

## New Gluten-Free Information

[http://www.101cookbooks.com/gluten\\_free\\_recipes/](http://www.101cookbooks.com/gluten_free_recipes/)

### **Ken's dressings**

List of Products in Retail that do NOT have Gluten Present in their Recipes

Attached is a List of the products that we manufacture that do not contain Gluten in their recipes. The Tops of the columns that state "Regular Dressings" , "Fat Free Dressings" "Lite Dressings" and "Marinades" Are all Ken's Steak House Salad Dressing Products. If you have any further questions on this matter please feel free to contact me at any time. (The Modified Food Starch is Corn)

Lite Dressings

Lite Olive Oil Vinaigrette Lite Caesar

Lite Ranch Lite Creamy Caesar

Lite Honey Mustard Lite Raspberry Pomegranate

Lite Italian Lite Sun Dried Tomato Vinaigrette

Lite Chunky Blue Cheese Lite Sweet Vidalia Onion

Lite Northern Italian Lite Creamy Parmesan w/Cracked Peppercorn

Lite Balsamic & Basil Lite Country French w/ Vermont Honey

Lite Raspberry Walnut Lite Red wine Vinaigrette

### **(New) Healthy Options**

Honey Dijon Olive Oil & amp; Vinegar

Balsamic Vinaigrette Honey French

Raspberry Walnut Ranch

Ital. w/Romano &Red Pepper Parmesan & Peppercorn

Sweet Vidalia Onion Vinaigrette

### **Regular Dressings**

Sweet Vidalia Onion Italian w/Aged Romano

New & Improved Ranch Creamy French

Balsamic & Basil Country French w/Vermont Honey

Creamy Caesar Thousand Island

Ranch Christo's Yasou Greek

Russian Caesar

Red Wine Vinegar & Olive Oil Italian & Marinade

3 Cheese Italian Honey Mustard

Greek Chunky Blue Cheese

Buttermilk Ranch Creamy Parmesan w/Cracked Peppercorn

Creamy Italian

Zesty Italian

### **Fat Free Dressings Marinades**

Fat Free Sun Dried Tomato Buffalo Wing Sauce

Fat Free Raspberry Pecan

### **OD**

### **Lily's Gourmet Dressings Cocktail Sauces**

Balsamic Vinaigrette Both Blue & Green Labels

Northern Italian

Poppyseed

Raspberry Walnut Vinaigrette

**Lite Accent Dressings**

Honey Mustard Vinaigrette Raspberry Walnut Vinaigrette

Balsamic Vinaigrette Italian Vinaigrette

**All Sweet Baby Rays Barbeque**

***Celiac Disease Center at Columbia University event***

***An Evening with the Paul Taylor Dance Company at New York City Center***

***Hosted by the Celiac Chicks***

***to Benefit***

***the Celiac Disease Center at Columbia University***

**Thursday, March 12 at 7:00 pm**

Immediately following the performance, desserts will be served. Among the companies planning to provide sweets are Foods By George, Mozzarelli's, Risotteria, Baby Cakes NYC, Anello's Pastries and Shabtai Gourmet.

Tickets for the event, at \$250, \$125, \$75 and \$15, can be purchased by calling City Tix, (212) 581-1212 or can be purchased at the box office, 55<sup>th</sup> Street between 6<sup>th</sup> and 7<sup>th</sup> Avenues. These tickets are not available online.

Tickets can be purchased at the New York City Center box office, 55th Street between 6th and 7<sup>th</sup> Avenues, or by calling CityTix, 212.581.1212 (a service charge will be added to phone orders). A significant portion of the price for **each ticket you purchase will benefit the Celiac Disease Center when you mention code CDC.**

**These tickets are not available on the web.**

Cynthia Beckman

Director of Development

Celiac Disease Center at Columbia University

Harkness Pavilion

180 Fort Washington Avenue

Suite 934

New York, NY 10032

Tel 212.342.4529

Cell 646.812.1212

Fax 212.342.0447

email: [cb2280@columbia.edu](mailto:cb2280@columbia.edu)

[www.celiacdiseasecenter.org](http://www.celiacdiseasecenter.org)

***A Special Offer Just for You!***

In honor of the New Year, Mary's Gone Crackers is offering you a coupon to try our new product, Sticks & Twigs. Send an email with your mailing address to [info@marysgonecrackers.com](mailto:info@marysgonecrackers.com) and we will send you a coupon for a FREE 8oz bag of Sticks & Twigs.

**Email Subject Promo Code: FREE S&T Offer Expires February, 28th 2009**

### **New Gluten free-Vegetarian Dairy free cookbook**

I am a registered dietitian in Flemington, NJ and recently published a gluten-free vegetarian, dairy-free cookbook (no refined sugar) called Melissa's Marvelous Meatless Meals....everyday recipes that are free of gluten, dairy, and refined sugar. .

Melissa Pickell, R.D.

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

New health food store opened in Berkeley Heights called Fresh & Wholesome Market. It has a huge selection of gluten free food, especially baked goods! They have frozen cookie dough by GlutenFreeda's (the Chip Chip Hooray is delicious!) and the frozen baguettes by Against the Grain are great, too. They have so many more brands available than Whole Foods like Shabtai Gourmet (sp?) - great chocolate lace cookies. Here's the info:

Fresh & Wholesome Market  
501 Springfield Avenue  
Berkeley Heights, NJ  
(908) 464-3370

gluten free summer camps:

[Camp Sponsor: The Georgia Celiac Foundation](#)

**Location:** [Camp Twin Lakes](#) in Rutledge, Georgia.

**Dates:** [May 8 to 10, 2009](#)

Camp Wee-Kan-Eat-It Family Weekend is for any family (adults and children) with a family member with celiac disease.

**Details:** Camp is held at Camp Twin Lakes, a state-of-the-art, fully accessible facility located on 500 acres. In 2008, camp cost about \$350 per family. Scholarships are likely to be available. Other allergies can be accommodated.

[Camp Sponsor: The Gluten Intolerance Group \(GIG\)](#)

**Location 1:** [Camp Kanata](#), Wake Forest, NC

**Dates:** [June 21 to 27, 2009](#)

**Location 2:** [Camp Sealth](#), Vashon Island, WA

**Dates:** [July 28 to August 3; Aug 4 to 7; or July 28 to August 7, 2009](#)

**Details:** GIG Kids Camps are mainstream, integrated camps, where kids must still be aware of what foods are safe and not safe, ask questions and can talk others about their eating restrictions. Camp counselors are trained by GIG Staff. GIG makes sure the necessary gluten-free substitutions are available for meals and any activity the kids might do. Each GIG Kids Camp has a GIG dietitian on site. Important: Register for GIG Kids Summer Camp programs at Camp Kanata and Camp Sealth, and then send a copy of your child's registration to GIG with the GIG Camp Forms.

[Camp Sponsor: Celiac Sprue Association](#)

**Location:** [Camp Aldersgate](#), North Scituate, Rhode Island

**Dates:** [August 9 to 14, 2009](#)

For children and youth with celiac disease ages 7 to 16.

**Details:** Celebrating its 10th anniversary in 2009, Camp Celiac is one of the largest gluten-free camps in the United States, with children coming from across the United States and abroad. The camp is closed to all other groups during the gluten-free sessions, to allow for a gluten-free dining hall and atmosphere. Camp Celiac provides a full-time, registered nurse licensed in the state of Rhode Island to handle all medical needs including medications. Scholarships are available.

[Camp Sponsor: Celiac Disease Foundation](#)

**Location:** [Camp Arroyo](#), Livermore, California

**Dates:** [July 26 to 31, 2009](#)

For campers ages 9 to 17.

**Details:** Camp Arroyo, an old-fashioned summer camp for kids, offers a gluten-free week at no charge except for a \$25 registration fee per camper. The camp encourages adults to volunteer as camp counselors, promising an amazing gluten-free camp experience for them, too.

[Camp Sponsor: Dallas R.O.C.K. \(Raising Our Celiac Kids\)](#)

**Location:** [Camp Gilmont](#) in Gilmer, Texas

**Dates:** [June 14 to 19, 2009](#)

For children ages 7 to 15

**Details:** The Great Gluten Escape at Camp Gilmont gives campers the opportunity to participate in all camp activities without concern for the gluten content of the food provided. The camp prides itself on letting kids escape from the daily peer pressure of the "I can't have that" syndrome. This camp also welcomes siblings between the ages of 7 and 15 who do not have celiac disease, dermatitis herpetiformis, or gluten intolerance (although all food will be gluten free).

[Camp Sponsor: Camp Westminster](#)

**Location:** [Camp Westminster](#) on Higgins Lake in Roscommon, Michigan

**Dates:** Children ages 7 to 14, [June 21 to 27, 2009](#); Families, [July 1 to 5, 2009](#)

**Details:** This week promises all the fun of Camp Westminster, with food accurately and sensitively prepared by experienced cooks, for a traditional week of camp for children and youth with sensitivities to foods containing gluten and casein.

[Camp Sponsor: Michigan Capital Celiacs/DH](#)

**Location:** [Camp Manitou-Lin](#) on the shores of Ol' Lake Barlow in Middleville, Michigan

**Dates:** [August 16 to 21, 2009](#) For children ages 7 to 15

**Details:** Cost in 2008 was \$419 for the week. Camp Manitou-Lin, on 160 acres, is a branch of the YMCA of Greater Grand Rapids. Seventeen heated and carpeted cabins with bathrooms and showers will house campers, 10 to a cabin.

**[Webinar Parenting the Gluten free child](#)**

The next installment of the Gluten Free Lifestyle Webinar is on **Feb. 27, 2009** at 9am PST and is entitled "Parenting the Gluten Free Child"

1. Elaine Monarch, Executive Director  
Celiac Disease Foundation  
Effective child programming and support groups for kids.

2. Nancy Baker, MEd  
NFCA: Director of Education  
Using the school curriculum to empower your child.

3. Loretta Jay, MA  
NFCA : Director of Program Development  
Emotional support for Children.

4. Nancy Patin Falini, MA, RD, LDN  
Author: Gluten-free Friends: An Activity Book for Kids  
Social skill sets for kids

5. Margaret Masiello RD  
Kogan Celiac Center, St. Barnabas Health Care System  
Menus that work and school lunch.

6. Jessica Hale  
Glutenfreeda  
Kid Friendly Recipes

Register here:

[http://www.celiaccentral.org/Events/Gluten\\_Free\\_Lifestyle\\_Webinar\\_Series/531/](http://www.celiaccentral.org/Events/Gluten_Free_Lifestyle_Webinar_Series/531/)

#### **Voluntary Recall of Glutino Chocolate Peanut Bars:**

Due to the expanded Peanut Corporation of America (PCA) recall of last Friday, Glutino is voluntarily recalling its Organic Chocolate Peanut Bars item UPC 678523 030929 (specific lots 0358A, 0368A, 1338A, 1968A, 1978A, 2548A, 2558A, 2908A, 3368A).

The recalled Glutino Organic Chocolate Peanut Bars come in 5 oz packages (5 bars per box) and are sold nationwide as well as on [www.glutenfree.com](http://www.glutenfree.com). It is important to note that there have been NO cases of illness related to these bars. The products and lots in question have been tested for salmonella and were NEGATIVE but Glutino is nonetheless voluntarily recalling this product as a precautionary measure since the safety of our customers is of utmost importance to us.

Please note that the recall is ONLY related to the Glutino Organic Chocolate Peanut Bars and does not affect the Glutino Organic Chocolate Banana Bars or Glutino Organic Wildberry Bars or any of the Glutino Breakfast Bars.

All our products are gluten-free and the recalled bar in question is gluten-free; this recall is strictly in response to the peanut recall in the USA.

Consumers, who have purchased this product and still have not consumed them, can return them to the place of purchase for a full refund. Consumers with questions may contact the Company at 1-800-363-3438.

Consumers and representatives of the news media may obtain more information about Glutino, as well as any updates on this recall notification on our website: [www.glutino.com](http://www.glutino.com), or by contacting customer service at the number listed above.

### **NY Pizza & Restaurant in Chester**

Just wanted to mention that New York Pizza & Restaurant in Chester now carries GF pizza. It took a lot longer than everyone else's meal to come out, but my son said it tasted very good. We will definitely go back. -Margaret

I just got an email from Amazon to let me know that they have started stocking [Pamela's Products Amazing Gluten-free Bread Mix And Flour Blend, 4 Pound Bags \(Pack of 3\)](#). The bread mix comes as a pack of three 4 lb. bags and is currently priced at \$35.38 (\$2.95/lb).

### **Krechmar Deli Meats**

All Kretschmar Deli Meats and Cheeses are gluten free. Click here for \$1.00 off coupon.  
<http://www.kretschmardeli.com/default.aspx>

### **Clan Thompson's Mini-List**

Verified Information on Gluten Content

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Manufacturers of the following products reported them to be GLUTEN FREE in the USA when we called them in December and January. The Celiac Food SmartList contains verified gluten info on over 18,996 products. For more info, or to download a FREE DEMO, visit our CeliacSite at [www.clanthompson.com](http://www.clanthompson.com)

Haagen-Dazs Ice Cream: Vanilla Chocolate Chip  
Haagen-Dazs Reserve: Amazon Chocolate  
A Taste of Thai Peanut Satay Sauce  
A Taste of Thai Yellow Curry Rice  
Fetzer Vineyards: Riesling wine  
Finlandia Vodka - original  
Newport Peppermint Schnapps  
Prego Pasta Sauce - Traditional  
Comstock Pie Filling (all flavors)  
Dole Canned Juices - all  
Betty Crocker Neon Decorating Gels  
Cain's Retail Relishes  
Blue Diamond Almonds - Oven Roasted - vanilla bean  
Snickers Ice Cream Bar (regular)  
Starkist Tuna (plain tuna)  
Cattlemen's Barbecue Sauces (Classic)  
Vlasic Pickles or Relish  
Log Cabin Syrup - Country Kitchen

Gatorade Thirst Quenchers  
Smithfield Hams - all

Clan Thompson's Celiac SmartLists are a series of programs which make it easy to find gluten information on thousands of items. Our SmartLists are the ONLY software that contains VERIFIED information, and a "Comments" field is included to provide even more information. We have versions for Windows, Macs, Pocket PCs, Palms, SmartPhones, and iPhone/iPod Touch. Download a FREE DEMO, at <http://www.clanthompson.com/>

In addition, you may always subscribe online to our free email Newsletter which includes new Gluten Free food lists, The Cook's Corner, Ask Clan Thompson and more.

### **New Gluten Free Search Engine**

Now there is a gluten-free search engine! It's called 20GlutenFreeFox.com . To learn more about it and read a review, visit [www.glutenfreeinspired.com](http://www.glutenfreeinspired.com) or visit the search engine directly at [www.glutenfreefox.com](http://www.glutenfreefox.com)

### **Del Monte Gluten Free Product List**

For more information call Del Monte Consumer Affairs @ 800-543-3090  
Last Updated Nov. 2008

This information includes products that, to the best of our knowledge, do not contain wheat, oats, rye or barley/malt ingredients. The list may not be complete subsequent to the date of issue due to formula changes and new product introductions. Please read the ingredient statement on the label for the most current information.

#### **Del Monte Brand Gluten-Free Products**

Canned/Jarred Fruits

Fruit Snack Cups (Metal and Plastic)

Canned Vegetables

Tomatoes & Tomato Products (except Spaghetti Sauce Flavored with Meat)

Harvest Selections "Heat & Eat" Santa Fe Style Rice & Beans

Harvest Selections "Heat & Eat" Chili & Beans

Along with beef with veggies with "use before dates" after 1/21/08

#### **College Inn Broth Gluten-Free Products**

Garden Vegetable variety

Organic Beef Broth variety

Beef Sirloin Bold Stock

White Wine & Herb Culinary Chicken Broth

#### **Contadina Gluten Free Products**

All Crushed Tomatoes

All Diced Tomatoes

All Stewed Tomatoes

Whole Tomatoes

Tomato Paste

Flavored Tomato Paste (except Contadina Italian Tomato Paste with Italian Seasonings)

Tomato Puree

All Tomato Sauces

All Pizza Sauces

Pizza Squeeze

Sweet & Sour Sauce

Pasta Sauce (glass jar)

S&W Fine Foods Gluten-Free Products

All Canned/Jarred Fruits

All Canned Vegetables

S&W Pickled Beets

For more information call Del Monte Consumer Affairs @ 800-543-3090

Last Updated Nov. 2008

GLULAC 2008 List.doc

### **Natele's**

Natele's (information below) offers gluten-free pizza (from Still Riding Pizza). It's more of a take-out place, but there are a few tables to sit.

### **Natale's Pizzeria**

**14 W Prospect St**

Waldwick, NJ 07463-1739

### **Turkey Hill**

Thank you for contacting Turkey Hill Dairy. We appreciate your comments and interest in our company and products.

We understand that more and more consumers are being diagnosed with Celiac Disease. Therefore, we work with our suppliers to obtain gluten-free extracts and modified food starches. At this time, all of our extracts are gluten-free. We also use corn and tapioca modified food starches, both of which are also gluten-free.

We have begun to list our allergens on our labels. Below the ingredients, you will see a CONTAINS: statement. If the product contains gluten, wheat will be listed. Wheat is the only ingredient we use that contains gluten. Therefore, the ice creams containing cake and cookie pieces will contain gluten. All of our drink products are gluten-free including our Egg Nog Drink.

You can also find our gluten information on our website. Please visit [www.turkeyhill.com](http://www.turkeyhill.com) and click on the "Our Products" link. Click on the product category you are interested in (i.e. Frozen Desserts). Then click on the product line you are interested in (i.e. Premium Ice Cream). The individual flavors will be



listed. Click the "More Nutritional Info" link to view the complete nutrition facts. The gluten and wheat information is listed at the bottom under the "Contains" statement or "Additional Info".

Thanks for taking time to contact us. In appreciation, we will be sending you a follow-up mailing with a gluten information sheet and some coupons for your use. We appreciate your comments and thank you for choosing Turkey Hill.

Sincerely,  
TURKEY HILL DAIRY  
Cindy Shenk  
Consumer Relations Representative

**Gluten Alert: Gardenburger**

The following Gardenburger products are **no longer gluten free**: Gardenburger Black Bean Chipotle Burger, Flame Grilled Burger and Veggie Breakfast Sausages. **All three products now contain wheat.**