Volume X, No.2
Quarterly, Summer 2010

GrainWise™ & Gluten Free

A Publication For The CSA Nashville–Middle Tennessee Celiac Chapter #76 | www.nashvilleceliacs.org

June Meeting

Saturday, June 12th at 2:00 p.m.

The Latest Information on Keeping Your GF Kitchen Safe • Five Tips in Five Minutes for Your Summer Travels

Smoothies to Keep You Energized with Demo • Restaurants with GF Menus • FiddleCakes

Door Prizes • GF Product Samples • Refreshments

Program:

Still not sure about what you need to do to keep your kitchen safe? Learn what Robert Powitz, PhD, and forensic sanitarian has to say about controlling cross-contamination in his contributing article in Gluten-Free LIVING®. Pick up a few vacation tips from our seasoned members and learn how to pack your summer smoothies with added nutrition.

Special Guest:

A representative from the newly opened European-style bakery "FiddleCakes" located at 2206 8th Avenue S., Nashville, will be on hand to talk about the preparation of gluten-free baked goods in their bakery. See a copy of their GF dining menu and sample some of their GF goodies!

Baked Goods:

Sam Tucker's bread will be available for your purchase at a discounted price. It is also available at The Produce Place in Nashville.

Product Sampling:

Prepared mixes from King Arthur's GF Flours—brownies, chocolate cake, pancakes and muffins.

2010 New Location:

Medical Office Building (MOB) Auditorium, 2201 Murphy Ave, Nashville (One block over from Centennial Medical Center) The program will start promptly at 2:00 pm. Please come early to help set up! See below for directions to our new location.

Refreshments:

Please bring a GF product or baked good to share (include a copy of the recipe and ingredients) or let Brenda Boswell, Hospitality Chair, know in advance if you are able to provide a beverage, brenda@freshmixpro.com.

Set Up Help Needed:

Your help is needed to set up at 1:00 pm! Jobs to be done: Arrange tables and chairs, Post signs, Set up AV equipment.

THIS IS A CHANGE OF LOCATION

New Location:

The Medical Office Building (MOB) Auditorium is located next door to the Woman's Hospital at Centennial Medical Center. The building faces Murphy Avenue, however, the entrance to the Auditorium is at the corner of 22nd Ave North and Patterson.

Directions: From I-40, take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to **22nd Ave**., turn right, go approximately two blocks to the intersection of **22nd Ave and Patterson**.

From I-440, take West End Ave. to Elliston Place. Turn left on **22nd Ave**., go approximately two blocks to the intersection of **22nd Ave and Patterson**.

Parking: We have received permission from the medical office buildings adjacent to 22nd Ave., and across from the MOB Auditorium, to use their parking lots. Handicapped parking is available near the entry to the MOB Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up 1/2 level "Button A" to Auditorium.

The CSA Nashville – Middle Tennessee Celiac Chapter #76

CSA Nashville – Middle Tennessee Celiac Chapter #76 is affiliated with the Celiac Sprue Association, USA, Inc. Board members are volunteers.

Co-Chair – Gary Seise
615-895-0398, grseise@juno.com

Co-Chair – Darryl Casey
615-481-4445, Darrylcasey@yahoo.com

Secretary – Need a volunteer!

Treasurer – Casey Bohr
615-773-8545, Caseybohr@wmconnect.com

Newsletter Editor – Need a volunteer!

Newsletter Layout – Kristen Beahm, Beahm Design, www.beahmdesign.com
615-366-8898, kbeahm@comcast.net

Chapter Advisor – Cheryl Chamberlain
615-591-9622, GFCherylTN@comcast.net

Medical Advisor – Craig Wierum,M.D.
615-324-1204, CWierum@heritagemedical.com

Dietetic Advisor – Chris Fry, R.D.
615-837-0875, cfry@comcast.net

Founder – Tori Ross
615-371-9455, toriross@comcast.net

Hospitality Chair – Brenda Boswell, brenda@freshmixpro.com

Social Chair – Need a volunteer!

Fundraising – Need volunteers!

Web Site Manager – Carol Ann Baily, cabaily@mtsu.edu

Kids R.O.C.K. – Amy Meyer
615-356-5222, amywmeyer@comcast.net

Kids R.O.C.K. – Janet Lowery
615-758-7967, janetlowery@comcast.net

Newly Diagnosed Coordinator – Peggy Czyz
615-646-2905, GFPeggyTN@bellsouth.net

New Member Orientation Mentors:

Janet Lowery - Mt. Juliet/Hermitage Area
615-758-7967, janetlowery@comcast.net

Maureen Norris - Franklin Area
615-591-9616, manorris@comcast.net

Peggy Czyz - Franklin/Bellevue Area
615-646-2905, gfpeggytn@bellsouth.net

Denise Jania - Franklin/Brentwood
615-435-8030, dproofer@yahoo.com

Chris Fry, R.D. - Antioch Area
615-837-0875, cfry@comcast.net

Cassie Stewart - Hendersonville Area
615-824-0762, energycass@bellsouth.net

Gary Seise - Murfreesboro Area
615-895-0398, grseise@juno.com

Cindy Dugger, R.D. - Columbia Area
931-540-4300 X 1275, cdugger@mrhs.com

Caroline Schafer – Adams, TN
931-220-4497,
campzedcarpenterswife@yahoo.com

Living The Gluten-Free Lifestyle

and other notes from Gary…

I am happy to report that we had a response to the need for another board member, and now we have another Co-chair. Darryl Casey was appointed to the position following our March meeting. Lisa Friedl was elected our new secretary at the March meeting but with some new constraints on her time she is not able to continue. We thank her for her short time as our Secretary during which she did a great job but we now are seeking another volunteer.

At our April board meeting we discussed many ideas for the future. We feel that to better describe our role in helping people with Celiac, we want to be known as a group that helps people "live the gluten-free lifestyle." As many of us have learned by now, we can have a very normal diet even without gluten in it. We will be dropping the word "Support" from our title, as the connotation to some people is a negative one, insinuating that we have an addiction and sit around and discuss it at our meetings. Our meetings are educational events with guest speakers, announcements on GF dining and shopping in Middle Tennessee, GF cooking demos, and informative handouts provided on celiac and the gluten-free diet. The sampling of GF products sent to us by national vendors, and GF baked goods by our members, are always something to look forward to!

We want to be known as a group that helps people "live the gluten-free lifestyle."

Living the Gluten-Free Lifestyle can be very intimidating when you first find out that you have Celiac—but when you have the resources and help you need from people in your own community, life can be very enjoyable and very normal.

I felt that our new meeting place in the Centennial MOB auditorium worked out very well. We have increased space, the bathrooms are right outside the meeting room door, and a kitchen adjoins the meeting room. It was nice having the auditorium part of the building to ourselves, and the walk from the parking lot into the room is much shorter. No more fighting the parking and traffic in the parking garage! We would have never dreamed of having a loading dock, but it's there, too!

The first printing and mailing of our newsletter in March from Cenveo went very well thanks to their excellent service. They are located at 720 Massman Drive in Nashville. Cenveo, Inc. (CVO) is the third largest graphics communication company in North America.

A couple more things, Kristen Beahm, a graphic artist, is now assisting with the newsletter doing the page layouts. We are still in need of a Newsletter Editor. If you are interested, an easy to follow document with guidelines for creating the newsletter can be attached to an e-mail for your review. This is a great job for a person with writing and research skills. We are also looking for people who are good at fundraising and interested in coordinating social events - especially to plan GF dinner outings at area restaurants.

Please take time to welcome and get to know the new people on board at future meetings. Together we will continue to make our Chapter stronger and even better!

— Gary Seise, Co-Chair

NEW TO CD OR DH?

Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at gfpeggytn@bellsouth.net or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a New Member Orientation Mentor in your area. We'd be happy to meet with you and give you a grocery store tour. Membership Registration forms are at the back of GrainWise

ANNOUNCEMENTS

Important announcement concerning membership

The membership is being updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. With membership renewal your newsletter will be reinstated with the next issue.

Share your knowledge

Educational information on celiac disease and the gluten-free diet are provided at our meetings. If you have something of interest to be shared please contact Greg Foreman, glforeman@gmail.com.

When Disaster Strikes . . .

Recent flooding in Middle Tennessee was widespread. Out of concern for those on a gluten-free diet who were displaced and may have needed GF food, member Amber Roberts responded to the call. She contacted the Williamson County Red Cross which handles 3 counties, and the Davidson County Red Cross which handles 15 counties, and gave them our contact information for GF flood victims who needed food. Amber believes we are now on a permanent resource list for those agencies. In addition, Amber posted this information on Facebook. Celiacs may contact us directly and we will do our best to get GF food to them. We may not hear from anyone, or we may be inundated with requests. Time will tell! Amber

Find us on Facebook

CSA Nashville-Middle Tennessee Celiac Chapter #76 You can now find us on Facebook thanks to Amber Roberts! Hope you will visit us soon!

Gluten Free Emergency Kits

www.glutenfreeemergencykits.com, 860-967-0987, has developed a complete gluten-free emergency survival food kit. This 72 hour food kit supplies the necessary ingredients to provide meals for a family of four people including Mixes from the Heartland. GFEK is the first Celiac Sprue Association certified gluten free emergency kit and long-term gluten free survival food storage website. 30 day and 1 year kits also available.

2010 Meeting Schedule

June 12

September 11

November 13
Annual Thanksgiving Dinner & Silent Auction

Walmart makes shoppping gluten-free easier!

The Walmart stores in Franklin and Smyrna are offering Bob's Red Mill flours, Pamela's products, and Tinkyada pasta among other gluten-free items in the baking aisle. Don't overlook the frozen food section and the other departments as you will find gluten-free products throughout the store!

GF Bakery in Nashville

Sam Tucker's dedicated gluten-free bakery is up and running. The "Fat Jack's Gluten Solution Pullman Loaf with Teff" that he introduced at our March meeting is now available at The Produce Place, 4000 Murphy Rd., Nashville, TN. Sam is in the process of developing another gluten-free bread and looking for other retail outlets. You may order gluten-free birthday cakes, wedding cakes, and other baked goods by contacting Sam at (615) 498-5385 or chewthefatjack@gmail.com. Thank you, Sam, for your commitment to making delicious, nutritious baked goods for the gluten-free community!

R.O.C.K. Gluten Free Pool Party for the Kids!

Come dressed to swim and have a good time!

When: Monday – June 28 • 12:00–3:00

What to bring: Gluten-free snack foods and a drink to share (sandwiches, pizza, fruit or finger foods for those little appetites!), swim floats, sunscreen, towel. (No glass allowed in pool area.)

RSVP: Amy Meyer: amywmeyer@comcast.net

Adult Summer Social

Enjoy a relaxing evening poolside with your friends from the celiac chapter!

When: Saturday, July 24 • 5:00–8:30 pm

Location: Franklin, TN

What to bring: Gluten-free meat dish, and a side dish or appetizer to share. Drinks and paper products provided. (No glass allowed in pool area.)

RSVP: Cheryl Chamberlain by July 20th. For directions: GFCherylTN@comcast.net

www.nashvilleceliacs.org

Look for our newly designed website in the near future. We will post meeting information, events, contact information, local GF dining and shopping, and more!

Continued on page 4

Cool off on a hot summer day and try some new gluten free foods at the

Gluten-Free Ice Cream Social Fundraiser and Gluten Free Tasting Event

Whole Foods Marketplace
1735 Galleria Blvd., Franklin, TN 37067
Saturday, July 31 • 10:00 am – 4:00 pm

Ice cream cones, Old time Sundaes, Waffle Brownies, Banana Splits, and Root Beer Floats made with Whole Foods All Natural Ice Cream or Non-dairy confection. Pamela's Gluten-Free cookies served with each ice cream treat!

Volunteers are needed to help promote awareness and serve ice cream during a two-hour shift: 10-12, 12-2, 2-4. Contact Gary grseise@juno.com or Darryl darrylcasey@yahoo.com if you can help.

Country Music Marathon

The YMCA Country Music Kids Marathon was a success and the weather was wonderful! There were 4,000 children who participated in all. We had 8 children participating on the Mid TN Celiac Kids Team- Nathan Roberts, Elizabeth Roberts, Zachary Roberts, Jenny Peters, Stephanie Meyer, Jeanne Meyer, Riley Samz, & Guice Smith IV. The following morning, Michelle Peters ran the Half Marathon and Jeff Samz ran the Marathon. Everyone did fantastic! Thank you for showing your support for Celiac Awareness!

Everyone enjoyed the many goody bags donations from **Ener-G, Ian's, Pamela's Products, GlutenFree Passport, Trader Joe's** and **Kitchen Table Bakers**. They were very much appreciated and enjoyed! After passing up the many gluten options that the Marathon offers, it makes the Mid TN Celiac Team participants feel good to receive their bag of gluten free goodies as the race ends.

A special thank you to **Wes Parker Construction, Ian's Natural Foods, Kitchen Table Bakers, Pamela's Products**, and **Tommy Little**, County Commissioner Williamson County Dist 5! In addition to raising funds to be used for Celiac Awareness, we also have begun a fund to assist in sending a child to a Gluten Free Camp. If your child would be interested in utilizing these funds, please contact a Board Member.

Resources

GFS MARKETPLACE PARTNERSHIP AND SAVINGS PROGRAM
At checkout please give the name "NASHVILLE CELIACS". A rebate will be given every three months to our support group on a percentage of your purchases. You may shop at any GFS location throughout TN and the USA. A 14 page gluten-free shopping guide is available at customer service counters. No membership. Open to the public 7 days a week, Stores in TN: Cool Springs, Rivergate, Murfreesboro, Clarksville. www.gfs.com

WWW.CATHOLICCELIACS.ORG
The Catholic Celiac Society has been formed to educate Catholic Celiacs about their options for Holy Communion as provided for by canon law and the U.S. Conference of Catholic Bishops. info@catholicceliacs.org

HAVE YOU CHECKED YOUR LIBRARY LATELY?
The Williamson County Library has a selection of 12 books on Celiac and the Gluten-free Diet. Check the library near you for what is available.

THE JUNIOR LEAGUE FAMILY RESOURCE CENTER at Vanderbilt Children's Hospital is a free Library service to the community offering information and resources on chronic illnesses, disabilities and severe injuries. Materials on Celiac are available for children, adolescents, and adults. Hours: Mon – Fri, 8:30 am – 5:00 pm. Requests: 615-936-2558 or 800-288-0391, Email: family.frc@vanderbilt.edu, Website: www.vanderbiltchildrens.com/frc
►Donations of books on celiac and the gluten -free diet are being collected at our support group meetings for the FRC.

WALMART posts a gluten-free list of items available in their stores on their website. It includes both their 'Great Value' brand items and other brands, too. As always, be cautious of errors that may occur in the product list.
- Visit www.walmart.com
- Click on grocery
- Under Specialty click on 'gluten-free'

ST. JOHN'S CELIAC LISTSERV
www.enabling.org/ia/celiac
Join over 3600 fellow celiacs in ongoing discussions about a Gluten-Free Diet. To ask questions and share information, click "Subscribing to the Celiac List."

GROUP DISCOUNTS ON MAGAZINES are offered at our support group meetings for Living Without, www.LivingWithout.com and Gluten-Free Living, www.glutenfreeliving.com

KUDOS

Amber Roberts, Team Captain, for the YMCA Country Music Kids Marathon and Country Music Marathon "Mid TN Celiac Team". Amber took charge and orchestrated the entire event contacting team participants, securing sponsors, putting together goody bags, designing and creating the t-shirts, and sending thank you's. We can't thank you enough for a job well done!!!

Laura Hill, guest speaker at our March meeting for a job well done. The bread samples were delicious, too!

Sam Tucker, guest speaker at our March meeting for a job well done, and for the donation of his GF breads to sample and to give as door prizes.

Garlic Jim's Famous Gourmet Pizza, donation of six GF pizzas to sample at our March meeting. 4115 Mallory Lane Ste. 212, Franklin, TN. (615) 791-5461, Order online at www.garlicjims.com, GF Menu. Dedicated equipment and ingredients are used. GIG Certification.

Craig Wierum, MD, for sponsoring several of our hard working ladies to attend the Girls' Spa Night Out for Celiac Disease at Salon FX in Nashville, April 9th. The event was hosted by Gluten Free Night Out (GFNO), a student run organization at Vanderbilt for those with celiac. Proceeds will help with GFNO awareness efforts in the greater Nashville area. For more information contact Jessica Meier-Peterson, jessica.l.meier-peterson@vanderbilt.ed, GFNO President http://studentorgs.vanderbilt.edu/bgno

Our members who participated in the Celiac Study at Vanderbilt University Medical Center. The purpose of the study was to see if there are any gene products that are activated as part of celiac disease.

ANNOUNCEMENTS

Continued from page 3

USA Today Celiac Disease Special Report

The May 7th, 2010 USA Today Celiac Disease special report in print, is now available for download online. – Whitney Ehret, Director of Communications, National Foundation for Celiac Awareness http://www.celiaccentral.org/News/Celiac-in-the-News/161/vobId__2617/

Patients needed for IBD/Celiac Substudy

The Sarah Cannon Research Institute (SCRI), Memphis is working with the Frist Clinic here in Nashville on a diagnostic study for Celiac patients. The study is aimed at identifying genetic markers that could one day diagnose Celiac and other bowel diseases through a simple blood test versus the current rigorous trial and error process used today. The clinic is currently looking for 12 participants who have been diagnosed with celiac in the past year. The study involves a one-time blood draw. You are reimbursed for time and travel. Information will be provided at the meeting or please contact Gail Hughett, RN, 615-342-7815, research nurse at the Frist site. Sponsored by Prometheus Laboratories, Inc.

Gluten Free Buying Club

Mixes From The Heartland Inc. would like to invite our members to take advantage of their new Gluten Free Buying Club at www.mixesfromtheheartland.com. The Gluten Free Buying Club offers members a 15% discount on all purchases, access to new recipes, and an expanded variety of products. Prices for the Buying Club start at $25 for a one year membership or $40 for a lifetime membership! Mixes From The Heartland Inc. is a CSA approved gluten free manufacturer currently offering over 200 products, from baked goods to meals and soups. Use coupon code: FMXMIXES Allergen Facts: No eggs, peanuts, tree nuts, soy, oats, barley, rye, or wheat in the factory. No bean flours are used in any products. Factory is allergen controlled. Eliza Testing: Every raw product that enters the factory must be certified by the producer that it can pass an Eliza Test of 5 ppm or less for wheat. The University of Nebraska does our Eliza Testing. All products are CSA certified and carry the CSA seal.

GF TACO SEASONING MIX

Make large amounts of this mix and keep in a jar for the whole family to use.

1 tbls potato starch	½ tsp cumin
1 tsp chili powder	¼ tsp cayenne
1 tsp paprika	¼ tsp garlic powder
¾ tsp salt	¼ tsp sugar
¾ tsp onion powder (optional)	⅛ tsp pepper

Mix spices together. For each pound of ground beef, browned; add one recipe of mix plus ¾ cup of water, simmer for 10 to 15 minutes. Use approximately 2½ to 3 tablespoons mix per pound of hamburger.

Gluten-free Restaurant Etiquette

**Written by Tiffany Janes | Published in News & Notes, Restaurant News 4/28/10 | www.celiac-disease.com/gluten-free-restaurant-etiquette*

Have you ever gone onto a celiac online forum and read about all the horrible gluten-free dining experiences people rant and rave about? I can't imagine anyone going out to eat regularly without someone eventually messing up their meal and making them sick. However, it's shocking how many people shout it from the rooftops how awful a place is, but don't bother to report the goof to the actual restaurant. It's like people want to make sure no one else goes there, which is understandable. They are just hoping to protect others from having the same bad experience they did. Guess what though? Not everyone in the world that is gluten-free visits online forums.

If you really want to keep others from suffering your fate, please tell the people that can correct the situation. Tell everyone in the world too if you want to, but know that isn't going to help protect every other gluten-free diner who walks through the doors of the offending restaurant. Also, know that most places (not all for sure) will try and make it up to you that they messed up your meal. One of the places here sent a $100 bouquet of flowers to someone I know. The most common way places try and make it right is to give you a gift check to come back on them. If you don't trust them enough to ever return, ask for a refund for the meal that made you sick.

With so many well meaning chefs jumping on the gluten-free bandwagon, without taking the time to learn what that even means, it's up to us to help them when they mess up. If we don't, then we can't complain when they all jump onto the next dining fad and forget about us. We know we're not part of a fad, but more people eating gluten-free today are part of a fad that will soon fade away, than those that will know if someone serves them gluten by mistake. We might not like admitting that fact, but it's true none the less.

How can a place improve their gluten-free service skills if no one there knows there is a need for them to do so? If you're not comfortable dealing directly with the place that didn't it get it right during your visit, contact the corporate office. If you do complain to the actual location and don't get a satisfactory result – please make sure and report that to the corporate office. Most restaurant employees are not trying to make anyone sick on purpose, of course. It isn't good business for a restaurant to make people sick regardless of food allergies and intolerances. Remember, they don't know if you're going to go into anaphylactic shock and have to be rushed to the hospital if they mess up your meal. Most places are trying to get it right. Many are failing at the task miserably and need to know when they do.

People who get sick when dining out deserve to rant and rave all they want to. However, if they don't do it to the right people, they are wasting their breath. If you visit online celiac forums, think about asking someone ranting about a place messing up if they told the restaurant what happened. You might be surprised by how many people tell you no – or totally ignore the question.

Watch Out for Barley Flour

* 4/2910: Written by Tiffany Janes / Published in *Celiac Disease, Foods & Products, News & Notes*
www.celiac-disease.com/watch-out-for-barley-flour

When Frito-Lay put out the press release about their updated gluten-free and non-gluten ingredient product list, several previously listed items were missing. The reason is that the items now contain barley flour. Yes, barley flour in some snack items. So far, it seems that food companies are listing barley in the ingredients, which is helpful. Barley is not considered a major allergen in the U.S. – by the FDA anyway. Therefore, it does not have to be called out on food labels. In the case of barley flour, companies know that just listing the word "flour" would result in them getting flooded with calls from people asking exactly what kind of flour is in the item.

According to the Barley Foods website, barley flour contains over three times as much fiber as wheat flour. This gives the large food companies good reason to consider adding it to products, to make the products "healthier" for people who can eat gluten. Then the product labels will list a higher amount of fiber, possibly making gluten consumers reach for one bag of chips (or other items) over another that is barley free. Oh, and according to this report (or partial report), barley is heart healthy too. Barley even made it into the May issue of Good Housekeeping in the healthy grains blurb. Interestingly, the few gluten-free grains that were listed were not called out as being gluten-free.

Most of us are aware of the powerful lobby of the National Wheat Association. However, the National Barley Foods Council is a group to be reckoned with. The powers that be in the group fought Congress tooth and nail when Dr. Alessio Fasano tried to convince them to change the labeling law to include all forms of gluten. And the barley industry won. When food companies slowly started using corn malt instead of barley malt, the companies that grow barley started thinking of ways to get their product into other foods. And they have been successful in getting it added in some unsuspecting products, including Lays "Barbecue" and "Flamin' Hot" potato chips. Even the Baked Lays "Barbecue" chips contain barley flour.

The National Barley Foods Council…fought Congress tooth and nail when Dr. Alessio Fasano tried to convince them to change the labeling law to include all forms of gluten. And the barley industry won.

Several times in the past, I've been contacted by people looking for help during visits to the U.S. These people were mostly from various parts of Europe. Each person asked various things, but all of them asked if it was actually true that in the U.S., products did not have to call out gluten – as in having to state "contains gluten" on packages of anything that does. I remember being embarrassed when I was diagnosed with celiac, that the U.S. was so far behind other countries on the issue. Each time I got the notes from people outside the country, indicating they were in disbelief over the labeling situation here, I was a little embarrassed for our country – again.

There is nothing wrong with an industry trying to make sure their product is used as much and as often as possible, of course. But we have to make sure and stay on top of the food companies and let them know that they have got to list barley as an ingredient, regardless of what the law requires. Frito-Lay is a company willing to that for us, and for that we should be grateful. Think of all the odd places you see wheat in products today. Now think about the barley industry convincing companies to replace the wheat with barley. This could turn into a total nightmare for our community. If there was ever a time for a formal labeling law regarding the term gluten-free in the U.S., it was yesterday.

**Tiffany works as a gluten-free consultant with restaurants and gluten-free food companies. She is considered a gluten-free advocate, as well as the most discriminating gluten-free diner around. Her goal is to help others learn that there is life after a celiac diagnosis. When speaking at gluten-free support group events, Tiffany's focus is helping others understand how to eat out safely, yet deliciously. She is a contributing writer for "Delight gluten free" magazine. Follow Tiffany on Twitter!*

Members Tips

Tossed

3301 Aspen Grove Drive
Franklin, TN 37067
(615) 771-7747
A fashionable salad place off of Cool Springs Blvd. now has a gluten-free menu! In addition to salad they also have a soup that is GF. To prevent cross-contact with gluten during food preparation employees change their gloves.

– Denise Jania

The Produce Place

4000 Murphy Rd
Nashville, TN 37209
Neighborhood: Sylvan Park
(615) 383-2664
www.produceplace.com
I just saw a posting about a gluten free bread made by Nature's Own. It is only available at Kroger stores in Atlanta right now, but hopefully will be here soon. Here is a link so you can read more about the bread. http://www.naturesownbread.com/NAT_Varieties/Variety.cfm?CategoryID=160&ProductID=727 • http://celiac-disease.com/mainstream-company-rolls-out-gluten-free-bread/ • http://www.glutenfreeislife.com/?p=2661

I have also bought a couple of loaves of Sam's bread at the Produce Place. It is $5.99 a loaf and very good. Lots of exciting developments lately!

– Amy Meyer

Support Opportunities

Nashville–Middle Tennessee Celiac Chapter Membership

Membership dues are only $20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please contact Casey Bohr, Treasurer, at 615-773-8545 or caseybohr@wmconnect.com if we are in error. Your dues cover costs accrued for newsletter printing and mailing, website, awareness, meeting supplies, handouts, baking demo supplies, etc. Board members are volunteers and not paid for their services. Please use the membership form provided above. www.nashvilleceliacs.org

CSA/USA Membership

The Celiac Sprue Association/United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. CSA/USA, Inc., P.O. Box 31700 Omaha, NE 68131-0700, 1-877-CSA-4-CSA www.csaceliacs.org

Membership Email Addresses/Changes

Be sure to let us know when your email changes, so you don't miss important reminders. Please email caseybohr@wmconnect.com

Vendor Advertising

Purchase ad space in this newsletter by contacting Kristen Beahm at 615-366-8898 or kbeahm@comcast.net . *GrainWise* is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products only and may not mention prices or discounts. Newsletter is produced in InDesign. EPS, JPG, TIF, or PDF ad formats are acceptable. Vertical half column ad space size is 3.5" (w) x 5" (h). Half column ad rate is $100 for 4 publications (one annual year). Make checks payable to: CSA Nashville – Middle TN Celiac Chapter #76. Mail to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville TN 37215-9312

Disclaimer: CSA Nashville – Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville – Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance—helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission (except copyrighted material). However, please reference the source of the information.

CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

O New Membership O Renewal Membership O Information Change O Medical Professional Membership

(Please Print) Name_____

Address_____ City_____ State_____ Zip_____

Phone #_____ Cell Phone #_____

Email Address (will be sent meeting and event reminders) _____

Who has Celiac or DH in your family? Self / Spouse / Child —Age ____ / Other_____

Have you met with a mentor of the Nashville Celiac Support Group? Yes / No If yes, who?_____

Please make $20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312

Check Number_____ Amount $_____ Date Paid_____

***Optional Information:**

*Name of Diagnosing Doctor _____ Date of Diagnosis_____

*Have you met with a dietitian? Yes / No If yes, who?_____

CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of $_____ Check #_____

(Please Print) Name_____

Address _____

City_____ State_____ Zip_____

Gift given is a: O Tribute / O Memorial Gift in honor of:

(Please Print) Name_____

Address_____

City_____ State_____ Zip_____

Please make your check payable to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312. Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act, Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

Updated: 02/10

GRAINWISE™ & GLUTENFREE

NONPROFIT ORG
U.S. POSTAGE
PAID
NASHVILLE TN
PERMIT NO. 43

Celiac Sprue Association/USA, Inc.
CSA Nashville - Middle Tennessee Celiac Chapter #76
P.O. Box 159312
Nashville, TN 37215-9312

RENEW! RENEW! RENEW!
Please check your renewal date on the mailing label below.
If you've allowed your membership to lapse, then this may be your last issue.

ADDRESS SERVICE REQUESTED

June Meeting

Saturday, June 12th
2:00 p.m.

Keeping Your GF Kitchen Safe
Five Tips in Five Minutes
. . . and more!

GRAINWISE™ & GLUTENFREE

THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.

If you need to contact us due to a change of address, for any reason, or you no longer wish to receive GrainWise, please E-mail us at tennceliac@gmail.com .