

Greetings!

If you watch “Late Night with David Letterman,” you frequently see and hear John F. Kennedy’s famous quote, which I am modifying to -- “Ask not what CSA can do for you, but what you can do for CSA”. After all, our motto is “Celiacs Helping Celiacs.”

First – see the volunteer form on page 3. We are especially looking for a volunteer to be our Picnic Chairman for the August 12 event.

Second – we are asking you to confirm that you would like to continue to receive the newsletter – see page 2.

Third – we are asking you to consider membership in CSA. CSA is having a big membership promotion this year and we would like to see our chapter win a prize for the most new members. The dues for membership are *tax deductible*, and are \$33 for New Members and just \$25 per year for Renewing Members. Contact me for a membership form or go to [www.csaceliacs.org](http://www.csaceliacs.org)

Finally – we’ll be having elections for Secretary and President in November. I would like to see a full slate of candidates. Contact me to nominate someone!! Thanks!!

Judy Bond

[JBond@kc.rr.com](mailto:JBond@kc.rr.com)

**Do you wish to continue receiving this newsletter? If so, please notify us.  
See details on page 2.**

## UPCOMING EVENTS



- May 5, 2007 Book signing, “Grandma’s Guide to Gluten-Free Cooking,” at two Hy-Vees. *(See page 5 for details).*
- May 9, 2007 Free GF Gala at Olathe Hy-Vee, 16100 W. 135<sup>th</sup>. Hours: 5:00 to 7:00 p.m. Samples and GF diet info.
- May 13, 2007 Celiac 101, Getting Started with Gluten-Free Meal Preparation *(Because of Mother’s Day, this will be a small group meeting for the benefit of newly-diagnosed celiacs. However, anyone who wishes to attend is welcome.)*
- June 10, 2007 Italian Feast. While not obligated, you may wish to bring a gluten-free dish such as spaghetti, lasagna, breadsticks or foccacia, salad, or dessert.
- June 21, 2007 Tour and Taste at Blue Springs Hy-Vee. *(See page 7 for details.)*
- July 8, 2007 Judy Bond will review the book “Celiac Disease: A Hidden Epidemic” by Peter Green, MD, and Rory Jones.
- Aug 12, 2007 Annual GF Picnic *(if a volunteer will take charge— more information will appear in August newsletter)*

*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 sneakers could change schedules.*

## **Do You Wish to Continue Receiving This Newsletter?**

As in any organization, cost control is a major concern for our support group. One area under review is the cost of printing and mailing *The Gluten-Free Advocate*.



We are seeking your help. **If you wish to continue receiving the newsletter, please notify us no later than May 25, 2007. Beginning with the November issue, the newsletter will be discontinued for members who have not requested continuation.** If, at a later date, you wish to start receiving the newsletter again, just notify the editor and we will be happy to place your name on the mailing list.

Distribution by email has been considered, but too few members have this option to make it worthwhile.

**To continue receiving *The Gluten-Free Advocate*, please notify us in writing** by email or through the U.S. Postal Service. No phone calls, please. Send your request to Gary Richards, administrator of the mailing list, by May 25:

By Email: richgary@swbell.net

By U.S. Postal Service to:

Gary Richards, 14409 W. 123<sup>rd</sup> Terrace, Olathe, KS 66062

We value every member of our group and we appreciate your support. Thanks to all members and your families for all you do to make the Kansas City chapter of the Celiac Sprue Association a success.

## **Disney World Accommodates Gluten-Free Diets**



Food services at Walt Disney World accommodate gluten-intolerance and many food allergies. For example, guests can eat GF pancakes, waffles, breads, brownies, and cookies in some park locations, including table-service and quick service restaurants, food courts, and character breakfasts. It's best to call in advance of your arrival to discuss your need for gluten-free food (or your allergy to other foods). The telephone number is 407-939-3463. If you are unable to call prior to arrival, you may ask to speak to a chef while dining at a table service restaurant. Otherwise, while dining elsewhere in the park, ask a food service employee for assistance. Remember, however, that calling in advance to make arrangements is your best option. (Source: *Living Without* magazine, Spring 2007)

## **Busy Schedule, but Desiring Good Gluten-Free Food?**

Is your schedule too full to spend a lot of time on food preparation and cleanup? Consider Kitchen Concierge at 11532 West 135<sup>th</sup> Street and Quivera in Overland Park (913-681-5257 or email at [amy@kitchenconcierge.net](mailto:amy@kitchenconcierge.net)). On their premises, you will be provided recipes, ingredients, and equipment to assemble meals to take home and store in your freezer and they do the cleanup. At home, all you have to do is reheat the meals. Each month they offer 14 delicious entrees, each serving 4 to 6 people, and the menu changes every month. They can accommodate gluten-free diets. Do-It-Yourself meals cost \$145, plus tax, for 8 meals or \$189, plus tax, for 12 meals. You can also order carry-out at \$165, plus tax, for 8 meals and \$215, plus tax, for 12 meals. For a menu listing, visit the website at [www.kitchenconcierge.net](http://www.kitchenconcierge.net)

## **Help Continue Our Successful Meetings and Outreach Programs**

Your help is needed—be a Celiac Helping Celiacs. Please check the areas that you'd like to help with and mail it to Judy Bond at PO Box 84, Shawnee Mission, KS 66201. You may also fax it to Judy toll free at 866-827-7162. Someone will contact you to discuss how you can help in the areas you select.

### **Please complete and mail the form today while it's still fresh in your mind.**

- Help at the Welcome Table
- Help plan and lead children's activities
- Help plan and lead a Food Fair in 2008
- Help plan and lead the Thanksgiving Dinner on November 11
- Help plan and lead the Holiday Party on December 9
- Help with SwiftPage meeting reminders
- Help with the picnic on August 12:
  - Help plan the theme and decorations
  - Help plan kids' activities—crafts, carnival games, playroom, tickets/prizes
  - Help prepare and distribute fliers and publicity materials
  - Lead a bingo game
  - Lead a cake walk
  - Help set up tables before event
  - Help clean up after event

Name: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Email: \_\_\_\_\_

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### **HOTLINE REPORT**

by Helen Richards

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

**913-393-2400**

### **\$\$\$ Treasurer's Report \$\$\$**

by George Smiley

Beginning balance as of 12-31-06	\$2,471.36
Income	\$1661.17
Expenses	<u>\$ 619.03</u>
Ending balance as of 4-16-07	\$3513.51

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

Local website: [www.csakansascity.org](http://www.csakansascity.org)  
Webmaster: Kris Koehler  
[kmkoehler@kc.rr.com](mailto:kmkoehler@kc.rr.com)

#### Chairpersons of Standing Committees:

Cel-Kids	Jessica Farris
Greeters	Lea Everist
Picnic	TBA
Hospitality	Paula & Ray Melton Ann & George Smiley

*KC Gluten-Free Advocate*  
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November  
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816-228-5704  
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### **CSA of Greater Kansas City—Executive Board for 2007**

President	Judy Bond 913-236-5659; <a href="mailto:JBond@kc.rr.com">JBond@kc.rr.com</a>
Former President	Anna Scharenberg 913-962-0282; <a href="mailto:glutenfreeme@everestkc.net">glutenfreeme@everestkc.net</a>
Vice-President	Mary Scharff 816-650-3649; <a href="mailto:papabearscharff@earthlink.net">papabearscharff@earthlink.net</a>
Secretary and CSA Member-at-Large/Region 2	Cindy Faulknier 913-384-2276; <a href="mailto:cfaulknier@msn.com">cfaulknier@msn.com</a>
Treasurer	George Smiley 913-831-0031; <a href="mailto:georges@everestkc.net">georges@everestkc.net</a>
Chapter Dietitian	Karen Breshears 660-543-8737; <a href="mailto:kbreshears@cmsu1.cmsu.edu">kbreshears@cmsu1.cmsu.edu</a>

## Restaurants

**The American Restaurant**, located at Crown Center, 200 East 25th Street, Suite 400, Kansas City, MO 64108, 816-545-8001. *From the Sales Manager:* “Our extensive wine list, phenomenal cuisine, professional service team and breathtaking view of Kansas City’s skyline create an unforgettable dining experience. As Kansas City’s only Mobil Four Diamond and AAA Four Star Restaurant, we offer an ever-changing menu including Pan Roasted Lamb Loin, Pan Seared Kobe Beef, Pan Seared Diver Scallops, Maine Lobster Salad, Sonoma Mushroom Stack, and Lobster “Shepherds Pie.” We feature the “American Value” at lunch that includes choice of soup or salad, entrée and dessert for \$24. Dinner prices range from \$50 to \$80.



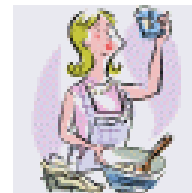
Service and culinary staff are happy to accommodate gluten-free diets. Reservations are recommended at least 48 hours in advance. Please advise the reservationist as to your gluten-free requirement. As our menu does change on a daily basis, please visit our website at [www.americankc.com](http://www.americankc.com) for each day's offerings.”

**Grand St. Café**, 4740 Grand, Kansas City, MO 64112, 816-561-8000. Proudly calls itself “Gluten-Free Friendly.” Many menu items are gluten-free or can be modified to be gluten-free. For dishes with components that contain gluten, tasty substitutions can be made. Gluten-free rolls are made on the premises and, for dessert, there is a chocolate soufflé served with warm crème anglaise and ice cream. Brunch is \$14.95 and is served from 10:00 a.m. to 2:00 p.m. Lunch includes appetizers, salads, sandwiches, soups, and entrees such as pork chops, chicken, filet mignon, salmon, and seafood; prices range from \$8.95 to \$18.95. Dinner includes many of the lunch items, plus duck, lamb, and steak at prices ranging from \$8.95 to \$32.95. Menus and prices are available online at [www.grandstreetcafe.com](http://www.grandstreetcafe.com). Reservations are accepted, but not required. When dining, let your server know of your gluten-free needs and the staff will go out of their way to ensure that you will have a great dining experience.

**bd’s mongolian barbecue**, 19750 Valley View Parkway, Independence, MO 64057, 816-795-5430. Customers assemble their own blends of meats, vegetables, and sauces which are then grilled as the customers watch. Lunches range from \$5.99 to \$10.49 (unlimited portions at \$10.49) and dinners are \$12.99 for unlimited stir-fry, soup, and salad. The restaurant’s Nutritional Brochure lists the lemon and spicy buffalo sauces as gluten-free. Spicy buffalo is very hot. Celiac customers are welcome to bring their own sauces, such as LaChoy brand soy sauce, and their meals will be prepared in the kitchen in a separate pan—the cooking grills in the serving area may have been contaminated with gluten. The brochure cautions that “Because of how items are displayed in the market area, it is possible that separate items may unintentionally interact and affect nutritional values.”

## How to Moistened and Lighten Conventional Recipes Converted to GF

Many conventional baking recipes requiring wheat flour can be easily converted using gluten-free flour mixes. One cup of GF flour mix can be substituted for one cup of wheat flour. To moisten and lighten the baked products, experiment with adding approximately ¼ cup of gluten-free plain yogurt or applesauce. Thanks to Paul Jacobsen, a member, for sharing this suggestion.



## **Signing of GF Cookbook at Two Hy-Vee Stores on May 5**

Barbara Wells, author of *Grandma's Guide to Gluten-Free Cooking*, will sign copies at the Blue Springs Hy-Vee from 10:00 a.m. to noon and at the Overland Park-Metcalf Hy-Vee from 1:00 p.m. to 3:00 p.m. on May 5. The Blue Springs store is at the intersection of Highways 40 and 7; the Overland Park store is just east of Metcalf on 91<sup>st</sup>. Along with the cookbooks, she will also provide taste samples of some of her recipes. All recipes are free of gluten, dairy, peanut, and eggs. The cookbooks are also available at [www.grandmasglutenfree.com](http://www.grandmasglutenfree.com) and from [www.amazon.com](http://www.amazon.com) and some Hy-Vee stores.

## **Planning to Travel? See Our Handy List of Travel-Friendly GF Foods**



Visit our website at [www.csakansascity.org](http://www.csakansascity.org) for a two-page list of gluten-free foods by brand name that are well suited to travel. In the website, click on “Links and Information” in the left column, then click on “Celiac Friendly Foods That Travel.” If you do not have access to the internet, you may call Ray Melton at 816-228-5704 to request a copy by U.S. mail or to pick up at a monthly meeting. Typical items are meats, soups, spreads, chips, dips, beverages, dried fruits, popcorn, breads, crackers, candies, and much more.

## **Get Together with Other Celiacs in the Lee's Summit Area**

If you would like to get together with other celiacs in the Lee's Summit area, contact Winona Bales at 816-524-7936 or email [Balesfrancis1419@aol.com](mailto:Balesfrancis1419@aol.com) or email Michelle Arasim Dickmann, Hy-Vee Dietitian, at [1381dietitian@hy-vee.com](mailto:1381dietitian@hy-vee.com)

## **More Gluten-Free Products on the Market**

An article in the *Lawrence Journal World* states “the number of gluten-free products on the market has more than tripled since 2001, according to Productscan Online, a database of packaged goods that named gluten-free products one of the top-10 trends in food in 2006.” The newspaper reports that Mary Schluckebier, Executive Director of the Celiac Sprue Association, is concerned that some gluten-free companies may go out of business because, even though more people are being diagnosed, that growth may not support the rapid expansion of product availability. She states “I would say if these products aren't good enough for everybody, they're not going to make it. There's so much competition.”

## **Toaster Bags Help Prevent Gluten Contamination**

Toaster bags help prevent gluten contamination when away from home at college, camp, day care, on vacation, or while visiting friends and relatives. Use the bags for toast and for pizza slices, bacon, burgers, grilled cheese, and more. A set of two transparent non-stick toaster bags that are reusable up to 10 times is available at [www.amazon.com](http://www.amazon.com) for \$4.99 plus shipping.



## **Help Our Group Win a Buffet Dinner at a Restaurant**

To celebrate CSA's landmark 30<sup>th</sup> Annual Conference, CSA's Chef Aaron Flores will work with a local restaurant to prepare a gluten-free dinner for up to 150 people in the CSA chapter that recruits the most new CSA members for 2007 (over and above 25 people). To qualify, each new member must enroll as a member of the Celiac Sprue Association by calling 1-877-CSA-4-CSA or by visiting the website at [www.csaceliacs.org](http://www.csaceliacs.org). Currently, *tax deductible* fees for new members are \$33 and for renewing members, \$25, per year. If you attend our support group, but have not enrolled in the national CSA organization, please consider doing so. If you know of other celiacs who don't attend our meetings, encourage them to join us and to become members of the national organization. OUR CHAPTER IS ONE OF THE BEST—WE CAN WIN!

## Recipe: Buckwheat Pancakes and Waffles Makes 4 to 6 servings

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.

- 1 cup buckwheat flour
- 1 cup Multi-Blend Gluten-Free Flour Mix  
*(Editor's note: see recipe below or substitute other GF flour mix)*
- ½ teaspoon salt
- 1 teaspoon cream of tartar (McCormick)
- ½ teaspoon baking soda (Arm & Hammer)
- 2 teaspoons baking powder (Calumet or Clabber Girl)
- ¼ cup sugar (C&H)
- ½ cup melted butter (Land O Lakes) or vegetable oil
- 3 large eggs
- 1½ cups milk



Note: Buckwheat is not a member of the wheat family. It is gluten-free.

Heat a nonstick griddle or a heavy-bottomed frying pan to 350°-375° F.

Whisk together flours, salt, cream of tartar, baking soda, baking powder, sugar, butter, and eggs in a medium bowl. Stir just enough to dampen the batter, do not overbeat. Cautiously add milk until you reach desired consistency. (You may not need all the milk.) Pour ¼ cup of batter onto the cooking surface. Cook until the pancake is full of bubbles on top and the underside is lightly browned, then flip with a spatula and cook the other side until it is lightly browned. Remove from griddle or pan and set aside on a warm plate while cooking the remaining pancakes. Serve with warm maple syrup or sorghum. *Note: The amount of milk determines the thickness of these pancakes.*

Try sprinkling raisins, dried cherries, cranberries, fresh blueberries, or thin slices of a tart, juicy apple into pancake batter while it cooks to add variety. This recipe is adapted from Wendy Wark's *Living Healthy with Celiac Disease* (AnAffect 1998). Use the same recipe for waffles.

## Recipe: Multi-Blend Gluten-Free Flour Mix

*Newsletter Editor's Note: This GF flour mix is less grainy than many and generally works well as a substitute for wheat flour. I usually mix a quadruple batch to have plenty on-hand when needed.*

- 1 cup brown rice flour
- 1¼ cups white rice flour
- ¼ cup potato starch flour
- 2/3 cup tapioca starch flour
- ¾ cup sweet rice flour
- 1/3 cup cornstarch
- 2 teaspoons xanthan or guar gum

For baked goods using this flour mix, add more xanthan gum as follows:

**Bread** 1 teaspoon per cup of flour mix

**Cakes** ½ teaspoon per cup of flour mix

**Cookies** ¼ teaspoon per cup of flour mix

Flour mix recipe from Wendy Wark's book *Living Healthy with Celiac Disease* (AnAffect, 1998). This book is full of recipes and resources.

I often use all finely ground brown rice flour (2¼ cups) rather than using the white rice flour. [www.authenticfoods.com](http://www.authenticfoods.com) also sells this mix.

Both recipes reprinted with permission from:

*Cooking Gluten-Free! A Food Lover's Collection of Chef and Family Recipes Without Gluten or Wheat.*

Author, Karen Robertson

Hardcover ISBN: 0970866011 (Celiac Publishing, 2003) \$29.95 revised 2<sup>nd</sup> edition

[www.cookingglutenfree.com](http://www.cookingglutenfree.com)

## **Recipe: GF Focaccia Bread**

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.

*A very tasty bread by itself and it makes tasty sandwiches. Recipe developed by Paul Jacobsen, a member of our group.*

3 cups Kinnikinnick Bread and Bun Mix  
2 cups cold water  
1 tablespoon olive oil  
1 large garlic clove, minced  
2 tablespoons minced red onion  
1 tablespoon Italian seasoning, plus some to sprinkle on top (McCormick)  
1 teaspoon fennel seed, plus some to sprinkle on top (McCormick, Tones, Durkee)



Garlic powder to sprinkle on top (McCormick, Tones, Durkee)  
Olive oil spray (Crisco, Pam, Mazola Pure—note: some varieties contain flour, so read labels)

Preheat oven to 350° F. Spray two 8-inch round cake pans with olive oil. Mix first 7 ingredients to cake batter consistency. Put ½ of mixture in each of the two cake pans and top with a sprinkling of additional Italian seasoning, fennel seed, and garlic powder. Do not allow dough to rise; place in oven immediately. Bake for 35 minutes until golden brown. Remove from oven and, while hot, spray with olive oil. To preserve freshness, cut bread into serving-size pieces on the day it is baked, wrap in plastic, store wrapped slices in freezer-quality bag, and freeze. Reheat: (1) in microwave or (2) for 5 minutes in 300° oven.

## **Tour and Taste Event at Blue Springs Hy-Vee on June 21**



The Blue Springs Hy-Vee is offering an opportunity to taste samples of several manufacturers' gluten-free products and to see the array of gluten-free products available in the store. Customer suggestions for additional GF products will also be considered. The event is sponsored jointly by Hy-Vee and the Blue Springs Celiac Support Group. Tracey Shaffer, the store's dietitian, and Roxanne Kerwood, the support group's leader, will be available to welcome celiacs and their families and to answer questions.

**Please RSVP by calling Tracey Shaffer at 816-224-4288 no later than June 19.**

Join Tracey and Roxanne on **Thursday, June 21, from 7:00 p.m. to 8:00 p.m. at the Blue Springs Hy-Vee**, located on the northeast corner of the intersection of Highway 7 and Highway 40. Celiacs and family members are also invited to attend monthly meetings of the support group from 7:00 p.m. to 8:30 p.m. on the third Thursday of every month at Timothy Lutheran Church. The church is located 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. Turn left on R.D. Mize and drive 0.3 mile to Timothy Lutheran Church. Enter the building from the south door (facing R.D. Mize Road) and follow signs to the meeting room. For more information, contact Roxanne Kerwood at 816-229-8447 or at [kerwoodr@comcast.net](mailto:kerwoodr@comcast.net).

## **Thanks to Guest Chefs at February Meeting** (Recipes Below)

Thanks to Frank Majowicz, Executive Chef at Hyatt Regency Crown Center, and to Corporate Chef Mark Pierce from The American Pasta Company for their outstanding food demonstration at the February meeting. Thanks, also, to Rusty Macy, a member of our group and General Manager of Hyatt Regency Crown Center, for arranging this special event.

Here are two recipes that were demonstrated:

### **Braised Short Ribs**

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.

1½ pounds boneless chuck	4 cups water
½ ounce rosemary (McCormick, Tones, Durkee)	4 cups V-8 Juice
½ ounce thyme (McCormick, Tones, Durkee)	Salt and pepper to taste
5 cloves (McCormick)	
1 medium onion	

Cut meat into 6-ounce portions and sear on all four sides in a hot skillet. Put meat in a shallow roasting pan along with all other ingredients. Cover with plastic and foil and place in oven for 4 hours at 350 degrees. (*Note: Use only Saran Wrap brand of plastic. It is important to use the plastic and the foil—with only foil, heat and moisture will escape resulting in diminished flavor.*)



### **Braised Red Cabbage**

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.

1 head red cabbage, cleaned and cored	½ cup sugar (C&H)
6 slices of bacon, diced (Black Label, Boar's Head, Hillshire Farm, Hormel, Oscar Mayer)	Salt and pepper to taste
2 tablespoons honey	
1 medium onion	
¼ cup balsamic vinegar ( <i>avoid brands with caramel color or call manufacturer to determine that caramel color is from a gluten-free source</i> )	

Shred cabbage into 1/8-inch shreds. Render bacon until translucent. Sweat onions and then add cabbage, balsamic vinegar, and sugar. Slowly simmer for about 35-45 minutes until tender. Season with salt and pepper to taste and finish with honey. Mix thoroughly.

## **Example of Product Formulation Change**



This newsletter often advises to check the gluten-free status of products at each purchase because product formulations can change, causing a once gluten-free product to lose its gluten-free status. Here's an example that recently occurred: Benefiber claims to be gluten-free even though its formulation has been changed to replace guar gum with wheat dextrin. The website explains that the wheat dextrin contains less than 10 ppm of gluten which meets the "gluten-free" definition of the Codex Alimentarius Commission's proposed definition. The website states further: "However, people who experience gluten intolerance should not consume any products, including Benefiber, that contain any level of gluten unless otherwise directed by their doctor." The Codex Alimentarius Commission is an international organization whose standards may not be consistent with U.S. standards currently being developed by the FDA and to be final by August 2008.

**Recipe: Sloppy Joe Baked Potatoes** Serves 4 (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.

- 1 packet McCormick Sloppy Joe Seasoning Mix (*do not use Williams Sloppy Joe Mix—see product information below*)
- 1 6-oz can Contadina Tomato Paste
- 1 pound ground beef
- 1¼ cups water
- 4 baked potatoes, fresh from oven



Cook first four ingredients in skillet according to seasoning packet directions. Cut open the baked potatoes and cover with Sloppy Joe

mixture.

**Product Information from McCormick**

In an email from McCormick’s Consumer Affairs Department: “We are aware of special allergies and intolerances to certain ingredients such as the following:

Peanuts	Fish	Soy proteins	Sulfites
Tree nuts	Eggs	Wheat proteins	Yellow No. 5 & 6
Shellfish	Milk	Red Pepper	

“As a responsible food company, McCormick follows the U.S. Food Drug & Cosmetic Act regulations to ensure consumer safety concerning food allergens. We declare these ingredients on our label in the ingredient statement. Federal regulations require us to list sulfites if they are over 10 parts per million, so we use that as our label declaration limit.

“If a product does not have an ingredient statement, it is a pure spice or herb with nothing added and is gluten free. In addition, the alcohol in all of our extracts does not come from grain and is gluten free.

“Because we are constantly improving our products, we do not offer a list of our products that do not currently contain glutes. We encourage you to read the ingredient statement on your package at the time of purchase to ensure accurate, up to date information.

“In addition, we follow good manufacturing practices at our plants. Our employees are trained in the importance of correct labeling and the necessity of performing thorough equipment wash-downs to eliminate cross-contact of ingredients.

“Although we cannot guarantee our products to be 100% free of allergens not listed on the label, we want you to know that we take this situation seriously and have taken extra precautions to eliminate the possibility of mislabeling or cross-contact.”

**Product Information from Williams Foods**

In an email from Williams Foods: “Thank you for your inquiry. Our Williams Sloppy Joe mix contains a dry molasses, and one of our vendors of dry molasses uses wheat starch to make the molasses, thus we have not included the item on our gluten free list. Thanks to your note, we are revisiting the federal definitions of ‘gluten-free.’”

## **Sponsor A Celiac Swedish Exchange Student**

Yours may be just the right family to sponsor a celiac 18-year-old female exchange student from Sweden for the coming school year, arriving in August, 2007, and leaving in June, 2008. You would provide food, lodging, and transportation to school events, etc. The student provides her own spending money and insurance. The student has an “A” grade point average and is interested in gymnastics, skiing, drawing, painting, and cooking. Her father is a geophysicist and her mother is a teacher. The student’s interviewer describes her as charming, cheerful, well-mannered, mature, and positive. She has no health problems other than celiac sprue. For more information, contact Alan and Teena McTaggart at [atmctee@kc.rr.com](mailto:atmctee@kc.rr.com). Our former support group president, Anna Scharenberg and her husband, Carl, will be sponsoring an exchange student from Switzerland during the coming school year.

## **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. 123<sup>rd</sup> Terrace

Olathe, KS 66062

**Do you wish to continue receiving this newsletter?  
If so, please notify us. See details on page 2.**