

Eugene GIG June 08 Bulletin

Our meeting this month will be held on June 12th at the clubhouse at 1800 Lakewood Court from 6:30-8:30pm. Our speaker, Sky Weintraub, ND, will discuss testing and digestive issues. A question and answer period will follow her talk. Options Baking Company had to cancel their appearance at this meeting, but hope to visit us at a later date.

Bob's Red Mills has donated gluten free pizza crust mix so we'll be serving pizza following the discussion period. Dairy-free and vegetarian as well as meat pizzas will be available. Namaste has donated cake mixes so carrot cake samples will also be served. We are very fortunate to have so many vendors willing to share their products with us.

There is still time to sign up for a social at Pasta Ravello on June 30th. We will order meals from their gluten free menu, but we must have a head count by June 13th. Please contact Diane at 343-0459 or dianecon@comcast.net.

We will have our new library books ready for lending at our June meeting. You will be able to register as a library member at that time. If you have any cookbooks or health related books in good condition that you would like to donate to our lending library, please bring them to the meeting.

A line of gluten-free bread mixes from Chebe Bread Products has been available for some time. They have now added a line of gluten-free, oven-ready frozen dough for bread sticks, sandwich buns, rolls, and pizza crust. Both their Frozen Dough and Dry Mixes are made in a 100% gluten-free environment. To view their products go to: www.chebe.com/frozenproduct.htm.

A new Eugene company, Chocolate Chewies, is making gluten free cookies that are sold at the Eugene Farmer's Market (held downtown every Saturday, Tuesday and Thursday). The owner said they are baked at Lane Foods kitchen that has been sanitized before he arrives and he is the only person using the kitchen when they are baked. He is 99.99% sure cross contamination would not be a problem. They will be bringing samples to our July meeting. Visit their web site at chocolatechewies.com.

Another company, Black Horse Sauces, located in St. Helen's, Oregon, is producing sauces in an allergen free facility. They produce six cooking sauces and two syrups. Five of their cooking sauces are heart healthy, gluten free and a free food serving for diabetics. They have reduced the sugar content in their two syrups from a quarter to a half of most fruit syrups. Their products are sold at Market of Choice and are soon to be in Fred Meyer. The eight sauces are savory, apricot, raspberry mustard, verdi chile, hot and spicy, marionberry pepper sauce, marionberry syrup and raspberry syrup.

A new magazine for the gluten-free community has recently been started online. It's about the gluten-free lifestyle. The editors have asked us to let our group know about it. The magazine is called Easy Eats and it's free to subscribe. Go to their web site at www.glutenfreemag.com or contact them at easyeats@yahoo.com.

A major goal of the American Celiac Disease Alliance (ACDA) is to improve the availability and access to gluten-free meals in schools for students with celiac disease. Recently, the ACDA was approached to work on a collaborative project that will help move them closer to achieving that goal. One of the first steps of the project is to determine the level of interest for gluten-free school lunches.

The ACDA has launched a brief online survey to find out who is providing lunch for student's with celiac disease - parents, school, or a combination. If you have a child with celiac disease attending school, please complete the survey by going to: https://www.surveymonkey.com/s.aspx?sm=83OFWWSzHfAtSoh9vRH8Pg_3d_3d
Your input is vitally important to demonstrate that our children want and need gluten-free meals at school. The survey will close on July 2, 2008. If you have any questions about the survey, or issues regarding the accessibility of gluten-free foods in school, please contact the ACDA at info@americanceliac.org

Here is a list of our upcoming meetings:

- July 10th Michelle Graf "Traveling Gluten Free"
and Annie Agah from Chocolate Chewies, Inc
- August picnic
- Sept 11th Angie McCutcheon, personal trainer/nutritionist
- Oct.9th Jill Johnson, Certified Nutritional Therapist
- Nov 13th Kenneth Welker MD from Oregon Optimal Health. He has a Fellowship in anti-aging and works with your metabolism to bring it back into balance and give you more energy.

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