

## **Rochester Celiac Support Group (RCSG) Meeting Minutes**

October 21, 2009 @ 7 pm

Brighton Reformed Church Fellowship Lodge

The meeting was well attended - we had a full house!

### **FEATURED TOPIC**

The meeting serves as the "kick-off" for a new program the RCSG will be offering to local GF businesses. At each of our monthly meetings, we will feature two local vendors who will have the opportunity to sell their products to our meeting attendees at the close of our meeting. We are in the process of creating a list of interested local GF businesses, and then we will make a rotation with those who are interested. Once we get it in place, the list of who will be selling at each meeting will be posted on our website.

#### **Presentation from Donna Marie's Gluten-Free Bakery**

164 Newbury Street (off of Driving Park Avenue - about 1/2 mile from Mount Read Blvd).

Rochester, NY 14613

Phone: 585-254-0706

Fax: 585-254-0309

[Info@DonnaMariesBakery.com](mailto:Info@DonnaMariesBakery.com)

[www.DonnaMariesBakery.com](http://www.DonnaMariesBakery.com)

Hours: T, W, F = 10:30 pm - 5 pm; Th = 10:30 pm - 6 pm

Donna was born in Rochester. She has a dedicated gluten-free bakery. No equipment has ever been in contact with gluten. They started out clean. Their approach to their baked goods is traditional taste and texture, but just leave out the gluten. Also peanut free. The only nut they use is walnuts. Some items are also dairy free, corn free, or soy free. Donna is not a celiac and neither is anyone in her family. So, how did she become involved in this business? Her family is in the food industry and she's been around baking since she was a child. At one point, she was a cake decorator - for family friends, events - from a simple birthday cake to a fancy tiered event cake. She had been wanting to get involved in baking, and there happened to be a space open in her parent's building, so she took advantage of the opportunity. It took about a year to get the business running, and they opened in June. She is wholesale and retail - they sell items to Red Bird Market and Portside Pizza in Fairport. You can also come to the bakery in Rochester and buy things directly from her. Website is [www.DonnaMariesBakery.com](http://www.DonnaMariesBakery.com) and has all info there. She has a guest book at the table you can sign up to be on their mailing list. They have white sandwich bread, rolls, pizza shells, bread crumbs, muffins, cookies, cupcakes, and cakes (to order) in chocolate, vanilla, marble, lemon, carrot, dairy-free vanilla cake (with dairy-free frosting). See the website for the complete list of products. Newest product is cinnamon rolls. If you are looking for something specific, not a bad idea to pre-order and call ahead because they are a small bakery. She has samples tonight, flyers, and coupons for 10% off your purchase. Special tonight = 10% off purchases tonight.

**Presentation from Eco Bella Bakery**

732 South Ave, Rochester, NY 14620

(585) 503-2488

[baker@ecobellabakery.com](mailto:baker@ecobellabakery.com)

[www.ecobellabakery.com](http://www.ecobellabakery.com)

Tuesdays Starting November 3rd Noon-6pm

Wednesdays 10:00am to 6:00pm

Thursdays through Saturday 8:00am to 4:00pm

Sundays 9:00am to 2:00pm

Eco Bella Bakery. Owned by Jeannine and Lyn Ottman. Opened Jan 31, 2009. First started baking in 2006. Jeaninne is vegan (no dairy, no eggs, no meat) and a full-time RN. She started baking vegan and sold her products at the Rochester Public Market. Then decided to open her own bakery. She heard about gluten-free from a cookbook called Vegan Cupcakes Take Over the World. She didn't like the flour mixture in the book, so she put together her own flour mixture and still uses her own mixture. She uses sorghum, brown rice, tapioca, and coconut flours. She tries to use as few "white" flours as possible to make sure they have fiber. As many ingredients as possible are local, organic, fair-trade, and non-GMO. Products may be a little more expensive, but she wants her products to be high quality and good for the environment. Packaging is environmentally safe and recyclable. Boxes are reusable and customers can bring them back in to be filled. Bread is dairy and egg free. She has 12 GF products. When she first started the bakery, she used wheat. She had separate containers, utensils for everything. She did GF baking on a different night and only GF on that night. They gave up gluten about 3 months ago so now they are 100% GF. So, she thinks of herself as an allergy friendly person. She uses no dairy, eggs, honey, and gluten. Peanut butter items have their own baking pans and equipment. They work hard not to contaminate items. Eco means environmental, Bella is the name of her dog and it's "beautiful" in Italian. They do wedding cakes and Bundt cakes. She and her other baker Linda love to bake and they put love in everything they bake. They are rated one of the top 5 bakeries in Rochester by City Newspaper.

**Presentation by Lori's Natural Foods, Jeanne Sozio**

900 Jefferson Road, Rochester NY 14623

in the Genesee Valley Regional Market, building 1.

[www.lorisnatural.com](http://www.lorisnatural.com)

Fax: 585-292-6748

Phone: 585-424-2323

Hours: Monday - Saturday 8am - 9pm; Sunday 10am - 6pm

They have a small deli and do GF cooking. They have a wide variety of prepared GF items - dinner items plus baked goods. They are also a store, so they also sell packaged goods and freezer items. The deli is about 99% GF - they are not dedicated, but they are careful to keep it clean. Jeanne has been with Lori's since 1991. They have bulk items that are GF. They have home delivery (she has a coupon tonight for \$10 off). They also have online buying. Heather and Hanna are the deli girls. You can call and order for special events. They have GF baked goods every day. The deli is in the corner past the registers. They just got 2 new refrigerators - they are trying to grow. They have GF soup and entrees. How much has their GF business grown over the years? Jeanne suspects 20X. It started out with bulk foods. The initial products were not very tasty, but now the products are good. Owned by Jeanne's sister-in-law and her brother. If you need a large amount and are very sensitive you can have them separate it in the back. Question? Do they carry Tom Sawyer flour? No, but tell Jeanne and she'll try to get it.

October is a Gluten-Free month, so they have a big sale this month. When have GF tastings, they are helpful for GF people. They just had one in September. They usually do one per year.

**Presentation by Nick's Deli & Pizza, Fabrizio Bellone**

1098 Chili Center Coldwater Rd

Rochester, NY 14624-4546

247-6270

[www.nicksdeliandpizza.com](http://www.nicksdeliandpizza.com)

They've been in business since 1982. They started doing GF about 2 years ago because his mother is a celiac (and his brother and cousin are celiacs too). She's an amazing cook and it took her several years to develop these products. They are growing. They built an extension onto their building a couple years ago to house the growing GF business - here they have 3 dedicated GF ovens for baking. They are in the process of building a site downtown to do more dedicated GF baking/cooking. They are close to being on the shelves of Wegmans. The place downtown will be wholesale, not retail. They are working to supply local restaurants too - once they get the place downtown, they'll start moving with that. Three of their ovens are dedicated GF at Nick's. Fabrizio likes the GF better than the regular pizza. Wings? Maybe once they have the facility downtown. They also have GF prepared foods - chicken parmigiana, pasta, pizzas, italian wedding soup. 50-60% of pizza business is GF - it has overtaken the regular pizza sales. They use potato, tapioca, and rice flour in their flour blend.

## ANNOUNCEMENTS

- Annual **Gluten-Free Chinese Dinner** at Golden Phoenix Restaurant on October 6 was a success! 37 people attended and the menu was enjoyed by all. Thanks to Bert Garman, Laura Kubanka, and Marlene Kier for organizing this event.
- Rochester Celiac Support Group had an informational table at two **Health Fairs** this fall. First, Maureen Doyle and Susan Kath attended the **Hamlin Health Fair** on September 26. Second, Cassandra Coffey, Julie Steele, Eileen Shirley, Anthony Slate, Marv Becker, and Les Green worked the booth at the **Alesi Health Fair at the Dome** on October 15. We spoke to many people about celiac disease and the gluten-free diet. Thanks to all the volunteers to who helped out at these events. If you are interested in volunteering for future events like this, please contact Cassandra Coffey.
- **Dr. Fasano** is being recognized as **Researcher of the Year**. The Center for Celiac Research is having a special lecture and gala dinner this week to celebrate. The RCSG made a special donation of \$1000 in honor of this special recognition.
- **RCSG Celiac Storyboard on display at local libraries**. Our storyboard about celiac disease has been travelling to the various libraries in Monroe county for the last year. The libraries generally have our info on display for 2 weeks to 1 month at a time. If you are interested in contacting your local branch and arranging to have our storyboard on display - please contact Cassandra Coffey and we'll work together to get it set up. It will be at the Hamlin branch from Nov 2 - 16.
- **2010 Walk for Celiac Disease**. We need a co-chair to join Tina Muto. Tina has already begun the planning for next year's event with some exciting changes! Stay tuned for more details... We can't plan such a large event without the help of many volunteers. Please

consider giving your time and energy to help organize and plan next year's Walk. Please contact Tina Muto if you have more questions and/or are interested in joining the team.

- **RCSG Email List.** Just a reminder that our group has an active email list. It is a great way to stop on top of all things GF in Rochester. If you haven't already signed up and are interested, you may sign up tonight (see sign-up sheet on table by door) or you can sign up at <http://rochesterceliacs.org/cellist/index.asp>. The list is well-monitored by Joel Elias, so we do not get junk mail or an over abundance of messages on this list.
- **RCSG Library.** Just a reminder that the RCSG has a library of books pertaining to celiac disease, gluten sensitivity, and the gluten-free diet. You may check out books (for free) at our monthly meetings. Checked out books are due one month later. We have a good selection of both cookbooks, reference books, and copies of GF Living Magazine and GIG Journals. I encourage you to take advantage of the library!

## UPCOMING EVENTS

- **32nd ANNUAL Celiac Sprue Association CONFERENCE.** ERIE, PENNSYLVANIA, Bayfront Convention Center. OCTOBER 30 - NOVEMBER 1, 2009. [www.csaceliacs.org/Conferences/2009AnnualCSAConference.php](http://www.csaceliacs.org/Conferences/2009AnnualCSAConference.php). We will have a review of the most informative lectures from people who attended the conference at our January RCSG meeting.
- **"The Social Experience of Celiac Disease: From Diagnosis to Dietary Management"** by Denise Copelton, Ph.D., Asst. Professor of Sociology, The College at Brockport, State University of NY. Wednesday, November 18 @ 7 pm @ Brighton Reformed Church. Newcomers meet at 6:30 pm.
- **Annual Holiday GF Cookie Exchange.** Wednesday, December 16 @ 7 pm @ Brighton Reformed Church. Newcomers meet at 6:30 pm. Please bring 2 dozen GF cookies to contribute to the GF cookie exchange, plus an extra dozen to sample that night. We also recommend bringing a container in which to take your cookies home. Please include recipes and ingredients for all cookies. All items must be gluten-free.
- **Wegmans GF Demonstration Cooking Class.** Tickets are **NOT** yet available, but you can go ahead and get it on your calendar. Jan 12 at Pittsford Wegmans, 6-8 pm. \$49. Limited to 30 participants.
- **GF Cooking Class in 2010.** We will be having another GF cooking class during one of the monthly meetings in 2010 (specific month still to be determined). If you are interested in demonstrating how to prepare an item for the class, please contact Kathy Oaks ([kathleen.oaks@gmail.com](mailto:kathleen.oaks@gmail.com)) who will be organizing the cooking class.

## NEW MEMBER INTRODUCTION

We were happy to welcome 16 new members at our meeting this month!

*Minutes respectfully submitted by Cassandra Coffey, October 22, 2009.*