

JUNE 2010 HANDOUTS

DID YOU SIGN IN?? Please be sure to sign in every month as I keep attendance. If you are new, please also sign the New Members List with your address, phone number, etc. for our records.

Traveling to Sandusky? Listed are a few GF options if you are traveling to Sandusky:

The City Bake Shop is located downtown Sandusky at 137 East Water Street. Wendy Kromer is the owner and has baked and decorated cakes for Martha Stewart show. It is fun to go in and see her beautiful creations. You can sit down with a cup of coffee and a Danish. Recently she added a couple gluten free options. Her website is www.wendykromer.com

Marconi's Italian Restaurant is located nearby in Huron, Ohio. They are careful when you ask for something made GF (like grilled chicken with their sauce on it). They make their own sauces and grow their own herbs. Now they offer GF pizza and spaghetti. The pizza has a crunchy crust and is wonderful. They even make their own sausage and guarantee that it is GF.

Amishland Cheese & Meats is located at 3104F Milan Rd. Sandusky (State Rt. 250 next to Goofy Golf). They list their GF options right on the front of the meat case. They also have Summer Sausage & Landjager that has no MSG or gluten.

Zinc Brasserie is an upscale restaurant downtown Sandusky at 142 Columbus Ave. The chef is great to work with you especially if you call ahead so he has time to prepare something special for you. You must make a reservation here because it is very small and fills up quick. Their number is 419-502-9462.

GF PICNIC: ***Question: How often can you go up to a buffet table and eat anything you see?? Answer: Probably Never!!*** Not so if you attend our annual GF Picnic which is tentatively set for Sunday, July 25 at 2 p.m. at my house, at 960 Reed Road, Mansfield. Just take 30 East to the Reed Road exit, turn left and it is the first house on the right. If you passed the entrance to I-71, you went too far! Each year we have everyone bring their own meat to cook on the grill plus a dish to share with others (along with the recipe). All members and their extended families are welcome to attend. We definitely start eating at 2:30 so be on time or you might miss out on some goodies as they go fast!

NUT RECALL: FOR IMMEDIATE RELEASE - May 27, 2010 - **Wally's Nut House**, LLC of Oak Grove, MO, is recalling its 16 ounce packages of ***Tailgate Crunch Mix, Sweet Cajun Heat Mix, Country Western Mix, Cranberry Raisin Mix, Party Mix, Hot 'n Spicy Mix, and Louisiana Cajun Mix snack mixes*** because they may contain undeclared milk, soy, and/or wheat. People who have allergies to milk, soy, and wheat run the risk of serious or life-threatening allergic reaction if they consume these products.

The recalled products were sold through fundraising events in Kansas and Missouri and through mail order nationwide. The product is packaged in 16-ounce clear plastic bags with a resealable opening. The product labels do not include any codes or expiration dating.

No illnesses have been reported to date in connection with this problem.

The recall was initiated after labeling omissions were discovered. Production of the product has been suspended until the FDA and Wally's Nut House are certain that the problem has been corrected.

Consumers who have purchased 16 ounce packages of Tailgate Crunch Mix, Sweet Cajun Heat Mix, Country Western Mix, Cranberry Raisin Mix, Party Mix, Hot 'n Spicy Mix, and Louisiana Cajun Mix are urged to contact Wally's Nut House for resolution. Consumers with questions may contact Wally's Nut House at 1-800-748-7041 Monday through Friday from 9 a.m.-5 p.m.

MEDCENTRAL OFFERING FREE COOKING DEMO: MedCentral's chefs and dietitians will take a look at "Specialized Diets: Just What the Doctor Order" on June 3 in the latest installment of the Healthy Chef Cooking Series.

This free event will be held from 7:30 to 8:30 p.m. at the MedCentral Health & Fitness Center, 1750 W. Fourth St., Ontario.

They'll show how to make a gluten-free Cuban Panini for those with celiac disease, a heart-healthy asparagus salad and a dessert people with diabetes can enjoy, as well as talk in general about the types of food that are good for those diets. The program is free and open to the public, but registration is requested. Sign up by June 2 calling 419-526-8900.

GOOD NEWS FOR CHEESE LOVERS: (From Connie Sarros, Cookbook Author)

If you're lactose intolerant, here's some good news for you~~ Aged, natural, fermented cheese (cheddar, Swiss, Parmesan, mozzarella) are low in lactose. Most of the lactose is removed during processing; the little that remains is broken down during the aging process. Result: Most people who are lactose intolerant are able to tolerate small amounts of aged natural cheese.

If in doubt about a cheese, there is a sure way to tell if a cheese is fermented. Fermented cheese has holes in it, because the microorganism produces gas during the fermentation process. In firm cheeses, like aged cheddar and Parmesan, the pressure of forming the cheese has compressed the hole, but if you look closely a kind of layered flakiness will reveal there were gas spaces before pressure was applied, while the high lactose processed cheese will be velvety smooth. The exceptions to this rule are the soft runny cheeses like Brie and Camembert, which are smooth but low in lactose.

CONTINENTAL AIRLINES: A couple of months back, I mentioned that Continental Airlines was discontinuing their GF food choices. People were asked to write to the company and complain. Well, it must have work because the airlines has brought back the GF meals. They will be available only on international flights and the longer U.S. flights. As always, they need at least a 24 hour advance notice if you are traveling.

STARBUCK'S & FRAPPUCCINO: Frappuccino fans who can't tolerate lactose are in luck. Frappuccino Light fans who can't tolerate gluten will have to find another drink.

Starbucks' new Frappuccinos no longer have milk in their base mixes, which means that if you order one with soy instead of cow's milk, it's practically a dairy-free beverage. It's not officially designated vegan, because Starbucks says there is the potential for cross-contamination in stores and in manufacturing facilities.

The new base mix for light Frappuccinos now includes gluten, a depressing fact for fans with celiac disease and other forms of gluten intolerance. The regular Frappuccino base mix does not have gluten as an ingredient, but is not officially designated gluten-free because of the risk of cross-contamination. Customers who want a reduced calorie Frappuccino but are sensitive to gluten can request non-fat milk in a regular Frappuccino, the company said.

They have "creme" which had no gluten ingredients. They have "regular" with no gluten ingredients. But...the "lite" has "gluten" (with no further description) listed as an ingredient. So not all Frappuccinos are off limits at this time.

UDI BREAD: Comfrey Corner on Lexington Avenue will be carrying this bread. Right now they have the UDI whole grain bread, and on Wednesday they are expecting a morning shipment of UDI items. For comparison, Trinity Farms has been carrying this bread for some time now. You can purchase a case, which is 8 loaves that are 12 oz. each. The price is \$38, or \$4.69 per loaf. She can special order this for you, or you can just purchase a loaf at a time. At the moment, I do not know how much Comfrey Corner will be charging.

CONTE'S PASTA: Conte's Pasta Company is certified by the GFCO and National Foundation for Celiac Awareness. This means there's no reason to stress over cross-contamination. The following chains are expected to pick up Conte's products soon: Giant Eagle, Wegman's Super Target, Sweet Bay, Meijer's, Shaws, Winn Dixie, and Shopright. The products are ready-made for your oven. They include ravioli, pizzas, stuffed shells, pierogies, and gnocchi.

