

Red River Celiacs

a branch of



GLUTEN INTOLERANCE GROUP

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R.O.C.K. Coordinator

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218-233-4898 701-361-8589

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Jan Hammer, Red River New Membership

Fargo, ND

701-232-3896

cfredjanhammer@gmail.com

Susan Frykman – Red River Lakes Area Co-Manager

Elbow Lake Area Support Group

Elbow Lake, MN

320-528-2404

papabear@runestone.net

Deb Zaks – Red River Celiacs GIG – North

Grand Forks, ND

701- 775-7402

RedRiverCeliacs@gluten.net

Lila Brendel

Central North Dakota Celiacs

Bismarck, ND

701-258-7800

As a branch of GIG, Red River Celiacs has access to the following advisory Board at anytime.

Medical Advisory Board

Adult GI

Joseph Murray, MD (Rochester, MN)

Cynthia S. Rudert, MD, FACP (Atlanta, GA)

Michael Schuffler, MD, (Seattle, WA)

Pediatric GI

Alessio Fasano, MD (Baltimore, MD)

Ivor Hill, MD, (Winston-Salem NC)

Edward Hoffenberg, MD, (Denver, CO)

Dentistry

Cindy Hylton, DMD, (Mt. Pleasant, SC)

Nutrition

Shelley Case, B.Sc., RD (Canada)

Mary K. Sharrett, MS, RD (Columbus, OH)

Resource List

Contacting GIG

Executive Director:

Cynthia Kupper, RD, CD

31214 124th Ave SE

Auburn, WA 98092

Phone: 253-833-6655

Fax: 253-833-6675 www.gluten.net

Email: Admin@gluten.net

Fargo/Moorhead GF Food Sources

Sydney's Health Market – 302 27th St. N, Fargo, ND

58102 - 701-526-0983 - All Guten-Free/Organic store with extensive selection of packaged and frozen foods. SHM also has online ordering and shipping.

www.sydneyshhealthmarket.com

Cash Wise – 13th Ave. Fargo & Hwy 10 in Moorhead

Tochi Products – 1111 2nd Ave. N. Fargo, ND

Swansons Health – Broadway, Fargo, ND. Other stores have some GF product and are carrying more GF foods. Hornbachers on 32nd Ave and Horbachers at Osgood have an expanding health food section. Moorhead Hornbachers carries some frozen GF as well as a smaller amount on the shelf. Be careful if they have GF shelf tags, always read the label if you are not sure, Many “regular” shelf foods are gluten free, you just need to read the label and call the company if unsure. Hugos is Grand Forks and East Grand Forks have very good Natural Food Depts. For a list of the North and Lakes Area stores, email or call Deb Zaks or Susan Frykman. List also available online.

National Celiac Support Organizations

Gluten Intolerance Group

15115 10th Ave. SW, Suite A, Seattle, WA 98166-1820

206-246-6652

Fax: 206-246-6531

Email: gig@gluten.net www.gluten.net

Celiac Sprue Association/ United States of America

PO Box 31700, Omaha, NE 68131-0700

402-558-0600

Fax: 402-558-1347

Email: celiacs@csaceliacs.org www.csaceliacs.org

Celiac Disease Foundation

13251 Ventura Blvd. Ste 1, Studio City, CA 91604-1838

818-990-2354

Email: cdf@celiac.org www.celiac.org

Canadian Celiac Association

5170 Dixie Road, Suite 204, Mississauga, ON L4W1E3

800-363-7296, 905-507-6208

Email: celiac@look.ca www.celiac.ca

Raising Our Celiac Kids (R.O.C.K.)

Email: danna@celiackids.com www.celiackids.com

University of Maryland Center for Celiac Research

www.celiaccenter.org

Columbia University Celiac Disease Center

www.celiacdiseasecenter.columbia.edu

University of Chicago Celiac Disease Center

www.celiacdisease.net

National Foundation for Celiac Awareness

www.celiaccentral.org

Gluten Freeda, Inc. (online recipe support)

www.glutenfreeda.com

Gluten Free Living Magazine

www.glutenfreeliving.com

Living Without Magazine

www.livingwithout.com

University of Chicago Celiac Disease Program

www.celiacdisease.net

American Celiac Disease Alliance

Ex. Director Andrea Levario

www.americanceeliac.org

Northland Celiac Support Group (lists MN groups & stores)

northlandceliacs.fastmail.fm

**PRODUCERS AND DISTRIBUTORS OF
GLUTEN-FREE FOODS**

Note: This is only a sampling of the many great companies with gluten free food available. New companies are developing and others may go out of business or merge so this list may be totally accurate when you receive it.

123 Gluten Free

Cincinnati, OH

www.123glutenfree.com

Annie's Naturals

www.anniesnaturals.com

Amazing Grains (Montina flour)

www.amazinggrains.com

Arrowhead Mills

www.arrowheadmills.com

Authentic Foods

Gardena, CA 800-806-4737, 310-366-7612

www.authenticfoods.com

Bittersweet Bakery

2105 Cliff Road - Eagan, MN 55122 - (651) 686-0112

www.bittersweetgf.com

Bob's Red Mill Natural Foods

800-553-2258, 503-654-3215

www.bobsredmill.com

Bumble Bar

www.bumblebar.com

'Cause You're Special!

715-339-6959

www.causeyourespecial.com

Chebe Bread

800-217-9510

www.chebe.com

Cooqi Gluten-Free Delights

2186 Marshall Ave., St. Paul, MN 55104

(651) 645-4433 fax (651) 645-4422

www.cooqiglutenfree.com

Dakota Lakes Products, Inc.

P.O. Box 100 Kensal, ND 701-435-2558

www.dakota-lakes.com

Dietary Specialties

888-640-2800

www.dietspec.com

Edward & Sons Trading Co.

www.edwardlandsons.com

Ener-G Foods

800-331-5222

www.ener-g.com

Enjoy Life Foods

773-884-5070

www.enjoylifefoods.com

Fantastic Foods

707-778-7801

www.fantasticfoods.com

Food For Life Baking Company

800-797-5090, 909-279-5090

www.foodforlife.com

Foods By George

201-612-9700

www.foodsbygeorge.com

Freeda Vitamins, Inc.

800-777-3737

www.freedavitamins.com

Gifts of Nature

P.O. Box 309, Corvallis, MT 59828

406-961-1529

www.giftsofnature.net

Gluten Evolutions – Breads from Anna mixes

www.glutenevolutions.com

The Gluten-Free Pantry

800-291-8386

www.glutenfree.com

The Gluten Free Mall

www.glutenfreemall.com

Gluten-Free Trading Company

Milwaukee, WI 53215

888-993-9933

www.gluten-free.net

Gluten Solutions

888-8GLUTEN

www.glutensolutions.com

Glutino

Quebec, Canada 800-363-3438, 450-629-7689

www.glutino.com

Gluten Free Naturals

www.gfnfoods.com

Health Valley Foods

800-423-4846 www.hain-celestial.com

Kinnikinnick Foods, Inc.

10306-112 St., Edmonton, Alberta, Canada T5K1N1

877-503-4466

www.kinnikinnick.com

Kitchen Table Bakers

www.kitchentablebakers.com

Lang Naturals (Mr. Spice Sauces)

Newport, RI 02842

800-728-2348, 401-848-7700

www.mrspice.com

Laurel's Sweet Treats, Inc.

www.glutenfreemixes.com

Lundberg Family Farms

P.O. Box 369, Richvale, CA 95974-0369

530-882-4551

www.lundberg.com

Madwoman Foods

www.madwoman.com

Mary's Gone Crackers

www.marysgonecrackers.com

Miss Roben's Allergy Grocer

Frederick, MD 21702 800-891-0083

www.allergygrocer.com

Mrs. Leeper's

12455 Kerran St., #200, Poway, CA 92064

858-486-1101 Fax: 858-486-1770

www.mrsleeperspasta.com

Namaste Foods

www.namastefoods.com

Nu-World Amaranth, Inc.

Naperville, IL 877-692-8899

www.nuworldfoods.com

Omega Nutrition

Bellingham, WA 98226 800-661-3529

www.omeganutrition.com

Pacific Grain Products

P.O. Box 2060, Woodland, CA 95776

916-662-5056

www.pacgrain.com

Pamela's Products

335 Allerton, So. San Francisco, CA 94080

650-952-4546

www.pamelasproducts.com

Pandero's Delights

www.panderosdelights.com

Perky's

www.perkysnaturalfoods.com

Quinoa Corporation

Torrance, CA 90505

310-530-8666

www.quinoa.net

Ruby Range

www.therubyrange.com

Savory Palate, Inc. (cookbooks)

Carol Fenster

www.savorypalate.com

The Cravings Place

www.thecravingsplace.com

Teff Co.

www.teffco.com

The Really Great Food Co.

James, NY 11780

800-593-5377, 631-361-3553

www.reallygreatfood.com

Shelton's Poultry

800-541-1833, 909-623-4361

www.sheltons.com

Sylvan Border Farm (Excellent mixes)

Willits, CA 95490 800-297-5399

www.sylvanborderfarm.com

Tinkayada

Scarborough, Ontario, Canada M1S3R3

416-609-9983, 416-609-9983

www.tinkayada.com

Twin Valley Mills

Rt. 1 Box 44, Ruskin, NE 68974

402-279-3965

www.twinvalleymills.com

The Twisted Bakery Gluten Free Bread

205 14th St. W, Dickinson, ND 58601

701-483-4726

Van's International Foods

Torrance, CA 90501 310-320-8611

www.vansintl.com

Whole Foods Market

<http://www.wholefoodsmarket.com>

Books/Resources

Red River Celiacs GIG has several gluten free books to suggest or loan out if you are interested. Contact Stacey Juhnke 701-237-4854 We are also available for speaking presentations to spread Celiac Awareness and promote education. Please contact Stacey Juhnke 701-237-4854.

Websites of Interest

www.foodphilosopher.com

www.celiacchicks.com

www.gfbooks.homestead.com (Connie Sarros-Book Author)

www.glutenfreedom.net

www.glutenfreepassport.com

www.glutenfreediet.ca (Shelley Case, RD)

www.savorypalate.com (Carol Fenster –Book Author)