

**MADISON AREA GLUTEN INTOLERANCE CHAPTER
M.A.G.I.C.**

<http://www.madison.com/communities/gluten-free/>

CSA/USA, INC. – Madison Area Chapter #41 – Affiliated 1993

**Next Gathering: Saturday, March 10, 2007
10a.m. – 12 p.m.
Prairie Park Apartments—6530 Schroeder Rd., Madison**

Guest Speaker:

Linda Simon

Provider of personal chef services and does gluten free cooking

MAGIC Meeting Minutes

February 10, 2007

Attendance: Aaron & Charlene Avery, Leigh Barczi, Kathy Beringer, Teresa Brausen, Sue Caldwell, Tom & Bob Casey, Bob & Penny Coffin, Jennifer Du, Nancy Duerst, Judy Haight, Barb Hennings, Sally Keleny, Jill Kessler, Mike Klahr, Sean Lamb, Dan & Tammy Moodie, Bev Nelson, Claire Poppe, Betty Roberts, Sharon Schrank, Velma Schuett, Darlene Schulenberg, Nancy Spencer, Kathy Stanton, Linda & Ralph Stauffacher, Judy Vinge, Linda Watson, Marge Westergard

Barb Hennings called the meeting to order. Freshly baked muffins and other treats were available for sampling.

REPORTS

Secretary:

There were no corrections to previous minutes.

New Members:

Kathy Borner introduced Sally Keleny. A gentleman by the name of Tim visited.

Kathy will be gone the month of March, but Darlene Schulenberg will be covering for her.

Penny Coffin has been working on guidance for mentors to use when working with new members, and that should be ready to hand out soon.

Treasurer:

Bob Coffin gave the Treasurer's Report as follows:

- ❖ Bank balance as of Friday, February 9th is \$ 4,185.26. Adjustments against that are:
 - \$ 135 (est.) for monthly expenses: newsletter, hospitality & new members for end-of-February net of approx. \$4,050.
- ❖ Currently have 95 members paid up for 2006 – 2007, exactly the same as this date last year. Reminder in the last newsletter brought in 12 renewals. We should consider an earlier reminder next year, as most who responded to the reminder reported a simple memory lapse.
- ❖ We collected \$2,255 in chapter dues in 2006.
- ❖ "Basic" expenses for 2006, not counting our May banquet, were \$1,630.
 - New members ~~ \$680
 - Newsletter ~~ \$480
 - Books for MAGIC library ~~ \$90
 - Other: postage, meeting goodies, printing & office supplies ~~ \$470

Bob also mentioned that today he received one renewal and there is one new member.

Library:

Marge Westergard requested that when we check out books to pull the card from the back of the book, write our names on it and give it to her. Books can be returned to her or to any public library – just ask that they be returned to the Verona Library c/o Marge. She recently received Gluten Free 101 and Gluten Free for Dummies. She has also just read Jax Peters Lowell's book The Gluten Free Bible and thinks it's wonderful.

Vote on Banquet Location:

The annual banquet will tentatively take place on Wednesday, May 16. Barb Hennings brought up two possibilities: Imperial Garden and Biaggi's. Charlene Avery suggested Bunky's. A vote was taken with the following results:

Biaggi's	4 votes
Bunky's	17 votes
Imperial Garden	2 votes

Muffin and Cornbread Making Demonstrations with Samples:

Kathy Borner demonstrated making muffins in a blender. The following method is easy, quick, and the muffins rise more.

- Prepare muffin tins by greasing well – see recipe section for a blend of shortening, oil and flour that works exceptionally well.
- Combine dry ingredients except for baking powder.
- Separate the eggs.
- Combine egg yolks, cooking oil and other liquid ingredients in the blender and process to blend.
- Add the combined dry ingredients (without baking powder) to the blender and process to blend, scraping down as needed.
- Beat the egg whites in a separate bowl with an electric mixer until stiff but not dry. To test whether eggs whites are ready, run a rubber spatula through the middle – if the two sides don't cave together it's ready.
- Fold the baking powder into the egg whites.
- Fold the batter from the blender into the egg whites.
- Scoop the muffins into prepared tins with a scoop.
- Bake according to recipe directions.

Barb Hennings demonstrated baking cornbread in a cast iron skillet. Preheating the skillet in the oven gives the cornbread a crisp exterior which releases from the pan easily.

- Preheat skillet in oven while the oven heats up.
- Make cornbread batter according to recipe.
- Remove skillet from oven. Add a little oil to the inside of the pan and spread it carefully with a paper towel.
- Pour batter into skillet and bake according to recipe directions.

Leigh Barczy mentioned she uses the silicone flexible bake ware and has wonderful results. Muffins pop right out even without greasing. She uses one from Demarle (a home demonstration company).

Mary Lee Rossmassler recently purchased a set of 12 reusable muffin/cupcake silicone cups. They look like cupcake liners - made of silicone. You place one in each of the 12 cups in a standard muffin pan. They are dishwasher safe and nonstick. Price \$21.94 - S&H, tax included and purchased them from QVC. They stack together and take up little space.

Door Prizes:

This month's door prizes are gluten free muffin mixes and Red Bridge beer by Anheuser Busch.

Purefit Nutrition Bars and Coupons:

The company is seeking retailers and suggested we visit Whole Foods and Trader Joe's to request them to carry the product. Bars were available for sampling.

Sharing:

Bob Coffin commented on the TV ads for Seattle Sutton, a company that delivers meals for free – none of the meals are gluten free.

Nancy noted that the brownies she brought are from Martha Stewart. The recipe calls for agave syrup which is lower glycemic index. Agave syrup is available at C's Specialties.

C's Specialties carries three different breads from Sami's – it's good and sells soon after she gets it in.

C's Specialties also carries a flour blend from Heartland's Finest which already has xanthan gum added to it. The ingredients are tapioca starch, navy bean flour, white rice flour, sweet rice flour, xanthan gum, and is fortified with B3, iron, B2 and folic acid.

C's Specialties also has cooking demonstrations. Bonnie Varona will do a demo using a gluten free spice rub, and next week's demo will be gluten free bruschettas.

WeGoShop.com will pick up groceries for people who can't shop in their own – price is \$12.50.

Dr. Wyman called from the University of Wisc. – he will be teaching a gluten intolerance class to medical students and would like for 3 or 4 of us to volunteer to be interviewed by medical students to help them learn about the disease.

Sean announced he has been missing C's Candies, so he e-mailed to ask if they have anything gluten free. They responded that they recently reformulated their products and there are now only two items not gluten free – one of the truffles one caramel candy. They will soon be redoing their web site so that people will be aware of the changes.

The group has received celiac disease brochures from NIH. One will be placed in each New Member Packet. These can be ordered from the NIH web site.

There was an open discussion of when to test at-risk children for celiac disease, with discussion centering around whether it's best to wait until they show symptoms or whether to do periodic blood tests so that the disease can be caught early before a lot of damage occurs, or before additional autoimmune disorders occur.

Claire Poppe brought along a copy of Dr. Peter Green's new book, Celiac Disease: A Hidden Epidemic, which she checked out from the library. The book explains Celiac Disease and the various conditions and other autoimmune diseases associated with it.

There was a brief discussion of different kinds of flour mixtures. Masa harina is ok to use instead of corn flour when corn flour isn't available. Can also make corn flour from corn meal by processing it in a blender or spice mill. Expandex is available at C's Specialties – this is a tapioca starch that gives more rise to baked goods. Various people in the group use a variety of flour blends that work as cup-for-cup substitutions in ordinary recipes. If using sorghum by itself, but sure to use 2 tsp arrowroot and 1 tsp xanthan gum to help bind it together.

There was open discussion on whether anyone is using the gluten free oatmeal. C's Specialties does not carry it because there are still too many questions, but the Silly Yak bakery carries it for \$10/bag.

Next Meeting:

Linda Simon recently appeared on Donna Weihofen's show. She runs a personal chef service and does gluten free cooking. She will be our guest speaker at our next meeting on March 10. One of her recipes is for brownies made with black beans.

Nancy's Flour Mixture

3 c white rice flour	½ c bean flour
3 c brown rice flour	½ c sorghum flour
1 c tapioca flour	1 c cornstarch
½ c soy flour	1 T egg replacer
1 c potato flour	2 packets unflavored gelatin
¼ c garfava flour	

Mix very well. I keep the mixture in the freezer and use it for cakes, cookies, bread, etc. I usually add some expandex for the recipe I'm using (replacing 2 T of the flour mixture with 2 T of the expandex)

Summer Family Camp Opportunity

A fantastic family camp that serves only **gluten-free, organic food** and **caters to people with other food sensitivities** as well. Adults without children are also encouraged to attend.

What: "Get On A Mission Of Nutrition" Family Camp

When: July 1 - July 6, 2007

Where: Jemez Springs, New Mexico at **YMCA Camp Shaver** (www.campshaver.org)

Cost: \$279 adults and children over age 12; \$229 children ages 5-12; children under 5 are free - this cost includes 15 meals plus snacks and lodging in cabins (cabins hold up to 8 people) for 5 days

Activities: There are activities for both parents and children, coordinated by YMCA staff. Some activities include hiking to dig for fossils and swim in warm springs, archery, riflery, wall climbing, high ropes, organized team sports, arts and crafts, etc.

"Dr. Ken" from Intestinal Health Institute will hold round table discussions on health and nutrition and will also provide musical entertainment from his health education program, "Get On A Mission Of Nutrition."

Food: The food is outstanding. Not only is it gluten-free, it is also organic, healthy, and catered to other food sensitivities (dairy-free, yeast-free, egg-free, and soy-free). Please let us know when you register if you have food sensitivities other than gluten-free so that we may plan accordingly.

I'm attaching a copy of the review I wrote for Clan Thompson last summer along with the registration form. You can also read more about this camp at www.intestinalhealth.org/camp. To register, simply fill out the form and mail to Intestinal Health Institute (address is on the registration form) along with payment.

Please feel free to call or email me if you have questions. 804-247-1655, agashworth@aol.com.

The FDA has issued its proposed definition of "Gluten-Free"

as required by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)

This is YOUR opportunity to speak up. The proposed FDA definition for "Gluten-Free" is not simple. There are 95 pages in the docket. In summary, the proposed, voluntary use of the term "gluten-free"

- does not contain wheat, rye, barley or cross bred hybrids of these grains
- does not contain an ingredient derived from one of the above grains if use of that grain results in greater than 20 ppm gluten in the food
- does not contain 20 ppm or more of gluten

Concerning oats:

- all oats cannot be claimed to be "gluten-free"
- oats products with 20 ppm or greater of gluten cannot be claimed to be gluten-free

The FDA is seeking comments and scientific information from the public on the following points:

- appropriateness of 20 ppm gluten as the proposed threshold level as determined using an ELISA based method.
- effect the adoption of a lower threshold level would have on individuals with celiac disease and on industry
- scientific data or other information that addresses the question of whether the adoption of a lower threshold level would be of benefit to individuals with celiac disease
- effect of a lower threshold level on the availability in the US of foods labeled gluten-free and whether that reduced availability could negatively impact individuals with celiac disease
- proposal to restrict the types of gluten-free labeling claims that can be made for oats

Comments will be accepted for 90 days beginning Jan. 23, 2007.

The site is www.fda.gov/OHRMS/DOCKETS/98fr/05n-0279-npr0001.pdf or a direct link to the FDA docket can be accessed from the CSA website at www.csaceliacs.org.

Note, while this FDA definition uses the ppm limits 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 and Oats, their crosses and their derivatives from the diet.

Sender: Celiac/Coeliac Wheat/Gluten-Free List
<CELIAC@LISTSERV.ICORS.ORG>
Poster: Bev Lieven <MILCS@AOL.COM>
Subject: Labeling gluten in foods....
Disclaimer: Verify this information before applying it to your
situation.

The new allergen labeling requirements challenges our perception of how we read labels on foods. Previously it was "When in doubt, leave it out" and we needed to verify the specific source of EVERY ingredient. Under the allergen labeling, we just have to know what it is NOT--It doesn't matter if the food starch its corn or tapioca, as long as it's NOT wheat. I've found it's a hard concept for many to grasp since it requires giving up control & trusting others.

Part of the problem is that manufacturers don't know which questions to ask their suppliers regarding gluten or the FDA codes that the suppliers must follow for specific ingredients. Unless a manufacture actually makes these ingredients, knowing how they are made & what's in them is not part of its job description. (The USDA has a separate set of specifications for meat & poultry online at http://www.fsis.usda.gov/Help/FAQs_Flavorings/index.asp#1)

There was a GREAT post a month or so ago at http://www.gfutah.org/label_reading.htm about reading product labels. Thanks to those to compiled that info & GF Utah for posting it.

This specifically addresses the g.f. status of several questionable ingredients regulated by FDA since the Allergen Labeling Bill went into effect.

For the newbies, many of the names attached to various sections are people who are well versed in celiac and as a celiac of 25 years, I trust them with my food/life. The names I don't recognize just cite specific sections of the FDA code....

What many may not realize is that violations/undisclosed allergen of the new law can result in criminal and civil penalties as well as costly product recalls. Unfortunately, proving mislabeling can be difficult since you have to present a sample of the actual product that was eaten. A different package of the same product won't work. .

To be well informed, everyone should check out the info out for themselves http://www.gfutah.org/label_reading.htm

(Continued next page)

However, this is the cheat sheet (for the trusting souls out there) that I compiled for our group's newsletter for those without internet access.

ALWAYS CONTAINS GLUTEN

- Hydrolyzed wheat protein
- Malt
- Malt flavoring
- Malt syrup
- Malt vinegar
- Wheat starch

GLUTEN-FREE Ingredients, under allergen labeling law

- Annatto
- Artificial flavors
- Caramel color (in US made products)
- Canola oil
- Corn gluten
- Ethyl alcohol
- Enriched rice
- Hydrolyzed soy protein
- Lecithin
- Maltodextrin
- Modified food starch (g.f. unless identified as from "wheat")
- Mono- & Di- glycerides
- Spices,
- Vanilla extract,
- Vinegar (All) EXCEPT Malt vinegar

QUESTIONABLE--Avoid until you can verify it's from a g.f. source.

- **Dextrin** as an ingredient on a food label may or may not be gluten-free depending upon how it is prepared.
- **Natural Flavors** as an ingredient on a food label may or may not be gluten-free. If the natural flavor contains malt flavor it is not gluten-free.

Bev Lieven in Milwaukee

FOX VALLEY CELIAC SUPPORT GROUP

CSA - Appleton, WI Area Chapter 26 - Affiliated 1990

GLUTEN-FREE PRODUCTS A CELIAC CAN EAT/USE RIGHT AWAY

1. 100% Pure Ground Beef
2. Amy's Enchilada Gluten-Free Frozen Dinners
3. Barq's Root Beer
4. Boar's Head Bologna, Ham, Roast Beef, & Turkey Cold Cuts
5. Buddig Sandwich Meats
6. Bush's and B&M Baked Beans (not chili beans or chili)
7. Butter, Brummel & Brown Margarine
8. Calumet Baking Powder
9. Canned fruit
10. Canned vegetables - plain
11. Chapstick & Blistex Lip Balm
12. Cheetos
13. Coffee & Tea (flavored may contain gluten)
14. Coke & Pepsi Products
15. Comstock Pie Fillings
16. Contadina Pizza Sauce
17. Cook's Ham Slices /;
18. Cool Ranch Doritos
19. Country Time & Crystal Light Powdered Drink Mixes
20. Crest & Colgate Toothpaste
21. Daisy & Morning Glory Sour Cream
22. Dinty Moore Beef Stew
23. Edy's, Blue Bunny (many are GF; read the label)
24. Erewhon's Crispy Brown Rice dry cereal
25. Eggs
26. Enviro Kids Cereal - Peanut Butter Puffs, Amazon Corn Flakes, Gorilla Munch
27. French's Mustard
28. French's Worcestershire Sauce
29. Fresh Fruit & Fresh Vegetables
30. Frigo String Cheese
31. Fritos
32. Health Valley Rice Crunch Ems & Corn CrunchEms
33. Heartland's Finest CerOs dry cereal
34. Heartland's Finest Pastas
35. Heinz & Del Monte Catsup
36. Hellmann's Mayonnaise
37. Herb-Ox Bouillon Cubes
38. Hillshire Hot Dogs & Summer Sausage
39. Hormel Chili *with* Beans
40. Hormel Pepperoni
41. Jell-O Pudding
42. Jif, Peter Pan & Skippy Peanut Butter
43. Johnsonville Summer Sausage
44. Karo Syrups
45. Kemp's Dips, Cottage Cheese & Sour Cream
46. Kraft Salad Dressings
47. La Choy Soy Sauce
48. Lawry's Seasoned Salt
49. Lipton Dry Onion Soup
50. McCormick Spices
51. Minute Rice
52. Miracle Whip
53. Morning Glory Cottage Cheese & Sour Cream
54. Nestle's & Hershey's Semi-Sweet Chocolate Chips
55. -Okedoke Chili Con Queso
56. Olives
57. Original Chex Mix Seasoning Packet
58. Ortega Tostada Shells & White Corn Taco Shells
59. Oscar Mayer Cold Cuts & Hot Dogs
60. Philadelphia Cream Cheese
61. Plain nuts
62. Plain popcorn
63. Prego Pasta Sauces
64. Progresso Soups (many are GF. Ingredient label will state if the soup contains gluten)
65. Ruffles Potato Chips
66. Salads in a bag (without croutons or dressing)
67. Simply Organic Ranch Dip
68. Smucker's Jams, Jellies & Preserves
69. Snickers, Almond Joy, Mounds, Payday, Reese's Peanut Butter Cups (except when in holiday shapes), Baby Ruth, Butterfinger, 3 Musketeers, M & M's - plain & peanut
70. Starkist Tuna
71. Swanson's Broth
72. Sweet Baby Rays & Saz's Barbecue Sauce
73. Thai Kitchen Instant Rice Noodles
74. Tostitos Corn Chips
75. Van's Gluten-Free Frozen Waffles
76. Vlasic Pickles
77. Wilderness Pie Fillings
78. Wishbone Salad Dressings
79. Yoplait Yogurt

Always read labels before purchasing a product. If you cannot confirm, by the label, that a product is gluten free, call the company's 800 number. Product ingredients change and information should be verified before eating.

Disclaimer: This information generated by Fox Valley Celiacs is intended for the benefit of its members and other interested parties. The text has not been submitted for approval to the CSA medical board. Food manufacturers' products are subject to formula change at any time. Neither FVC nor any of its members assume liability for the use of this information. Reproduction of this material is allowed and encouraged to facilitate the exchange of celiac information.

Mackenzie Prast, President FVC, kenz23@vahoo.com

Heather Kelly, Secretary FVC, [my.lane\(S\)tds.net](mailto:my.lane(S)tds.net)

Bev Zimmer, Treasurer FVC, bzimm6r3@tds.net

Helen Morris, Communications Director FVC, [hbmorris\(a\)att.net](mailto:hbmorris(a)att.net)

Bill Morris, CSA Region I Director, hbmorris@att.net

