free diet. (A rating of 1 indicates no knowledge at all. A rating of 10 indicates the person was definitely knowledgeable and helped keep you gluten-free while in the hospital.)

Dietitian 1 2 3 4 5 6 7 8 9 10

Food Service Manager 1 2 3 4 5 6 7 8 9 10

Nurses 1 2 3 4 5 6 7 8 9 10

Physicians 1 2 3 4 5 6 7 8 9 10

Pharmacists 1 2 3 4 5 6 7 8 9 10

Other 1 2 3 4 5 6 7 8 9 10 Job: _____

2. Did you have to send foods back to the kitchen because of gluten or cross contamination? Explain. (Please attach a separate sheet with explanations numbered)
3. Were gluten-free foods prepared by the hospital kitchen or were they prepared foods purchased for you from a store? Explain.
4. Did a member of the staff come to you to review menus before meals to verify gluten-free status of the foods they were planning to serve you? Explain.
5. Did family or friends have to bring gluten-free food for you? Explain.
6. Did you experience any gluten reactions from food or medications while in the hospital? Explain.
7. Did any member of the medical staff, kitchen, or pharmacy come to you for more information about your gluten-free needs following your first discussion with them? Explain.
8. Did the pharmacy, a nurse, or a physician confirm for you that your medications were gluten-free before administering them to you? Did you have to insist on verification? Explain.
9. Did any member of the medical or pharmacy staff give you the impression they thought gluten intolerance was not an important issue? Explain.
10. Did you file a complaint with the hospital regarding poor handling of your gluten restrictions? Explain.
11. Is there any other information you would like to add? Explain.

Probiotics and Celiac Disease

Probiotics work by providing specific types of microbes (bacteria) to maintain or restore a balance among microbes found naturally in the intestinal tract. Healthy individuals maintain a natural balance among the nearly 1000 microbial species in the intestine, but an imbalance can occur for a number of reasons.

Probiotic microorganisms used in the U.S. are usually bacteria or yeasts that may or may not confer a health benefit. Probiotics sold as food ingredients or dietary supplements can make health claims as long as they are substantiated by sound research conducted in humans. Studies should be published in peer-reviewed, reputable journals and manufacturers' websites ought to provide study results. Not all manufacturers have clinical substantiation for their claims. Further, the quality of studies varies. Consequently, consumers need to check labels, manufacturers' websites, and any other available information to verify the claims.

Probiotics are found in food supplements in the form of capsules, powders, and pearls. Probiotics also occur in some foods, such as yogurt, milk, ice cream, soy beverages, and sauerkraut. However, just because a product contains active culture does not mean it is a probiotic. It is probiotic only if it has been shown to provide a health benefit. Of hundreds of new products launched in recent years, very few have been shown to be probiotic.

Probiotics are considered safe for healthy individuals and may have beneficial effects. Although some studies show probiotic microbes reduce infection and promote healing, other studies indicate certain microbes make particular conditions worse. It is important to know why probiotics are being used and the health status of the individual using them. Infants, individuals with compromised immune systems, and those with other major underlying illnesses should get their doctor's approval prior to using probiotic products.

A specific problem associated with microbial imbalance in celiac disease is bacterial overgrowth, an intestinal contamination with excessive numbers of bacteria. More research is needed to clarify the role of probiotics in the treatment of bacterial overgrowth in individuals with celiac disease. In addition to bacterial overgrowth, researchers report that children with celiac disease had lower levels of selected intestinal microbes when compared to children without celiac disease. The microbes were only partially restored after long-term treatment with a gluten-free diet. Research suggests a potential role for probiotics in the treatment of celiac disease, but before making such a recommendation, much more research is needed to understand the risks and benefits of probiotics in treating celiac disease.

To date, there is not enough evidence to recommend routine use of probiotics in celiac disease. Whether probiotics are safe and effective in celiac disease remains to be seen. In the meantime, individuals with celiac disease should make any decision regarding the use of probiotics based on their own circumstances. It helps to discuss the use of probiotics with a medical professional such as a doctor, dietitian, or pharmacist. Remember to confirm the gluten-free status of any probiotic products consumed.

Source: CSA Lifeline, volume XXIX No. III, (October) 2009. Article by Jean E. Guest, Ph.D., R.D., L.M.N.T. For the complete article, see the referenced issue of Lifeline.

Amending By-Laws

At the November 2009 meeting, members approved granting the Executive Board authority to amend the By-Laws of CSA Chapter 4 as they pertain to the election month for officers and to make some other minor administrative changes.

Isabella's Best Gluten-Free Pepperoni Pizza is Available at Sam's Clubs

After well over a year of development, Isabella's Best Gluten Free Pepperoni Pizza is now available in Sam's Clubs across the Midwest. Mike Lee, owner from Lee's Summit and parent of a celiac daughter, has been working with others to develop a line of gluten-free pizzas. If the product is well received, Mike and his team will have other varieties to offer

Isabella's Best Pizza is available at the following Sam's Club locations in 12-inch two-packs:

8300 W 135th Street Overland Park, KS

5110 North Oak Trafficway, Kansas City, MO

4100 Bolger Rd, Independence, MO

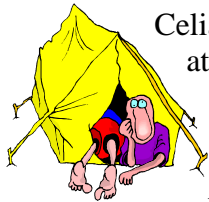
And other Sam's locations in Columbia, Wichita, Topeka and Springfield.

Supporting gluten free products at Sam's Club will encourage the retailer to expand their availability, so go out and purchase Isabella's Best today!

Thanks to Vendors for Samples at Meetings

Thanks to the following GF vendors for providing samples at recent meetings: 123 Gluten Free, Katz Gluten Free Bakery, Jo-Sef, Isabella's Pizza, AgVantage Naturals, Nonuttin Bars, and Namaste. Thanks also to Sheri Garner for contacting manufacturers for donations of samples and thanks to Sheri and to Ann Smiley for baking many mixes once they arrive.

Gluten-Free Summer Camp



Celiac kids, ages 7 to 15, and their siblings are invited to a gluten-free summer camp at Camp Gilmont near Gilmer, Texas (two hours east of Dallas) from July 11 to 16, 2010. The fee is \$395 per camper with a \$100 nonrefundable deposit due upon registration. After May 1, the fee is \$425. For more information, contact the camp registrar at registrar@greatglutenescape.org or 972-727-4654. Register online at <http://www.dallasrock.org/asp/ggeregistration.aspx>. For more online information about the camp, visit the website at <http://www.dallasrock.org/gge.htm>.

2010 CSA Conference to be Held in Kansas City

The 33rd Annual CSA Conference and 5th Annual CSA Dietitian Day will be held at Kansas City's Hyatt Regency Hotel on October 28-31, 2010. This is our opportunity to hear from a number of experts in celiac disease, taste food samples from a wide variety of gluten-free food manufacturers, and dine on safe gluten-free meals. There will be fun, interesting, and educational activities for children, teens, and young adults. Volunteers from our group will be needed to help with various support duties. More information will be provided in later newsletters and at monthly meetings.

Gluten-Free in Residential Care Facilities

Celiacs and individuals with celiac family members can find useful information for choosing and working with residential care facilities by visiting our website, www.csakansascity.org, and clicking on "Gluten-Free in Residential Care Facilities." The information is provided by Ronni Alicea, RD MBA, who is a consultant dietitian for healthcare facilities and gluten-free companies. Included is information regarding whom to talk to, questions to ask, and how to specify requirements of the gluten-free diet.

A New Feature for the Newsletter

We would like to feature stories about our members' personal journeys along the celiac highway. Under the title, "My Celiac Story," the articles will portray members' experiences prior to and after diagnosis and what it's like to live the gluten-free lifestyle, including the obstacles and trials, but with emphasis on the positive outcomes. If you have an interesting story to share, please email it to the editor, limiting the text to 150 words or less. Space limitations may not allow inclusion of stories in every issue. Thanks to Helen Richards for this great idea.

Gluten-Free Is Not Risk-Free

Labels stating "gluten-free" are helpful, but they do not guarantee a risk-free product. Gluten may exist because: (1) testing methods are still too unreliable and too inconsistent to be fully trusted; (2) some testing methods may identify gluten from wheat but not from barley; and (3) food manufacturers are not required to inform consumers of potential cross-contamination in their products (such as in farm fields, shipping, manufacturing processes, and packaging). Consequently, celiacs must always read labels and/or call manufacturers to verify gluten-free status when suspect ingredients are listed or when cross-contamination is a concern.

Additionally, some products labeled gluten-free have footnotes stating "made in a facility that processes wheat." Since manufacturers are not required to add this statement to their labels, it is possible for products to be made in such facilities without informing consumers.

Discounted Price for Test to Detect Genetic Predisposition for Celiac Disease

In the August 2009 issue, we announced that the Celiac Sprue Association has requested that members be notified of an FDA-approved saliva-based do-it-yourself gene test, called MyCeliacID from Prometheus Laboratories, Inc., to determine if an individual has the genetic predisposition for celiac disease. It does NOT say an individual has the disease; in fact, most people who have the genetic makeup will not have celiac disease. Individuals and families are encouraged to discuss the home test option with their physicians to determine if this or other tests may be useful in their care. The CSA does not endorse products, but makes this information available as a service to the celiac community.

Prometheus Laboratories is offering the test to members of our support group, their families, and their friends for a **discounted price of \$229 (regularly \$329) if the test is ordered before February 28, 2010**, by entering the promotional code "CeliacSupportGroups" when ordering the test online. There is no additional shipping and handling fee. Additional discounts can be taken for multiple family members. Please call 1 (800) 610-1525 for more information.

The test can be ordered online at www.MyCeliacid.com in four easy steps. The test results will be received privately by email and the results are 100% confidential. The website, www.MyCeliacid.com contains additional information and the answers to frequently asked questions.



A saliva collection tube will be sent to you. The website provides an instructional video for filling and processing the collection tube: click on "About This Test" and scroll to Step 2. Upon the sample's return in a pre-paid FedEx shipping box, it will be analyzed at Prometheus Laboratories in San Diego. You will be notified by email of test results, usually within seven days. If you do not have the genes, you are unlikely to develop celiac disease. If you do have the genes, you may have celiac disease and you should consult a doctor. Individuals with family members who have celiac disease may be particularly interested in this test.

Two Cooking Classes Offered

Cooking Class #1

If you are interested in attending a “Limited Hands-On” class on Gluten-Free Desserts with Pastry Chef Danica Pollard on Saturday, February 20 from 9:00 a.m. to 12:00 noon at the Culinary Center of KC, check out this website for more information:

http://www.cookingschoolsofamerica.com/kcculinary/index.php?flag_menu_index=reservation_php

Cost is \$50. See website for more details and to register.

Cooking Class #2



Warming Winter Soups. Nothing is more satisfying on a cold winter’s day than a warming bowl of soup. Come to this class to learn a few tasty soup recipes infused with warming and exotic spices. Featured recipes: Red Lentil Soup with East Indian Spices and Thai Coconut Chicken Soup. *Gluten-Free, Dairy-Free.* Date and time: Thursday, January 28, 5:00-6:30p.m. Cost: \$25.

To register, call 913-588-6208 or email Lisa Markley at lmarkley@kumc.edu. Payment is due at time of registration. ****If you have any dietary concerns, please let Lisa know so she can help accommodate your needs. *Classes are small and fill up quickly, so reserve your seat now!***

The Healing Foods Kitchen is located in Sudler 2054 in the Program in Integrative Medicine at the University of Kansas Medical Center 3901 Rainbow Blvd. Kansas City, KS 66160

<http://integrativemed.kumc.edu>

Recipe: GF Buttermilk Pancakes

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.

These pancakes are tasty, have a good texture, and are easy to make. In my opinion, they are the best gluten-free pancakes I have found.

2 cups gluten-free flour blend
¼ cup sugar (C&H)
2½ teaspoons baking powder (Clabber Girl)
½ teaspoon baking soda (Arm & Hammer)
½ teaspoon salt
2 cups gluten-free buttermilk (Anderson Erickson)
2 large eggs
2 teaspoons vanilla extract (McCormick)
3 tablespoons unsalted butter, melted and cooled (Land O Lakes)
(Blueberries or other fruit can be added, if desired.)

In a large bowl, whisk the flour blend, sugar, baking powder, baking soda, and salt. In a medium bowl, whisk the buttermilk, eggs, vanilla extract, and cooled, melted butter. Pour the wet ingredients into the dry ingredients. Whisk until the batter is evenly moistened. (Pancakes will be fluffier if batter is allowed to sit for 4 or 5 minutes before frying.) Lightly oil a griddle at 375° or a skillet over medium heat. Pour ¼ cup of batter for each pancake, spacing them about one inch apart. Cook until bubbles rise to the surface and the underside is golden brown. Flip over and cook until second side is golden. Serve with butter and maple syrup.

A full recipe makes about 17 pancakes. One-half of the recipe will serve two to four people. Use a kitchen scale to divide the dry mix into two equal batches and store/freeze in zippered plastic bags. When ready to cook, add one-half of the wet ingredients.

Leftover pancakes can be frozen. Defrost in the refrigerator overnight and reheat in a 300° oven for five minutes.

What Tasty Gluten-Free Products Have You Found?

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

It's exciting to see so many new gluten-free products appearing on the market. Before we buy, however, we would like to know which ones are the best in terms of taste, texture, and overall quality.

For the May 2010 issue of the *KC Gluten-Free Advocate*, we would like to list gluten-free products our members have found in the past year or two that they recommend. For example, I was excited to find:

French Meadow breads (great toasted)—at Nature's Pantry, Independence
Real Foods Corn Thins (good with peanut butter and jelly)—at Nature's Pantry, Independence
Bakery On Main granola cereals—at Nature's Pantry, Independence
Kettle brand potato chips—at Nature's Pantry, Independence
Schar Shortbread Cookies (other flavors, too)—at Nature's Pantry, Independence
Betty Crocker gluten-free cake and brownie mixes—at Price Chopper and Target
Waldo Pizza—restaurants in Waldo and Lee's Summit



Please send an email to Ray Melton at meltonrp@sbcglobal.net with your product recommendations. Please send it today before you forget. Use the subject heading "GF Products." Include the product name, the manufacturer's name, serving suggestions (if any) and where you found the product. Your input counts—the more good products we list, the more we help our celiac friends.

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 or consumes 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 or implied 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

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