

## **Celiac Support Group Meeting Notes from October 2010**

The October meeting was very informational and a great chance to learn how to better understand the way to read a label to make certain the product does not contain gluten. Joel did a wonderful presentation for the support group, and several people had some great questions that were answered after the presentation about common misconceptions when reading a product label.

Joel talked about the Consumer Protection Act of 2006 and how it mandates labeling allergens, and also the Food Allergen Labeling Consumer Protection Act of 2004. The Food Allergen Labeling Act covers the 8 major allergens which are milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soybeans. The Act does not cover rye and barley however so he emphasized how it is always important to read all the ingredients on a label. He educated the support group letting us know that maltodextrin and maltol do not contain gluten, but anything with the single word malt would indicate barley and therefore gluten. The presentation talked about how pure oats don't contain gluten, but you have to buy them in the gluten free section because the oats one would purchase in the other section of the store are often cross contaminated due to close contact with wheat during the manufacturing process. Joel let us know that all vinegars are safe to consume unless they are said to be malt vinegar. He let us know of some great books that were out now about living gluten free as well as two magazines we could purchase. The books were Gluten Free Diet by Shelley Case, and "Celiac Disease", by Peter Green. The magazines he spoke about were "Gluten free Living", and "GIG magazine."

At the end of the presentation Joel showed us a video about Food Allergies in general and reading labels. It stressed the importance of checking the label on the product in the store every time, even if you are familiar with the product and have bought it many times before. The ingredients are subject to change at any time and they often change the formula to products. The lady in the video talked of an experience where her mother had purchased 8 boxes of a product at the same store at the same time, and only read the back of one box as they all looked the same. Several of the other boxes contained tree nuts (the grandchild's allergen), and while the front of the box looked identical, a few of the boxes were made at another plant in another state. This just shows the importance of checking every label every time so that a reaction won't occur.

Next months meeting will cover how to get through the holidays while being gluten free. People are welcome to share how they personally work their gluten free lifestyle into holidays at their families and share suggestions at the next meeting. I look forward to seeing everyone.

-- Kelly Odrzywolski ☺

## **Announcements & Upcoming Events**

**\*\*VOLUNTEERS\*\***

**We need more volunteers!**

**2011 Walk for Celiac Disease Committee Members** (Need 5 volunteers).

- We are excited to announce that **Terry Bastian** will be the 2011 Walk for Celiac Disease Chairperson! Many thanks to Terry for stepping up to chair this event!
- Planning the walk is NOT a one-person job, and Terry is now recruiting committee members to help in planning the walk. Some of the tasks we need volunteers for include: cash sponsors, in-kind donors, vendors, marketing, graphic design/printing, and day-of-event operations.
- If you are interested in joining the Walk Planning Team, please contact Terry at [tlbastian@rochester.rr.com](mailto:tlbastian@rochester.rr.com).

**Fundraising** (Need 1 volunteer or 2 to work as a team).

- Organize/run fundraising activities (like 50/50 fundraiser) at monthly meetings.
- Plan, organize, and run the primary annual fundraiser for RCSG.
- Organize/plan other fundraisers throughout the year as desired/needed.

**Refreshments Committee Members** (Need 2-3 volunteers).

- Committee members are responsible for the kitchen at monthly meetings:
  - recruit volunteers to bring snacks
  - set up the kitchen before the meetings
  - make coffee
  - set out snacks for serving after the meeting

- clean up the kitchen after the meeting.
- Need to arrive by 6:30 pm to set up, and will need to stay until kitchen is clean.
- Vice President of RCSG (currently Kathy Oaks) is chair of this committee.

## **\*\*UPCOMING EVENTS\*\***

**New Google Groups Calendar on our Website.** Go to [www.rochesterceliacs.org](http://www.rochesterceliacs.org) and click on the link on the left side that says calendar. As we get the calendar updated, it will have all events in which RCSG is participating in the Rochester area, plus any other CD/GF-related events that we know about.

**November RCSG Meeting.** Tuesday, November 16 at 7 pm (newcomers meet at 6:30 pm). Panel Discussion focusing on **Gluten-Free Holidays: How to Maintain a Gluten-Free Diet While Attending Social & Family Functions.** We need 3 additional people to be on the panel. Panel members will help guide the discussion and provide tips they use at social/family functions. Please contact Cassandra Coffey at [cmc.coffey@gmail.com](mailto:cmc.coffey@gmail.com) if you are interested in being on the panel.

**Gluten-Free Cooking Class** at Rivers Run Active Adult Community (50 Fairwood Drive, Rochester) Healthy Living Day. October 28 at 2 pm. Class is open to the public. RCSG will have an informational table at the class. For more information or to sign up for the class, call 292-5440 or visit their website at [riversrunliving.com](http://riversrunliving.com).