

# **Rochester Celiac Support Group**

## **February 17th, 2010 Meeting Minutes**

Cassandra Coffey called to order the regular meeting of the Rochester Celiac Support Group at 7:00 pm at the Brighton Reformed Church, Rochester, NY.

**Main Topic:** Gluten-Free Services- "What's in store for YOU at Wegmans"

**Meeting Chair:** Cassandra Coffey, President

**Note Taker:** Erin Harner, Secretary

### **Announcements:**

- **Pancake Breakfast. Sat, March 20 @ Clarkson Community Church in Brockport.** You can register through our website - no credit card required because the event is free, but we will be accepting donations to cover the cost of supplies, church space, and the balance will be donated to GIG. Thanks to Mr. Ritts for donating pancake mix and Lori's Natural Foods for donating syrup. Kathy Oaks ([kathleen.oaks@gmail.com](mailto:kathleen.oaks@gmail.com)) is in charge and is looking for volunteers to help work the event.
- **Looking for a new RCSG Secretary.** Erin Harner has done a fabulous job getting this position up and running, and now we are so pleased that she is going to be starting a teens group (look for more details to follow). So, as she moves on in the group, we are looking for a new secretary. Please see me or Erin after the meeting for more information about the secretary's job responsibilities. I have heard from many people how much they appreciate having the minutes available - please consider volunteering for this position so that we can continue this service.
- **2010 Walk for Celiac Disease.** Saturday, June 12, 2010 at Oliver Middle School on the Brockport School District Campus. Online registration is now available. Visit our website, [www.rochesterceliacs.org/walk10.htm](http://www.rochesterceliacs.org/walk10.htm) to register and for up-to-the-minute information about the event. Please contact Tina Muto ([walk2010@rochesterceliacs.org](mailto:walk2010@rochesterceliacs.org)) if you have more questions and/or are interested in volunteering.
- **GIG National Conference** in Minneapolis. June 4-5, 2010. As we heard at our June meeting, conferences are wonderful events and a great way to hear the latest in celiac disease research and gluten-free food offerings. I would encourage anyone who can to attend. Let me know if you will be going so we can coordinate.
- June 16, 2010. **GF Cooking Class.** We will be having another GF cooking class in June, 2010. 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.

### **Main Topic of the Meeting:**

#### **"Living Gluten-Free with Wegmans"**

Trish Kazacos, RD at Wegmans Food Markets

- Wegmans has been looking to support the gluten free community for several years and they have a great brochure on Gluten Sensitivity for people with Celiac disease and family members of people on the diet
- There are a variety of naturally gluten free foods such as fruits, vegetables, meat, seafood, plain chicken, eggs, nuts, beans, milk, and gluten free grains- don't forget about these!
- Currently, there is no FDA rule about what gluten free actually means

- For the “G” or gluten free wellness key to be on a product at Wegmans, it must satisfy the following four criteria:
  - Made from gluten free ingredients
  - Either made in a gluten free facility or no danger of cross-contamination
  - Supplier must stand behind the gluten free claim
  - Wegmans must feel comfortable standing behind the product as well
- Sometimes a product will not carry the gluten free product key
- The destination at the store for gluten free foods is to walk into the Nature’s Marketplace
- The team leaders of the Nature’s Marketplace come in quarterly for updated knowledge and education about new products and gluten free foods
- The Wegmans website ([www.wegmans.com](http://www.wegmans.com)) has been updated for gluten free products, information, and cooking
  - On the right side of the page you will find upcoming gluten free events such as cooking classes and tasting events
  - There is also a section for gluten free products that you can see what the ingredients and nutrition facts are, customer reviews, and prices based on the location you shop at; you can also make a shopping list there
  - A list of Wegmans brand products that are gluten free is also available on the website and this changes from week to week and is updated every Monday
  - There is also a service on the website where you can bring up past receipts where you used your Shopper’s Club card- this can be really useful if you track the gluten free foods you consume for tax or flex spending purposes
- Menu magazine is a tool that has a large number of recipes and contains a number of recipes that are gluten free; also if the entrees in the magazine are not gluten free, you should be able to find most of the recipes online
- Fresh News e-mails are a free service that you can sign up for on [www.wegmans.com](http://www.wegmans.com) that is sent on Sundays and offers a “Celiac meal of the week”
- There is also information on the website about the Rochester Celiac Support Group and other support groups in the area as well as
- For other gluten free product lines sold at Wegmans, you can find a resource page on the website as well
- You can contact Wegmans at 1-800-wegmans or through the website if you have any questions, comments or feedback
- New items are continually being added such as making the Wegmans Rice Cereal which previously contained malted barley to contain no gluten and therefore gluten free
- Wegmans is also working on consistent merchandising so that there will be more consistency of products between stores
- Some of the new initiatives at Wegmans include a pilot program for gluten free prepared foods in Buffalo- the biggest problem is cross-contamination because many foods are prepped and prepared in the same areas
- Wegmans is launching a survey- to be a part of this, go to the website [www.wegmans.com](http://www.wegmans.com), go to the ‘customer service’ tab at the bottom, click on ‘my account’ on the left, type in your shopper’s club card number, and sign up on the bottom for the survey by the end of February to be a part of the survey

### **Upcoming Events:**

- **2010 Walk for Celiac Disease.** Saturday, June 12, 2010 at Oliver Middle School on the Brockport School District Campus. Online registration is now available. Visit our website, [www.rochesterceliacs.org/walk10.htm](http://www.rochesterceliacs.org/walk10.htm) to register and for up-to-the-minute information about the event.

- March 17, 2010. **Guest Speaker: Anne Lee, RD at Schar Foods.**
- April 21, 2010. **Guest Speaker: Dr. Stephen Wangen**, author of the book “Healthier without Wheat”.
- June 4-5, 2010. **GIG National Conference** in Minneapolis. As we heard at our June meeting, conferences are wonderful events and a great way to hear the latest in celiac disease research and gluten-free food offerings. I would encourage anyone who can to attend. Let me know if you will be going so we can coordinate.
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*The minutes are respectfully submitted by Erin Harner, Secretary of RCSG. Thank you.*