



# NEWSLETTER for

- **Utah County Gluten Intolerance Group®**
  - **Salt Lake City Gluten Intolerance Group®**
  - **Northern Utah**
- Gluten Intolerance

September, 2006

## Contacts

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## Upcoming GIG Events

- Tues, Sept 12 at 7 pm  
**Northern Utah GIG MEETING:** New Patient Orientation at the Farr West Senior Center (1896 North 1800 West, Farr West, Utah).
- Tues, Sept 12 at 7 pm  
**SLC GIG MEETING** (St. Marks Hospital room G04c on the ground-floor near the cafeteria): **“The Gluten Free Lifestyle- On the World Wide Web”** learn the latest about gf lists online, chat rooms, forums, blogs, company gf listings, fastest way to find gf goodies, educational information, and so much more. Tim Coda & John Dawson will have 3 laptops and we'll all be viewing sites on the big screen in our class room. Not to mention some quick break out sessions to learn further an area of your choice. Enjoy some tips from others in our support group and we'll all learn from each other! ).
- Thursday, September, 21<sup>st</sup> at 7pm—  
**Utah County GIG Store Tour** at the Orem Harmon's. (870 East 800 North, Orem.) Here is your chance to have a personal tour through a grocery store with an experienced GF shopper/mentor. Please meet upstairs. (Use either entrance and there will be signs to direct you.)
- Tues, Sept 26 at 7:00 pm  
**Northern Utah GIG** Cooking Demo at Macey's Grocery Store, in the Little Theatre (upstairs) at the South Ogden Store - 325 36th Street, South Ogden. Reservations are requested, call (801)392-1842.
- Thursday, Oct 5 at 7 pm  
**Utah County GIG Meeting** at Timpanogos Regional Hospital (750 West 800 North, Orem. Main Floor, Cafeteria Classroom) See page 8 for more info
- Tues, Oct 10 at 7 pm  
**SLC GIG MEETING** (St. Marks Hospital room G04c on the ground-floor near the cafeteria): See page 8 for more info
- Sat, Nov 18, 2006  
**Pre-Thanksgiving Event** Hosted by all 3 UTAH GIG Groups:  
Where: [Wasatch presbyterian Church](#) Time: 3-6pm.

Don't forget to look at the **DATES to SAVE** section on page 8

As a support organization, Gluten Intolerance Group® shares information about research, directs individuals to available resources, provides an annual education conference, and offers personal opinions, friendship, and encouragement. We urge individuals to read research by trustworthy sources, and to seek medical advice from a physician who is experienced and knowledgeable about gluten intolerance.



## Do you or a family member have Juvenile Diabetes?

The JDRF Walk is on Saturday, 23 at SCERA Park. Since about 8 % of those with Type 1 Diabetes also have Celiac Disease (but don't know it!); our branch will have an information booth to raise awareness and to give out brochures about the connection at their walk. Please, contact Kathy Chilcote if you would be able to help in the booth for an hour or two.

## Utah County GIG Fundraiser

### **Gluten-Free (and milk-free) Pampered Chef Party**

Natural Vitality Kitchen (801) 763-9876

5435 West 11000 North #10, Highland (Next to Kohler's Market)

October 19, 2006 at 7pm

Come learn how to make a scrumptious Harvest Chicken Salad with a Zesty Citrus Dressing and a Layered Chocolate Torte with Tammy Ward. You will be amazed at how easy it is to make these delicious gluten-free dishes. Fall has arrived and baking season is upon us! Tammy will also share several tips for gluten-free cooking including a selection of her favorite gluten-free recipes. Bring a friend and get ready to have some fun with food.

There is no cost for this cooking class and all are encouraged to come. However, we do need to know how many are coming so that we can prepare enough food. Proceeds from sales at this event will benefit the Utah County Gluten Intolerance Group. Please RSVP to Amber Lee at [amber@gf Utah.org](mailto:amber@gf Utah.org) or phone 763-0977 to let her know you plan to come.

## New Bill Endorses National Celiac Awareness Month



Please add your request to make May National Celiac Awareness Month!

Contact your Representative in Congress and ask him or her to co-sponsor House Concurrent Resolution 457 (H.Con.Res.457). The measure acknowledges May as 'National Celiac Awareness Month' and **urges Congress to support expanded education about, and an increase in federal funding for Celiac Disease.**

Rep. Nita Lowey, (D-NY), introduced H.Con.Res. 457 on July 27, 2006. You can help to get H.Con.Res. 457 passed by having your U.S. Representative co-sponsor this resolution. E-mail your Congressman or Congresswoman, today.

<http://capwiz.com/celiac/issues/alert/?alertid=5938561>

It's really easy and only takes a minute! Click on the link above.

Enter your zip code, then your name & address and it will send the pre-written e-mail (or write your own) to your congressman.

Please pass this message on to as many people as possible.

## Clan Thompson's Mini-list

Manufacturers of the following products reported them to be GLUTEN FREE when we contacted them between March and August, 2006

Litehouse Foods Avocado Dip  
 Litehouse Foods Ranch Dip  
 Litehouse Foods Lowfat Caramel Dip  
 Litehouse Foods Strawberry Creme Fruit Dip  
 Litehouse Foods Chocolate Caramel Dip  
 Albertson's Dips  
 Laura Lynn Refrigerated Dips (all sizes)  
 Laura Lynn Ranch Dip Mix 1oz.  
 Snyder's of Hanover EatSmart Sweet Salsa Dip  
 Snyder's of Hanover EatSmart Three Bean Dip  
 Snyder's of Hanover Cheddar Cheese Dip  
 Litehouse Foods Original Caramel Dip  
 Litehouse Foods Onion Dip  
 Litehouse Foods Vanilla Creme Dip  
 Litehouse Foods Chocolate Dip  
 Litehouse Foods Dilly of a Dip  
 Litehouse Foods Toffee Caramel Dip  
 Winn Dixie Refrigerated Dips (all sizes)  
 Alama Gristmill Dips - Asian  
 Alama Gristmill Dips - Cajun  
 Alama Gristmill Dips - Texas Spice  
 Alama Gristmill Dips - Southwest Spice  
 Alama Gristmill Dips - Vegetarian  
 Frito Lay Dips (mild cheddar cheese)  
 Fritos Dips (bean)  
 Cabot Ranch Dip  
 Ruffles Dips and Dry Dip Mixes (French onion)  
 Herr's Bean Dip

Clan Thompson's Celiac SmartLists are a series of programs which make it easy to find gluten information on thousands of items. Information in each SmartList is verified directly with the manufacturer, and a "Comments" field is included to help you make informed decisions. For more information, or to download a FREE DEMO, visit our CeliacSite at <http://www.clanthompson.com/> In addition, you may always subscribe to our free Newsletter on the Internet which includes new Gluten Free food lists, The Cook's Corner, Ask the Doctor and more at <http://www.clanthompson.com/>

### **This Month's Tip:**

It's not enough to know that ingredients are gluten free. When you visit a restaurant, you need to check that a dedicated fryer and grill are used for food preparation. Some restaurants save oil from the fryers and mix them together to use later on. Make sure your dedicated fryer isn't recycling oil!



Go to <http://www.gfco.org/> and check out all the gluten free products that have been certified by the Gluten Intolerance Group's GFCO (Gluten Free Certification Organization).

You can be assured that these products which carry the GF mark and certification by the GFCO, are indeed gluten free as claimed because of the rigorous testing a product goes through to carry this seal.



## UtahSillyYaks email group

You are invited to join a new Yahoo Group for those who are living Gluten-Free in Utah!

**UtahSillyYaks** is an e-mail group for sharing recipes and tips, as well as product, grocery store, and restaurant reviews. Members can share good deals on gluten-free products they find. Best of all it is **free**, and you choose how often you want to receive e-mails.

To check it out, go to:

<http://health.groups.yahoo.com/group/UtahSillyYaks>

### Examples of the kinds of posts you will find there:

\* **Incredible deal at Costco!**

Triple packs of EnviroKidz cereal are at the Orem Costco and at least one in SLC that I know of so far. It's quite a deal at 3/\$6.99. That's only \$2.33 a box!

It includes one box each of the Peanut Butter Panda Puffs, Gorilla Munch and Koala Krisp. The outer box doesn't say gluten-free on it, but the individual boxes inside do. \$2.33 is cheaper than a lot of regular cereals.

\* Kinnikinnik's new cookies called K-Toos are amazing! The oreo type cookies are so good, you won't believe they are gluten-free. I love the vanilla flavored ones too. They are available at Against the Grain in Taylorsville. <http://www.againstthegrainslc.com> Now that the word is out, you may want to call first! Against the Grain also carries the Heartland's Finest Products, and you can order fresh breads, rolls, pies, and cakes from Charlotte's Bakery.

\* Harmon's warning!

Harmon's really wants to help us find gluten-free products in their stores. They have started putting Gluten-Free tags on the shelves, and there have been a few mistakes. So please always read the product label even if the shelf tag says it's gluten-free.

\* Restaurant reviews

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We are very grateful to Melissa for starting the UtahSillyYaks group. Even though it is not a GIG project, (and we won't be monitoring the content), I would personally encourage you to join. The GIG branch leaders are unable to keep up with all the e-mails about sales, restaurants, etc. If you have something to share please post it there.

## NIH Launches Celiac Disease Website

The National Institutes of Health (NIH) recently launched a campaign to heighten awareness of celiac disease among health care professionals and the public. The Gluten Intolerance Group of North America has been collaborating with the NIH on this campaign, which is the result of recommendations from an independent consensus panel convened by the NIH in 2004.

The consensus panel concluded that as many as 1 percent of the U.S. population have celiac disease, but the vast majority remains undiagnosed. To address this disparity, the panel recommended that NIH spearhead efforts to educate health care providers and the public about the disease.

Initially, the campaign will focus on increasing awareness among health care professionals about the prevalence of celiac disease, its disparate symptoms, and the blood test to detect it. Other campaign messages will address the array of health consequences related to celiac disease with the goal of dispelling the common misperception that it is only a gastrointestinal problem.

The campaign website at [www.celiac.nih.gov](http://www.celiac.nih.gov) provides access to

- educational materials and services
- current NIH research about celiac disease
- additional campaign information and resources, including an e-newsletter

The Celiac Disease Awareness Campaign is an initiative of the National Digestive Diseases Information Clearinghouse of the National Institute of Diabetes and Digestive and Kidney Disease, NIH.

## Soy Sauce-CERTIFIED GF

San J International one of the world's leading purveyors of premium Tamari Soy Sauce, is the first soy sauce manufacturer to certify soy sauces Gluten-Free with the Gluten-Free Certification Organization (GFCO). The GFCO's circle GF certification mark will be featured on San J International Organic Wheat Free Tamari Soy Sauce and Organic Wheat Free Reduced Sodium Tamari Soy Sauce. The new mark will give customers the assurance that these soy sauces are gluten-free through a strict monitoring and testing program.

San-J Premium Tamari Soy Sauce is different than ordinary soy sauce because it is made with more soybeans giving it a richer, smoother, more complex taste. Ordinary soy sauce contains 40-60% wheat. The higher protein content of San J soy sauces also add to the complex rich flavors of San J Premium Organic Wheat Free Tamari Soy Sauce and Organic Wheat Free Reduced Sodium Tamari Soy Sauce.

## Reach your Target Audience

Companies that want to advertise their products to celiacs and others who are gluten intolerant, can now place an ad in the monthly Gluten Intolerance Group of Utah newsletter

*Celiac's in Utah are looking for great Gluten-Free products.*

*Local advertisers can place an ad for as little as \$100 and national advertisers pay only \$500.*

Ad size is a quarter page, approximately 5 ½ X 4 ¼ inches. Only two ads will be accepted each issue so arrange your ad space now.

*The Utah GIG groups are the best source of information for Utah Celiacs. Advertise here, and you'll reach your target!*

Advertisers should contact Sharleen Prows, newsletter editor, to learn submittal requirements at [Sharprows@msn.com](mailto:Sharprows@msn.com) or call her at 801-966-3516



**Fifth Annual Gluten-Free, Pre-Thanksgiving Feast**  
**Tasty pies, stuffing, rolls, gravy and desserts: all the holiday foods celiacs love**

Saturday, November 18th

**Wasatch Presbyterian Church Hall**  
**1700 South 1700 East, Salt Lake City, UT 84108**

Members of the public and family and friends are all welcome  
 Gluten Intolerance Group will provide turkey, ham, drinks and dinnerware  
 Gravy will be donated by the Blue Chip Group/Potluck for all other foods

**Cut out the registration form below, fill it out, and mail it by Nov. 7 with a check to:**

**Salt Lake City Gluten Intolerance Group**  
**2809 E. Commonwealth Avenue**  
**Salt Lake City, UT 84109**

Your name \_\_\_\_\_ Number of family/friends who will attend with you \_\_\_\_\_

Tell us the potluck side dish you will bring: *Vegetables, rolls, potatoes, yams, dessert or pie, cranberry sauce, stuffing.* (If we get too many of the same dishes, we may call you to ask you to bring a different dish.)

Side dish to serve 8 \_\_\_\_\_ Please bring copies of your recipe to share.

Your address \_\_\_\_\_

Phone number \_\_\_\_\_

Email to confirm registration \_\_\_\_\_

Early bird registration cost (write checks to Salt Lake City Gluten Intolerance Group)  
*Mail in registration prior to Nov. 7:*  
 \$8.00 per individual or \$16.00 per family and/or group

*Cost day of dinner:*  
 \$10.00 per individual or \$20.00 per family and/or group total **Total enclosed \$** \_\_\_\_\_



 **UTAH GIG Leadership Retreat**

When: Saturday, October 28th, 9:30am to 1:30pm

Where: Coda Home, 2809 E Commonwealth Avenue SLC UT 84109  
801-486-4140

**For who: All UTAH GIG Leadership and committee chairs  
(if interested) must RSVP no later than OCT 15th!!!!!!**

The Agenda, Topics for discussion and much more to follow so watch your emails. Send your topic ideas for our leadership retreat to Barb Shelley as she begins to plan an agenda. We are all growing, learning, and in a different spot than last year. All ideas, suggestions and comments are appreciated! [shelleycomm@comcast.net](mailto:shelleycomm@comcast.net)

## Volunteers are needed!

Contact your Branch Manager to find out how you can help!

**We are currently looking for people to help gather content for the monthly newsletter. If you are willing to help, please email Sharleen Prows at [sharprows@msn.com](mailto:sharprows@msn.com)**

To Volunteer for the GIG Mentor program, please contact Kathleen Apodaca at [gfgrandma@yahoo.com](mailto:gfgrandma@yahoo.com) or 801-967-3094



## Dates to Save

- Thursday, Oct 5, 7 pm  
**Utah County GIG meeting**, at Mt Timpanogos Hospital We are very excited to have Rachel Higginson (the dietitian at Central Utah Medical Clinic) speak to us. We will also sample some amazing Minute Mixes from Food-Tek. You just stir water into the mix, microwave it in the mold/pan that's included for about 45 seconds; and have an instant slice of bread, or a cupcake, brownie, or hamburger bun. For more info go to <http://www.foodtek.com>
- Tues, Oct 10 at 7 pm  
**SLC GIG MEETING** (St. Marks Hospital room G04c on the ground-floor near the cafeteria): '**Bread Baking 101**'- Learn, enjoy and feel like your growing in your baking accomplishments. Bring one loaf of bread of your favorite variety to share, the recipe ( copies preferably) , and your favorite topping. Honey, Jelly (aka jam), or just plain butter. We'll discuss the 'bread machine' vs the 'home made baked bread'. Learn shortcuts for those on the go! Quick breads, your favorite white bread, and/or even a favorite pumpernickel if you wish ~all types of bread are welcome in our Bread Baking 101 Class. All just in time for your fall baking!
- Tues, Oct 10 at 7 pm  
**Northern Utah GIG MEETING: Support Group Meeting** at the Farr West Senior Center (1896 North 1800 West, Farr West, Utah).
- Thurs Oct 19 at 7pm  
**Utah County GIG Fundraiser.**Gluten-Free (and milk-free) Pampered Chef Party at Natural Vitality Kitchen (801) 763-9876, 5435 West 11000 North #10, Highland (Next to Kohler's Market)  
 Come learn how to make a scrumptious Harvest Chicken Salad with a Zesty Citrus Dressing and a Layered Chocolate Torte with Tammy Ward. You will be amazed at how easy it is to make these delicious gluten-free dishes. Fall has arrived and baking season is upon us! Tammy will also share several tips for gluten-free cooking including a selection of her favorite gluten-free recipes. Bring a friend and get ready to have some fun with food.  
 There is no cost for this cooking class and all are encouraged to come. However, we do need to know how many are coming so that we can prepare enough food. Proceeds from sales at this event will benefit the Utah County Gluten Intolerance Group. Please RSVP to Amber Lee at [amber@gfutah.org](mailto:amber@gfutah.org) or phone 763-0977 to let me know you plan to come
- Saturday, October 21<sup>st</sup>, 11:00 a.m. – 3:00 p.m.  
**Utah State R.O.C.K. (Raising Our Celiac Kids) Halloween Party** at Primary Children's Hospital, 3<sup>rd</sup> floor.
- **Tuesday, Oct 24, 7 pm** Northern Utah GIG Cooking demo at Maceys
- **Thursday, Nov 2 at 7pm** Utah County GIG Meeting at Timpanogos Regional Hospital
- **Tuesday, Nov 14, 7 pm** Northern Utah GIG Educational Speaker at the Farr West Senior Citizen center
- **Pre-Thanksgiving Feast, will be Saturday November 18**

**More dates to come can be seen on the GFutah.org website.**



## GIG Newsletter free via email

The GIG newsletter will continue to be a free service for Utah celiacs and their families if the newsletter is delivered via email or accessed on the [gfutah.org](http://gfutah.org) website. A small charge of only \$12 a year (that's only \$1 a month) will be charged to people who choose to receive their newsletter in hard copy via U.S. Postal Service. This nominal fee will help us defray our costs of materials and postage. To pay for a hardcopy subscription to the newsletter, mail a check for \$12 written to UCGIG to: 69 East 1960 North, Orem UT 84057.