

# Augusta GIG Newsletter

## Inside this issue:

Newly Diagnosed? 2

GF or Not 2

Did You Know? 3

72 Hour Emergency Meal Kits 3

Popcorn Flour 3

GF Asian Sauces 4

Recipe 4

## Do you have Dermatitis Herpetiformis (DH) ?

People with Dermatitis Herpetiformis have to be cautious with all of their skin products that may contain gluten. I contacted Cecelia's Marketplace website to obtain a list of shampoos and conditioners that would be suitable to use. Some of the products are listed below that I have found in the area. I can't tell you how wonderful it is to not scratch my scalp all day long every day!



Johnson's Baby Shampoo

Pantene Pro V – all Products

Bert's Bees – Green Tea & Fennel Seed – Color Keeper

Desert Essence Organics Hair Care – Red Raspberry, Green Apple and Strawberry

## Traveling this Summer?

GlutenFreeTravelSite.com can help with your plans. Just type in the zip code or city you will visit. Menus and reviews are available for your benefit.



Guess what?

There is even a review for Celebrity Cruise Lines! Don't forget to notify places in advance of your plans.



## Newly Diagnosed?

The University of Chicago Celiac Disease Center has a gluten free care package for newly diagnosed celiac patients.

The basket contains resources, a food guide, support group information and food samples.

To qualify, you must have been diagnosed with Celiac Disease through a biopsy in the past three

months and have not seen a dietitian.

To receive the package, call (773) 702- 7593.

It will contain all of the information you will need to start your diet so that you can spend your energy getting well instead of looking for information.

## Gluten Free or Not

Here are the most common items from their list.

Progresso Soups – Chicken and Wild Rice, Chicken and Wild Rice with Vegetables, Green Split Pea with Ham, Creamy Mushroom Vegetable Classics, Garden Vegetable Classics, and New England Clam Chowder (Chunky Style).

Bush’s Best Beans- Chili Magic, Texas Recipe, and Traditional

Hunt’s Tapioca Pudding Snack Packs

Tylenol Rapid Release Gels

Wal-Mart Great Value Products – baking soda, BBQ Sauce (hickory, honey, original), corn chips, all jellies and preserves, mayonnaise, nuts (deluxe, mixed, honey roasted, mixed, and party peanuts), corn starch, creamy peanut butter, steak sauce (regular and Thick and Zesty) , & syrup (butter flavored & pancake & waffle)

According to Cecelia’s Marketplace, several foods that were gluten free should now be removed from your GF list.

# Did You Know?

P.F. Chang's has an expanded GF menu with more items to choose from including ...

## Mongolian Beef!!

Longhorn Steakhouse has a GF menu available upon request. It is located in the Washington Crossing shopping Center next to California Dreaming.

An easy way to get a crispy crust on the top of bread is to spray the top with water before baking it.

Glutenfreechoices.com is a worthwhile website for the following name brands: Soydream, Ricedream, Arrowhead Mills, Hain Pure Foods, Deboles, Imagine, GF Café, and Tropical Source. Check it out!!

Walnuts contain oil and will spoil if left at room temperature. They can stay fresh in the refrigerator for up to six months or up to one year in the freezer.

# 72 Hour Gluten Free Meal Kits

Have you ever thought about what you would do for gluten free food in an emergency?

[www.glutenfreeworks.com](http://www.glutenfreeworks.com) has a kit for that purpose. The food is nutrient dense, freeze dried, just add water,

and heat. The five gallon buckets store for a minimum of four years and will feed four to six people.

Contents include...  
4 soup varieties

2 entrees

2 meats

Pancakes

Corn

Orange Drink

Quinoa Flakes

Eggs

Pudding

Sugar

Whey

HELP!

EMERGENCY!

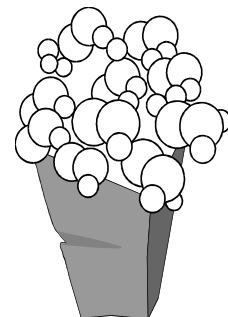
What in the world will I do about my food?

# Popcorn Flour

Ever heard of it? I haven't, but it is gaining fame. You can't find it in the grocery stores, but it is easy to make at home.

Air pop a batch of popcorn and discard the unpopped kernals. Place a small amount of popcorn in a food processor and process until finely ground.

Try it as a flour and let our group know what you think!!



## Fruit Bon Bons

- 1 14 oz can condensed milk
- 1 cup blanched or slivered almonds, ground
- 2 7 oz pkgs. of flaked coconut
- 1 tsp. almond, rum, or coconut extract
- 1 6 oz pkg fruit flavor gelatin (or 2 3oz boxes of jello)

Combine condensed milk, coconut, 1/3 cup of gelatin, almonds, & extract in a large mixing bowl. Chill for 1 hour or until firm enough to handle.

Shape into 1 inch balls. Roll 3–4 balls into remaining gelatin until coated. Place on wax paper and chill. Store in plastic bowls with tight lid. Keep refrigerated for 1 week or freeze for months.

To further decorate -

After an hour in refrigerator, dip bon bon bottoms into a can of white or chocolate dipping sauce and stream some of the sauce around the tops of bon bons with a fork.

Makes about 5 dozen

Thanks Bernie !!

recipe

## Gluten Free Asian Sauces

By request, Rose has shared her sauces with us that she had at our February dinner. Enjoy these the next time you have an Asian meal.

Thanks again Rose!!

Chun King Soy & Teriyaki Sauce

La Choy Soy & Teriyaki Sauce

Kame Hoisin Sauce

Seal Sami Teriyaki Sauce

San J Tamari Sauce

Premier Japan Organic Wheat-Free

Teriyaki Sauce

