



# NEWSLETTER for

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

May, 2006

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## Upcoming GIG Events

- Tues, May 9 at 7 pm  
**Northern Utah GIG MEETING:** New member/newly diagnosed patient orientation at the Farr West Senior Center (1896 North 1800 West, Farr West, Utah). New Patient Orientation meetings are centered around educating group members about Celiac Disease and its effects on the body. We also discuss maintaining a healthy lifestyle by sticking with a GF diet. The meeting is specifically geared toward newly diagnosed patients, but all members are welcome to come and participate
- Tues, May 9 at 7 pm  
**SLC GIG MEETING** at *St. Mark's Hospital, Classroom G04C (on the ground floor-near the cafeteria)* Dr. P J Pedersen will be our speaker
- Tues, May 16 at 7 pm  
**GF cooking demo** at Macey's in Ogden Darin and Kris Fowers will be presenting Gluten-Free Chinese Food. Please call Macey's at (801) 392-1842 to make a reservation.
- May 20 Conference Early Bird Registration ends
- Sat, May 20 from 8 to 11:30 am — **Walk for Celiac Disease Awareness**
- Thurs, June 1 at 7 pm  
**Utah County GIG Meeting** at *Timpanogos Hospital in Orem, Cafeteria Classroom*
- June 9-11 GIG Educational Conference!

Don't forget to look at the **DATES to SAVE** section on page 12 for more upcoming events.



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.



## GF Products on Sale at Harmons



Harmons is celebrating the 2006 Annual Healthy Living Solution Promotion with Gluten Free products. These products are available in all Healthy Living Solutions Department. During this promotion they will also be available in the grocery frozen foods section at all Harmons locations.

Call your Healthy Living Solutions Manager or your Grocery Manager to special order cases.

### Kinnikinnick Gluten Free

English Muffins, Hamburger Buns, Bagels, White Sandwich Bread, Brown Sandwich Bread and Blueberry Muffins **\$2.79** Savings up to \$2.10

### Kinnikinnick Gluten Free

Cinnamon Buns, Brownies and Donuts **\$3.79** Savings up to \$2.80

### Amy's Gluten Free

Mexican Casserole Bowl, Teriyaki Bowl, Palak and Matter Indian Meals **\$2.79** Savings up to \$1.90



## Celiac in the News & on TV

Planning a visit to St. George area? Check this out! In an article written for Southern Utah Health Care Magazine featured titled **“Celiac Disease—What Makes the Body Treat Certain Foods as Poison?”** you can read about places to shop for gluten-free foods in Southern Utah. The article can be found at <http://tinyurl.com/j5zsc>

WebMD has a feature article on CD, titled

### **“Learning to Live With Celiac Disease”**

By [Denise Mann](#)

“You may not know you have it, but celiac disease can rob the body of nutrients it needs to thrive.”

The article can be found at

<http://www.webmd.com/content/Article/121/114384.htm?printing=true>

The episode of HOUSE airing Tuesday, May 9 on FOX has something about Gluten Intolerance or Celiac Disease in it.

GIG Statement: *I did consult for a program to air may 9<sup>th</sup>. I have no control over what they do with the information. I know the show is known to sensationalize things...I hope I was able to control this a bit...but I am very concerned about what they might do.*

Cynthia Kupper, RD, CD  
Executive Director  
Gluten Intolerance Group of NA



By Kathleen Apodaca

Sorghum is an ancient grain that is also known as milo or Jowar. In the past, animal feed was the primary use for Sorghum in the United States, but recently it has been recognized for its potential for industrial use and for human food.

Sorghum has the ability to tolerate drought, soil toxicities, and temperature extremes more effectively than other cereals.

Sorghum plants are classified and their use is determined by color. Human food grade sorghum is white/tan/tan. Darker colors in the leaves, stem or seed will discolor the flour so these colors are used for animal feed. The tannins in sorghum are rich sources of antioxidants.

Industrial use of sorghum includes ethanol, wallboard, and starch. Sorghum starch appears to be particularly valuable in packaging material because of its anti-static and biodegradable properties, e.g. packaging electronic components. This may help people with food intolerances because products such as wheat and corn starch are less likely to be used for disposable food storage containers.

When sprouted, it produces enzymes that can convert grain starch into a sugar, which can be turned into alcohol by yeast. Sprouted sorghum alone produces a sour brewed beverage that is widely consumed in Africa. Most American brewers combine the sorghum with other grains to produce a beverage more palatable to Western tastes. The potential for home brewing of gluten-free malted beverages such as ale and beer has produced several websites and articles in gluten-free publications in recent years.

Sorghum is naturally gluten-free, but may be contaminated because it is frequently grown, harvested, and stored along with other gluten-containing grains

Research is ongoing on how to bake with sorghum flour. Sorghum is used in combination with starches such as corn, potato, or tapioca. Researchers are experimenting with methods such as sprouting or otherwise pretreating the grain prior to milling to improve the digestibility of the nutritional value. Sorghum is being used as a lower cost substitute for up to 50% of the wheat in commercial baked goods. In Japan, sorghum is used in salty and sweet snack food.

Gluten-free cookbook authors such as Bette Hagman and Carol Fenster have used sorghum flour in combination with Garfava flour because the sorghum seems to reduce the beanlike aftertaste of Garfava. Corn flour and various starches are also added to produce a combined flour that yields gluten-free breads with improved lighter texture. Carol Fenster, *Gluten-Free 101*, uses a flour mixture with sorghum as the base rather than the more common rice flour. This flour mix allows for the use of less common flours such as almond meal, millet, teff, amaranth, etc. The resulting baked goods taste remarkably “wheat-like.”

In baking gluten-free, this author has found that less xanthum gum and more liquids are needed when using sorghum flour. Because sorghum is bland flour, baked goods take on the taste of other ingredients. Adding ground flax seed and blackstrap molasses makes bread that tastes and looks similar to whole wheat bread. Ingredients such as soy lecithin granules and ascorbic acid act as binders and preservatives. Sorghum bread will store at room temperature without crumbling up to a week. Sorghum flour stores so well that if moisture and insects are sealed out and temperature is moderated; the shelf life is the same as wheat.

The biggest problem with sorghum flour for gluten-free cooking is finding gluten-free sources. Contamination issues exist because often this crop is harvested, stored and grown with the same equipment and fields as wheat, barley, rye, and oats. Sorghum must be purchased from gluten-free sources in order to be a safe ingredient in a gluten-free diet.

Nutritional Information		Source: USDA		
Nutrient Per 100 g Serving	Sorghum	Corn	HRW Wheat	Durum Wheat
Total Calories	339	365	327	339
Calories from Fat	29.7	42.66	13.86	22.23
Total Fat (g)	3.3	4.74	1.54	2.47
Saturated Fat (g)	0.457	0.667	0.269	0.454
Protein (g)	11.3	9.42	12.61	13.68

Gluten-free Sources of Sorghum Flour:  
[www.Bobsredmill.com](http://www.Bobsredmill.com)  
[www.twinvalleymills.com](http://www.twinvalleymills.com)

Additional Sources of Recipes:  
*Gluten-free Gourmet Bakes Bread*,  
[www.savorypalate.com](http://www.savorypalate.com)



## Clan Thompson's Mini-list

Verified Information on Gluten Content

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Manufacturers of the following products reported them to be **GLUTEN FREE and VEGETARIAN** when we contacted them in January, 2006:

Mr. Spice Tangy Bang! Hot Sauce  
 Mr. Spice Honey BBQ Sauce  
 Mr. Spice Garlic Steak Sauce  
 Mr. Spice Thai Peanut Sauce  
 Mr. Spice Ginger Stir Fry Sauce  
 Mr. Spice Honey Mustard Sauce  
 Mr. Spice Sweet & Sour Sauce  
 Mr. Spice Hot Wing! Sauce  
 Mr. Spice Indian Curry Sauce

Manufacturers of the following products reported them to be **GLUTEN FREE** but there was no vegetarian info when we contacted them between March - April, 2006:

Wegmans Steak Sauce (regular) 10 oz  
 Crystal Wing Sauces (original or hot)  
 Price Chopper Tartar Sauce  
 Price Chopper Soy Sauce  
 Price Chopper Tomato Sauce  
 Price Chopper Pizza Sauce  
 Laura Lynn Steak Sauce 17oz.  
 Laura Lynn Chili Sauce 12oz.  
 Laura Lynn Cocktail Sauce 12oz.  
 Litehouse Foods Blueberry Dessert Glaze  
 Litehouse Foods Strawberry Dessert Glaze  
 Litehouse Foods Peach Dessert Glaze

Clan Thompson's Celiac SmartLists (TM) 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. Our pocket guides are printed booklets that contain a selection of products taken from the SmartList software. 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:**

*Did you know that Graham flour, Durham flour, Atta Flour, Semolina, and Farina are all made from wheat, so they're not gluten free?*



## Gluten Intolerance Group 2nd Annual Awareness Walk

**Saturday May 20th  
8:00am-11:30am  
Wheeler Historic Farm**



### Schedule

- 8-9am** Registration & Continental Breakfast sponsored by Wild Oats.  
**9-11am** Walk in the Park (1K trail)  
**11am** Prize Drawings provided by our sponsors - must be present to win!

*Children's games and activities will be provided by the BYU Celiac Club. Parent/guardian supervision required. 9:30am to 11am.*



**Bone Density Scans** (heel scan) will be available during the walk for \$10.



### Registration

Registration will also be available the morning of the Walk for a \$15 per walker fee.



### Sponsors

The Gluten Intolerance Groups of Utah wish to thank the following sponsors who have made it possible to hold this walk:

**\*Platinum Sponsorship for our event:**

[www.stmarkshospital.com](http://www.stmarkshospital.com)  
[www.wildoats.com](http://www.wildoats.com)

[www.againstthegrainslc.com](http://www.againstthegrainslc.com)  
[www.altiplanogold.com](http://www.altiplanogold.com)  
[www.aricofoods.com](http://www.aricofoods.com)  
[www.billgood.com](http://www.billgood.com)  
[www.celiac.com](http://www.celiac.com)  
[www.chebe.com](http://www.chebe.com)  
[www.ener-g.com](http://www.ener-g.com)  
[www.enjoylifefoods.com](http://www.enjoylifefoods.com)  
[www.gfforlife.com](http://www.gfforlife.com)  
[www.glutenfreecreations.com](http://www.glutenfreecreations.com)  
[www.glutenfreeflour.com](http://www.glutenfreeflour.com)  
[www.glutenfreemall.com](http://www.glutenfreemall.com)

[www.glutenfree-supermarket.com](http://www.glutenfree-supermarket.com)  
[www.glutenfreeoats.com](http://www.glutenfreeoats.com)  
[www.glutino.com](http://www.glutino.com)  
[www.goglutenfree.com](http://www.goglutenfree.com)  
[www.heartlandsfinest.com](http://www.heartlandsfinest.com)  
[www.iansnaturalfoods.com](http://www.iansnaturalfoods.com)  
[www.kirkmanlabs.com](http://www.kirkmanlabs.com)  
[www.madebymona.com](http://www.madebymona.com)  
[www.marysgonecrackers.com](http://www.marysgonecrackers.com)  
[www.masuyanaturally.com](http://www.masuyanaturally.com)  
[www.orgnan.com](http://www.orgnan.com)  
[www.savorypalate.com](http://www.savorypalate.com)

### Help GIG support those affected by the diseases with support, resources and research funding.

All contributions are tax deductible. Please make checks payable to SLC GIG.

Walkers will receive a Walk T-Shirt and Goodie Bag full of gluten free products and information.



## How to Raise \$100 in 10 Days

**It's easy to raise \$100 in one week!**

the day... the ask ...	the total ...
Day 1 Put in your own \$10 contribution	\$10
Day 2 Ask your significant other for \$10	\$20
Day 3 Ask a parent/guardian for \$10	\$30
Day 4 Ask your best friend for \$10	\$40
Day 5 Ask your supervisor for \$10	\$50
Day 6 Ask your co-worker for \$10	\$60
Day 7 Ask a sibling for \$10	\$70
Day 8 Ask your in-laws for \$10	\$80
Day 9 Ask a neighbor for \$10	\$90
Day 10 Ask a business owner you support for \$10	\$100

**Each Walker is encouraged to raise at least \$100 in donations.**

**Day 11 Celebrate...you raised \$100!**



\$ – Don't just ask for \$10 from someone who can give more – \$  
 \$ – Don't just forget to ask your employer for a matching gift – \$

## Letter Writing Campaign

The most effective way to raise money for Moving Feet Without Wheat is to conduct a letter writing campaign. All you have to do is draft a “dear friends and family” letter, explain why you are participating in the Walk, photocopy it, and mail it. Here is an easy step-by-step explanation to get you ready to reach your largest audience possible.

**1 Write the Letter:**  
 Your letter should come from the heart. Give personal examples; explain your connection to GIG and why friends should support your cause. Include a line in the letter that asks for donations to be sent directly to you, made out to the Gluten Intolerance Group, so your team can get credit for donations you collect.

**3 Mail the Letter:**  
 Flip through your address book. Look over your holiday card list. Mail letters to family, extended family, friends, neighbors, business associates and vendors, clubs and organizations in which you are involved, your sports team and anyone else that you know who might give.

**2 Duplicate the Letter:**  
 Photocopy your letter. Sign each letter individually so that your letter means something. Add a personal note, such as “Thank you in advance for your support” or “I hope I can count on your generosity.” E-mail works well, too, and is much less time consuming. But, many people respond better to a personal letter in the mail.

**11 Collect Your Donation \$\$\$:**  
 It will be exciting to get your mail when donations start to arrive. You will be surprised how quickly you can surpass the \$100 walker goal!

**Fundraising Letters and Emails Raise 5 to 10 times More \$\$\$:**  
 The average walker raises \$100 for a walk-a-thon. The average letter writer raises an average of \$500 to \$1000. Why not be a top fundraiser? Write a letter!

*So go write that letter. GIG needs your support!*



## 2006 Moving Feet Without Wheat Walk

### Walk as a Team and Earn Prizes

#### Team Categories:

- Children's
- Family
- GIG Branch
- Corporate

**General Walk Prizes:** All walkers raising the following amounts will win that item.

- \$400 per walker to win a GIG Ball Cap
- \$600 per walker to win a GIG Sweatshirt
- \$800 per walker to win a GIG Duffle Sports Bag
- \$1000 per walker to win a GIG Big Bobber Ice Cooler
- \$1500 per walker win all four items

**Team Prizes:** The top team in each category wins even more.

#### Family Teams

- Raise \$2000 or more and win a free family registration to the GIG annual education conference (for a family of 4)\*.
- Raise \$4000 or more and GIG will pay your hotel room at the conference as well. (Transportation not included)\*.

#### GIG Branch Teams

- Raise \$3000 or more and win a free registration to the GIG annual education conference for a member of your Branch\*.
- Raise \$6000 or more and GIG will pay the hotel room at the conference for your member as well. (Transportation not included)\*.

#### Corporate Teams

- Raise \$5000 or more and your corporation logo will appear on all GIG Promotional materials for a year.
- Raise \$10,000 or more and your corporation logo will appear on all GIG promotional materials for 2 years.

#### Form Your Team – Make it Fun!

- A team can be any number of people. The more there are the more fun you will have.
- Designate a team captain and choose a team name. Be creative – wear costumes or team shirts on the day of the walk
- Have each member of the team raise funds for the walk.
- The team captain should collect all the funds before the walk and turn all funds in at one time. Walk envelopes are available to keep track of the funds you raise.
- General walk prizes are awarded the day of the event.
- Team Prizes are awarded within 1 week of the event.

\*Prizes must be used during 2006 or 2007 events.



# REGISTRATION FORM

## Moving Feet Without Wheat

Walker's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

A fundraiser for Celiac and Gluten Intolerance Disease Awareness sponsored by the Salt Lake City Gluten Intolerance Group.

Please bring this donation and Walk waiver form to registration desk on the day of the Walk.

PLEASE PREPAY. Make checks payable to SLC GIG. All donations are tax deductible.  
PLEASE PRINT CLEARLY. Duplicate this form for added entries.



Supporter Name	City/State/Zip*	Amount of Donation

**TOTAL \$** \_\_\_\_\_

I, the undersigned, agree to indemnify and hold harmless Wheeler Historic Farm, the Gluten Intolerance Group, and authorized volunteers from and against all claims, damages, losses and expenses, including attorney fees, arising out of the permitted activity, if such claim 1) is attributed to personal injury, bodily injury, disease or death, or injury to, or destruction of property, including the loss of the use therefrom, and 2) is not caused by the negligent act, or omission or willful misconduct of the Wheeler Historic Farm, or their employees acting within the scope of their employment. An adult must accompany all children under the age of 12. A parent or legal guardian must sign, if applicant is under 18 years of age.

\_\_\_\_\_  
Signature of Walker

\_\_\_\_\_  
Signature of legal guardian if walker is under 18

**\*information is used for tax purposes only. If you need a receipt of donation, include complete mailing address.**



## **National Education Conference, Salt Lake City, Utah June 9-11, 2006**

### **WHO:**

**15 international, national, and regional experts to present including:**

**Dr. John Zone, Professor of Dermatology, University of Utah Health Sciences Center. Keynote topic: skin health for people with celiac disease.**

**Dr. Carol Fenster, author/consultant, The Savory Palate, Inc. Topic: baking cream puffs, tea sandwiches and other delights with alternative grains.**

**Dr. Alessio Fasano, Co-director, University of Maryland Center for Celiac Research. Topic: advances in celiac research.**

**Executive Chef Aaron Flores, DoubleTree Hotel, Illinois. Topic: cooking naturally gluten-free. Registered Dietician Shelley Case, Case Consulting. Topic: Gluten-free diet basics and advanced.**

**Dr. Janet Harnesburger, Pediatric Gastroenterologist. Topic: Raising children with celiac disease.**

### **Auction:**

**The Saturday night banquet will include an auction to raise funds in support of the programs of the Gluten Intolerance Group. Donations of items to be auctioned are appreciated. Contact GIG.**

### **Exhibits:**

**More than 40 exhibitors with products and services related to celiac disease and the gluten-free diet. Attendees may place orders and buy products on site. Authors of gluten-free living books on site to autograph their books.**

### **Health Screenings:**

**Free cholesterol, glucose, blood pressure, and body mass analysis by Registered Nurses. Bone density testing available for a reduced fee.**

### **Cost:**

**Early bird registration by May 20 is \$190 for GIG members. After May 20 is \$238 for GIG members. Non-members pay \$240 prior to May 20, or \$312 after May 20.**

**Kid's Day Camp (ages 5-15) ranges \$85-150.**

**Child Care (age up to 4 years) ranges \$40-113**

**Family discount rate and one day rates available.**

**Registration: Sign-up online at [www.gluten.net](http://www.gluten.net) or call (206) 246-6652 to request a registration form.**

### **For more information, contact:**

**Gluten Intolerance Group of North America**

**31214-124 Ave. SE, Auburn, WA 98092**

**Phone: (206) 246-6652 or send email to [info@gluten.net](mailto:info@gluten.net)**



## 2006 GIG Annual Education Conference General Program

<b>FRI., June 9</b>	<b>TRACK 1</b>	<b>TRACK 2</b>
7:30 --9:00 am	Breakfast	
9:00--10:00 am	Keynote Address American Celiac Disease Alliance Initiatives: An Update (Labeling Law Update, other programs) Andrea Levanto (American Celiac Disease Alliance)	
10:00--10:30 am	Break & Exhibits	
10:30--11:30 am	The Basics & Beyond of the Gluten-Free Diet Shelley Case, RD (Case Consulting)	Baking GF Sourdough Whole Grain Breads Gayle Torgerson (Alternative Grains, Inc.)
11:30--1:00 pm	Lunch & Exhibits	
1:00--2:00 pm	Eating Out & Traveling While Managing a GF Diet Kim Koeller & Robert La France (Gluten Free Passport)	Cooking Naturally Gluten Free Aaron Flores, Executive Chef
2:00--2:30 pm	Break & Exhibits	
2:30--3:30 pm	Gluten-Free Meal Planning on a Budget Mary K Sharrett, MS, RD, LD, CNSD	Afternoon Tea with Carol: Cream Puffs, Tea Sandwiches and Other Delights from Alternative Grains Carol Fenster, Ph.D.--President, Savory Palate, Inc.
5:-00--9:00 pm	Dining Out with Friends	

<b>Sat., June 10</b>	<b>TRACK 1</b>	<b>TRACK 2</b>
7:30--9:00 am	Breakfast	
9:00--10:00 am	Keynote Address More than Skin Deep--Skin Health Dr. John Zone, MD	
10:00--10:30 am	Break & Exhibits	
10:30--11:30 am	Modifying Your Gluten-Free Diet to Promote Heart Health Mark Dinga, MEd., RD, LDN	Pre and Probiotics in Gastrointestinal Health Larry Newman, Kirkman Labs
11:30--1:00 pm	Lunch & Exhibits	
1:00--2:00 pm	Friend vs. Foe: Coping with CD Kathleen Apodaca, MS, CPC-I	The Secret Ingredient: A Recipe for Understanding Our Relationship to Food and Family Michelle Meln-Rogovin, MPP
2:00--2:30 pm	Break & Exhibits	
2:30--3:30 pm	Keynote Address Advances in Celiac Research Dr. Alession Fasano, MD	
5:-00--6:00 pm	Reception in Lobby	
6:00--9:00 pm	Pennies from Heaven Dinner	

<b>SUN., June 11</b>	<b>TRACK 1</b>	<b>TRACK 2</b>
7:30--9:00 am	Breakfast	
9:00--11:00 am	Round Table Discussion -- Issues Related to Raising Children with Celiac Disease Dr. Janet Harnesburger, MD	Round Table Discussion -- Issues Related to Adults with Celiac Disease TBA

**GIG KID'S CAMP (Friday – Sunday) K through 6<sup>th</sup> and Teens through 15 year olds.**

Each day the kids will visit a different country through the GF lessons, crafts, food/cooking and other activities planned. The kids will visit Japan, Argentina, Ireland, Italy, and Canada.

**Daycare** (0-4 years old) is offered during conference dates



## Kids Day Camp at the GIG Educational Conference

June 9-11, 2006

The Sheraton Hotel, Salt Lake City

Come join the fun on a Gluten-Free World Tour to learn how people cope with gluten intolerance in different countries. Each unit will consist of a craft, cultural lesson and a gluten-free recipe from the selected country. The children will be divided into four groups:

**Infants-4 years;  
5-8 years;  
9 years-5<sup>th</sup> grade;  
6<sup>th</sup> grade to 15 years.**



### Schedule:

Friday	8:30-11:30	Ireland (Irish Step Dancers will perform during this segment)
Friday	12:30-3:30	Italy
Saturday	8:30-11:30	Japan (*Aaron Flores will be making kid-friendly sushi with them.)
Saturday	12:30-3:30	Canada (At 2:00 there will be Trick or Treating)
Saturday	5:30-9:00	Pizza party, videos, games.
Sunday	8:30-11:00	Australia

Special activities for the teens will include a photo scavenger hunt, making a video- "Living the Gluten-Free Life," and a guest speaker who will discuss "Coping with Gluten Intolerance."

The children will eat all meals with their parents (except the pizza party on Saturday night.) You can register for one day or all three. Don't miss this rare opportunity to attend the conference and hear the excellent speakers while your kids are having fun, learning how to better cope with the gluten-free diet and making friends with other Celiac kids.

\*Aaron Flores is the chef responsible for the GF menus and training at the Disney Parks!

**Don't Forget! Early Bird Registration for  
the Conference ends May 20th!**

## Dates to Save

- **Thursday, June 8<sup>th</sup> at 7:00 pm** -- Betsy and Kirsti of [www.eatingglutenfree.com](http://www.eatingglutenfree.com) will demonstrate Barbeque foods with a honey barbeque sauce that is wonderful on chicken, ribs, or fish; Cheese Cakes; Salad (type to be announced) Class is free but reservations are required. Call Macey's at 801-356-3216 to reserve your spot for this cooking demo. Provo Macey's Little Theater, 1400 N. State St. Provo
- **Fri-Sun, Jun 9-11:** GIG of North America Annual Education Conference in SLC  
Register online at [www.gluten.net/events.html](http://www.gluten.net/events.html)

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

## 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

## 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. 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.

**Tip:** People who don't have a computer in their home, may want to consider obtaining a free email account from Internet service providers such as Yahoo. Provide the email address to your local GIG branch manager, and you will be able to receive the newsletter at no charge. To check your email inbox, use a public library computer or drop in on your neighbor or friend who owns a computer. 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.