National Celiac Association Tennessee

September 2019

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

September 14th meeting – 1:30- 3:30
Show & Tell

WHAT HAVE YOU FOUND THAT HELPS YOU WITH YOUR GLUTEN-FREE LIFE?

PLEASE COME SHOW US WHAT YOU LIKE AND TELL US ABOUT WHAT YOU ENJOY AND SHARE WITH US YOUR SUCCESSES!

YOU WILL LEARN LOTS FROM OTHERS TOO!

Is there **a product that you have found that you and your family enjoys** that is gluten-free? If so, please bring a sample or the box and tell us what you like about that product.

Is there **a restaurant that you have discovered that you can recommend** to our other members? If so, please come tell us all about that restaurant. What you have ordered, what you enjoyed, and what you can share with us so we can plan to try that restaurant ourselves.

Is there a gluten-free snack that you can share with us? If so, please bring enough to pass them around for us to taste-test. Is it gluten-free pretzels? Or fig bars? Or Lance's peanut butter cracker bites? You may have found some snacks that we all haven't discovered yet, so please share your favorites with us on Sept. 14th, 1:30 – 3:30 pm.

We meet at Westminster Presbyterian Church, 3900 West End Ave. at Mayfair Ave. Look for our signs and take the ramp down to the Goodpasture Hall entrance.

Our First Brunch Picnic in June!

We reserved the picnic pavilion at River Park in Brentwood for a picnic on Saturday June 15th from 10:00 am – 12:30 pm. Gretchen Mansourian, one of our members who is a Brentwood resident, made this reservation for our group. We avoided the mid-day heat and also enjoyed a fun brunch picnic, a little different from last year.

More than a dozen of our members brought breakfast casseroles, hash browns, cheese grits, bacon, sausage rolls, GF biscuits or pastries, fruits, etc. It was a yummy brunch picnic. Just after noon, when it was beginning to get hot, we were putting things away and packing up to go home!

So we need suggestions for our next dinner meetup. Where would you like to go? What do you want to try? Call Carol Ann Baily at 615-478-9998 or email carolannbaily@gmail.com .

Gluten in Medication Disclosure Act Update

NCA is proud to have helped develop the language of a Bill proposed to the Congressional floor. ***H.R. 2074, The Gluten in Medicine Disclosure Act of 2019*** was introduced by Representatives Tim Ryan (D-OH) and Tom Cole (R-OK). If passed, this Bill will mandate that gluten be labeled on prescription medications, helping all those in the gluten-free community.

This bill now has 29 cosponsors including 4 members from the Health subcommittee. We still need your help! Now is a great time to reach out to your local representatives and ask them to support this important bill. You may be able to request a meeting or bring this up during district events.

Below is a sample letter that you can edit and then send to your representative. Members need to hear from you to understand why this is important; including a personal story can be helpful.

Click here to find your representative. For more information, including a list of the current co-sponsors, visit congress.gov.

H.R. 2074: The Gluten in Medicine Disclosure Act of 2019:
Providing Transparency for Consumers

Dear **Representative Name**,

Celiac disease is a serious, genetic autoimmune disorder affecting 3 million Americans in which ingesting gluten causes damage to the villi of the small intestine. The only treatment is the total elimination of gluten-containing products, including all wheat, barley, and rye sources. For some, failure to avoid these **can lead to life-threatening complications,** including some cancers. Importantly, a Mayo Clinic study revealed that the rate of celiac disease has almost quadrupled over the past 50 years.

In 2004, the Food Allergen Labeling Consumer Protection Act required packaged food labels to identify all ingredients containing wheat and other allergens. This requirement **does not extend to prescription drugs, making it nearly impossible for consumers to determine the presence of gluten in prescription medicine.** After repeated efforts to shed light on this issue, the FDA initiated a draft guidance in 2017 (which is still being finalized), encouraging drug manufacturers to disclose the presence of gluten. While some manufacturers have taken this step already, many have not. This leads to anxiety of not knowing whether or not medication is doing more harm than good.

On April 3, 2019, Congressman Tim Ryan along with his colleague, Congressman Tom Cole, introduced the **Gluten in Medicine Disclosure Act**, which will require drug manufacturers to label medications intended for human use with a list of ingredients, their source, and whether gluten is present. A gluten-containing drug that does not meet these requirements would be considered misbranded under Section 502 of the Federal Food, Drug, and Cosmetic Act. This labeling will allow concerned consumers to know, for example, if the starch in their prescription medicine comes from wheat or corn, an important distinction.

Please join Representatives Ryan and Cole in **cosponsoring** this important piece of legislation to make it easier and safer for individuals with celiac disease or gluten sensitivity to make informed decisions of needed medications. For more information or to cosponsor, please contact Rachel Jenkins (rachel.jenkins@mail.house.gov) in the office of Congressman Ryan. Thank you!

Provide your full name and mailing address and mail to your Congressional representative.

Pumpkin Squares Recipe from the NCA's recipe collection

Ingredients

- Mix together:
- 4 eggs
- 2 cups sugar
- 1 cup canola oil
- 1 cup canned pumpkin puree
- In a separate bowl, mix:
- 2 cups GF flour
- 2 tsp cinnamon
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
-
- Frosting (optional)
- 8 oz cream cheese, at room temperature
- 8 oz butter
- 2 tsp vanilla extract
- 1 box confectioners sugar

Note: Always check that *every* ingredient you use is gluten-free.

Instructions

1. Add liquid ingredients to the flour mix and beat well.
2. Pour into greased and floured 12"x18" cookie sheet. Bake 350 degrees for 25-30 minutes.
3. To make frosting, combine ingredients until smooth. Spread on pumpkin squares, cut, and serve.

If you joined NCA, our national organization, you would receive a recipe each month in their e-newsletter. For this and more news about celiac disease each month, consider joining NCA.

How ROCK Can Help –

NCA's renewed Raising Our Celiac Kids (ROCK)

With the growth of celiac disease diagnoses in children, it is clear that parents, kids and their families need a reliable educational program. Celiac disease is managed solely via a strict gluten-free diet, which can be extremely challenging in a world filled with foods containing gluten.

NCA's ROCK program provides education and support along with age-appropriate educational tools and advocacy training. Some features of the ROCK program include:

- Local support groups and meet-up events
- Phone helpline available each weekday
- A course for caregivers that explains celiac disease, the gluten-free diet and the gluten-free lifestyle in three easy steps (coming soon)
- A teen blog about living gluten-free (coming soon)
- Downloadable educational materials for families and clinicians
- ROCK's educational website covers many relevant topics, including:
  - how to manage at school, parties and holidays,
  - finding gluten-free camps
  - how to meet challenges specific to dating and attending college
- Check out the ROCK website at: www.raisingourceliackids.org

Meeting on September 14 and our Holiday Potluck on November 16th both at our new location at Westminster Presbyterian Goodpasture Hall

Our new location is at Westminster Presbyterian Church, located at 3900 West End Ave, just a few blocks west of I-440.

Take whatever route you prefer to West End Ave. and Mayfair Ave, to the west of the Church. Turn into Mayfair Ave., off of West End Ave. There are a few disabled parking places to the right, along the street. There is a nice large lot across Mayfair on the left for everyone else. Just to the right of the disabled parking places, there is a ramp leading down to the door of Goodpasture Hall where we will be meeting. We'll put out signs for the Celiac Meeting so you can see the ramp and go directly to the meeting room. No need to go up stairs, just down the ramp right into our meeting room. If you have any problems, call Carol Ann Baily, 615-934-1034, to get directions.

Put November 16 on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year!

www.nashvilleceliacs.org

We're also on Facebook

http://www.facebook.com/pages/National Celiac Association Tennessee