

# WNY Celiac News

The WNY Gluten Free Diet Support Group, Inc. was formed to give Celiacs the opportunity to share (give and take) support that will help us manage our lives without gluten.



P.O. Box 1835 • Williamsville, NY 14231 • [www.buffaloglutenfree.org](http://www.buffaloglutenfree.org) • 716-636-6021 • CSA/USA Chapter #33-1990

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## Meeting and Event Schedule:



The WNY Gluten Free Diet Support Group typically meets one Saturday per month from 10:00 to 11:30 AM. The usual meeting location is Mount Mercy Academy (MMA), 88 Red Jacket Parkway, just off Abbott Road close to Mercy Hospital. The meeting room is in the dining hall located in the lower level. All meetings offer special counseling, ability to borrow educational materials from the honor system lending library, and a sampling of G-F “goodies” prepared by Group members and donated from vendors. Wegmans Food Markets provides a complimentary grocery bag of G-F food products for individuals recently diagnosed with CD and who are first time meeting attendees.

### Saturday July 24, 2010 • 10:00AM at Mt. Mercy Academy

Support meeting for those people newly diagnosed with celiac disease and/or gluten intolerance. For those not so new, but who have questions about diet, managing your home kitchen or eating out with confidence, you'll have the opportunity to “pick the brains” of our long time, experienced members.

### Sunday August 15, 2010 • Lakeside G-F Dinner at Root Five Restaurant, Hamburg

An opportunity to partake of a delicious gluten-free dinner while admiring the view. Their motto is “The only thing we overlook is the lake!” See enclosed sheet for menu choices, prices, driving directions, etc.

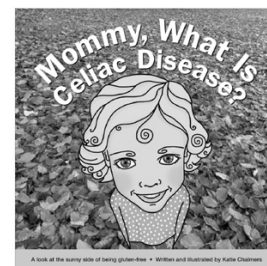
### Sat., September 11, 2010 • 10:00AM at Mt. Mercy Academy

The season's kick-off meeting will feature as a guest speaker Krista Van Wagner, chef and co-proprietor of the now famous Curly's Grill & Banquet Center. Krista will share with you the process that a restaurant follows in selecting gluten-free menus, preparation and serving without cross contamination. She will also provide guidance to customers on how to communicate with a restaurant staff when requiring gluten-free. Counseling session will be conducted at the conclusion of the main meeting.

### Sat., October 9, 2010 • 10:00AM at Mt. Mercy Academy

Dr. Robert Zielinski, this Group's medical advisor, will discuss recent advances in understanding, diagnosing and treating those with celiac disease and gluten intolerance. Counseling session will be conducted at the conclusion of the main meeting.

A little plug for a local author:



A unique new children's book will be available soon!  
 Please check out  
[www.katiechalmers.com](http://www.katiechalmers.com)  
 for more information.

## President's Corner

It's not too early to plan and make reservations to attend the Celiac Sprue Association's 33rd annual conference being held October 29-31 in Kansas City, MO. The theme of this year's conference is "Changing the World for Celiacs through Research, Education and Support." Featured presenters will include Alessio Fasano, MD, Medical Director of the Center for Celiac Research at University of Maryland, Rodney Ford, MD, University of Otago, New Zealand, David C. Sands, PhD., University of Montana, Jean Guest, PhD, RD, LMNT, Aaron Flores, CSA Executive Chef and many others.

This is a great opportunity to learn, exchange information and ideas with celiacs throughout the country as well as network, develop new friends and absolutely have an enjoyable time at the Hyatt Regency Crown Center in the heart of downtown Kansas City.

To register for the conference call CSA at 877-272-4272 and for hotel reservations, call 888-421-1442 and identify yourself as part of the CSA Conference. Hope to see you there!

*Cliff Hauck*

*President, WNYGFDSG, Inc.*

*Director, Region III CSA*

## Forgot to pay your 2010 dues?

The annual chapter dues for a renewing member is \$15.00; new member dues are \$20.00. All current members receive a newsletter containing up to date information on the gluten-free diet and lifestyle, the latest celiac friendly restaurants, timely articles, book recommendations, etc. Members also are eligible for discounts to the numerous special event G-F dinners held throughout the year.

Please fill out the form below and enclose it along with your check and mail to our treasurer, Pat Burt, WNYGFDSG, Inc., PO Box 1835, Williamsville, NY 14231. (please be sure to include your current e-mail address if you are connected to the internet.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I would like to make an additional contribution to WNYGFDSG, in the amount of \$\_\_\_\_\_

## Potato Caution...

Twice baked potato – yum! Gluten free?

*Maybe!* In the preparation of twice baked potatoes, the potato mixture piped into the shell for the second bake, if too soft, may be thickened with flour before baking. (A member recently attended a luncheon where this was discovered, and another member knows this to be the case at Hirsch's in Clarence.)



## Stop Erasing



I think that we have all been in situations in our lives where we would love to just erase the chalk board and start over. The problem got too complicated and confusion overtook logic and we became overwhelmed. This tends to happen because so much of our lives are focused around food. Whether you are eating everything else but gluten or you are taking that next step to a better you by eating healthy at every meal, the fact is, constantly starting over with our gluten free diet is not the best therapy. Bodies that are put in a constant state of damage then heal then damage then heal, will leave in a sense some "scar tissue."

Our bodies are telling us "oh boy, here we go again" and we all know the consequences of eating gluten. Every person with Celiac has some sort of reaction, some more severe than others but whether it is "silent" or not, we are doing damage. Every time I ask myself the same question: "why did I do this to myself?" It is a question that I have yet to answer and I am sure most of you have asked yourself that question too.

Then there is our beloved psyche. What we do to ourselves mentally is equivalent to the yo-yo dieter that never stays on track. We hate ourselves, we love ourselves. We are in the zone and then we are not in the zone. We keep starting the engine over and over even though our bodies, our cars, have a wonderful ability to simply idle. We know how to flow in the traffic of food and stay in between the "I like me" lines. Our life's path does not need to be so complicated.

There is balance in all things, including our diet. Yes, we have to plan our meals and our grocery lists. Yes, we have to call ahead to restaurants and parties to find out what is on the menu. Yes, this is all a part of having a food related disease and we need to tell ourselves its okay. Every little extra effort you make please remember, you are worth it.

So the next party you go to, bring your own food and maybe even a deck of cards or Yatze because parties are social events and not a time to go off our food wagon. Be the solution to what ails you, it's only food and although you can erase your mistake, why not do it right in the first place.

*Georgette Romani*

*Vice President, WNYGFDSG, Inc.*

## Pharmacist's View

Proper and safe use of prescribed medications and nutritional supplements for a person with CD requires special knowledge and continuing diligence in application. This issue was the subject of April's featured presenter, Joe Catanese, registered pharmacist with Pine Pharmacy. Following is an abbreviated overview of his presentation, as captured by our secretary, Joanne Schwartzott.

He began his presentation with a basic overview of Celiac Disease, its symptoms and the sources of gluten in foods as well as hidden and unexpected sources. Gluten can also be found in medications and vitamins and he described potential sources. He indicated that most pharmacists aren't aware of Celiac Disease. However, they have the package insert which comes in stock bottles of manufactured medications which lists all active and inactive ingredients. When in doubt, he suggested contacting the manufacturer. He provided an extensive list of drug manufacturer contact information. If your prescription contains gluten, you can either switch companies, check for an alternative medication or talk to a compounding pharmacist. He then explained the role of a compounding pharmacist.

He then explained the goals of nutritional support in Celiac Disease – restoring intestinal health, replacing deficient nutrients, and stopping the inflammation. How? Restore intestinal health by removing offending agents through the gluten free diet and possibly avoiding dairy products.

Replace digestive enzymes which may be lacking. (While not an excuse to eat gluten, this can help with accidental exposure.) Reinoculate the bowel with beneficial bacteria which can help the healing process and reduce inflammation. Regenerate (repair and protect) the intestinal lining which can be accomplished with certain supplements. (He provided copies of his slides which also included references.)

As to replacing deficient nutrients, he indicated that studies have shown that as many as 67% of celiac patients can have malnutrition, and that the gluten free diet doesn't necessarily improve vitamin status. He then described the nature and function of certain critical nutrients – Folic Acid (water soluble), Vitamin B12 (water soluble), Iron, Vitamin D (fat soluble) and Calcium. He indicated that the best form of iron is iron glycinate. It competes less with other minerals for absorption. As to Vitamin D, D3 is the most effective form. He pointed out that researchers are now recommending higher levels of Vitamin D in blood level tests and are also calling for increasing the RDA of Vitamin D for optimal benefit. He stressed that the active form of a vitamin or mineral is easier for the body to use. For example, MCHC for calcium is the most well-absorbed form. Calcium carbonate is one of the hardest forms to absorb. He recommended taking no more than about 500 mg of calcium at one time.

Inflammation occurs in various body systems with celiac disease. He spoke about the benefits of Omega-3 Fatty

Acids and particularly fish oils containing the highest levels of the active components EPA and DHA (not the least expensive!) and that it should be kept cold. The western diet consumes 10 times more Omega-6 Fatty Acids (pro-inflammatory) than Omega-3 (anti-inflammatory)! In addition to its anti-inflammatory effects, Omega-3 Fatty Acids can lower the risk of cardiovascular disease; improve memory, mood, behavior and cognition; and has potential anti-cancer effects. He also referred to the anti-inflammatory herbals turmeric, rosemary, ginger and holy basil (sometimes found in combination); as well as the supplement Osters which significantly impacts bone loss and bone formation.

He indicated that the same principles apply to both adults and children but that the form of the supplement might vary for children (e.g., liquid or readily dissolvable powder). He recommended that before beginning a serious course of nutritional supplementation, potential interference or interaction with certain medications (e.g., antibiotics, coumadin or other blood thinners, thyroid medications) should be checked with your physician.

The FDA only deals with serious safety issues in supplements; doesn't have oversight regarding product quality. He mentioned that there are accrediting agencies that some companies use to validate their safety and formulary credentials. (He provided a handout which included Pine Pharmacy's recommendation of certain products associated with achieving the goals previously referred to.)

He responded to a wide variety of questions from attendees.

# Rx



## Books 'N Us

Our lending library provides a service to our members by making a wide variety of items available for loan – books, magazines, informative CDs — to assist all of us in living gluten free. Our volunteer Librarian, Bobbie Maher, has indicated that there are large number of items that have been out on loan for a significant period of time.

Please check to see if you have an item on loan. If you do, please return it at our next general meeting – September 11th – so that others may have a chance to learn from these items. Your cooperation will be appreciated.

# WALK for Celiac Disease A W A R E N E S S



## THANK YOU, THANK YOU . . .

The success of our participation in the 9th Annual International Walk for Celiac Disease Awareness and Research would not have been possible without the generosity of donors who provided monetary contributions. We are grateful to the following companies for their support. It is most appreciated.

Pine Hill Pharmacy	Patrick Roach, Esq.	Ogorek Capital Management
Mighty Taco	Pro 2 Oxygen	Curly's Grill and Banquet Center
Herbert F. Darling, Inc.	R. S. Maher & Sons, Inc.	TMSI Logistics Transport
Pinto Construction	Pizza Plant	
LoVullo Associates	Wegmans Food Market	
Northtown Lexus	Brooks Rigging	

And a special thank you to Outback Steakhouse, McKinley Pkwy which donated the 2/3 of the proceeds of a special dining event.

We are also grateful to the businesses who donated food products for us to enjoy before, during and after the Walk or which found their way into "goodie bags" provided to each person who registered.

Against the Grain	French Meadow Bakery	Shabati (Cinderella Bakery)
Real Foods Wendy's Restaurant	Riega Foods LLC	Nana's Cookies
Blue Diamond	Bakery on Main	Edward and Sons
Dr. Lucy's	Kettle Cuisine	Edwards and Sons
Katz Gluten Free	Perry's Ice Cream	
	Pamela's Products	

Did you receive a prize (gift certificate or basket) as one of our top money raisers? Or, from our split club/prize raffle? They were donated by a variety of businesses or organizations.

Adventure Landing	Palladino's Pizza	78° Restaurant
Anderson's	Premier Wines and Spirits	French Pub
Asa Ramsom House	Red Osier Landmark	Victoria Square Restaurant
Best of Health	Salvatore's Italian Garden	Walden's Millennium Hotel
Buffalo Athletic Club	Dog Bar and Brill	Toscana Salon & Day Spa
Chef's Restaurant	Wal-Mart (Thruway Plaza)	Wildtree
Gianni Mazi's	La-Te-Da Restaurant	Gluten Free Promise
Darien Lake	WalMart (McKinley Pkwy.)	Original Pancake House (Wmsvl.)
Golden Duck	Anderson's	Franco's Pizza
Hayes Seafood Restaurant	Verbena Grille	On the Rox
Maid of the Mist	Tandoori	Verizon
Melting Pot Restaurant	The Stillwater Restaurant	The UPS Store (Wmsvl.)
Merge Restaurant	Robertson & Bach Jewelers	Poppy Seed Restaurant
Mischler's Florist	Silk Spa & Salon	Thai Orchid Restaurant
O'Brien's Pub and Steakhouse	Cielo Salon	Ilio DiPaolo's Restaurant
	Eros Day Spa	

# WNYGFDSG Restaurants and Stores

The following is a list of Celiac friendly restaurants in the area listed as a service to our members. WNYGFDSG does not guarantee that food will be completely gluten-free. Please be your own best advocate. Check online for menu choices.

## AREA RESTAURANTS RECOGNIZING GLUTEN-FREE

### Asian Star Restaurant

4060 Seneca Street, West Seneca, NY  
14224 • 675-9888

*Chinese, Thai, Japanese & Vietnamese  
cuisine. Very familiar with G-F.*

### Bocce Club Pizza

4174 North Bailey • 833-1344  
1614 Hopkins Road • 689-2345  
*Great reports, but take-out only  
G-F quarter pies available*

### Bonefish Grill

1247 Niagara Falls Blvd.  
Amherst, NY 14226 • 833-6106  
*Go online for a G-F menu.*

### Carrabba's Italian Grill

1645 Niagara Falls Blvd.  
Amherst, NY 14228 • 833-5003  
*Go online for printable menu listing.*

### Chef's Restaurant of Buffalo

291 Seneca Street  
Buffalo, NY 14204 • 856-9187  
*G-F spaghetti available daily.*

### Chipotle Mexican Grill

1643 Niagara Falls Blvd. Suite 44C,  
Amherst, 14228 • 836-1039  
*Everything is G-F except flour tortillas!*

### Clarence Pizza Company

6235 Goodrich Road, Clarence Center  
741-2888  
*Offering 10" G-F pizza, made to order.*

### Como's

2220 Pine Ave, Niagara Falls 14301  
285-9341 *(offers G-F pasta)*

### Curly's Bar & Grill

647 Ridge Road, Lackawanna, NY  
824-9716  
*Eat worry-free with G-F items created  
just for you by award-winning chef,  
Krista Van Wagner!*

### Dessert Deli

716 Maple Road, Williamsville, 14221  
*(G-F key lime pie, flourless chocolate cake  
& cookies/brownies by Julie Reinstein)*

### Dove Restaurant

3002 Abbott Rd, Orchard Park, 823-6680

### Fieldstone

5986 S. Transit • Lockport • 625-6193

### Forestview Restaurant

4781 Transit Road, Depew, NY 14043  
*(gluten-free pancakes)*

### Fortuna's

827 19th St., Niagara Falls • 282-2252

### Golden Duck Restaurant

1840 Maple Road (Maple/Ayer Plaza)  
Williamsville, 14221 • 639-8888  
*Chinese restaurant which understands  
how to prepare many dishes G-F(using  
G-F soy sauce & rice/tapioca flours).*

### Gianni Mazia's

10325 Main Street, Clarence, 14031  
759-2803 • www.maziaspizza.com  
*G-F chicken wings & french fries made  
in dedicated fryer, Edy's ice cream in  
G-F cones, and new 12" G-F pizzas.*

### Hayes Seafood House

8900 Main Street, Clarence, NY  
632-1772 • *Ask for grilled items*

### Hutch's

1375 Delaware Ave., Buffalo, 885-0074

### Ilio DiPaolos Restaurant

3785 South Park Ave. Blasdell, 14219  
825-3675

### Isabella's Deli

One Buffalo Street  
Hamburg, NY 14075 • 648-3354  
*(Offers several G-F items, sandwiches  
from G-F Boar's Head meats & cheeses)*

### La Bruschetta

9400 Niagara Falls Blvd. N.F., 14304  
(716) 297-6222

*This Falls restaurant offers rice pasta  
and the chef/owner Patti prepares all  
the food to order.*

### La Nova Pizzerias

371 West Ferry St., Buffalo, 881-3303  
5151 Main Street, Wmsvl., 634-5151  
*(now serving gluten-free pizzas!)*

### La Tee Da

206 Allen Street  
Buffalo, NY 14201 • 881-4500  
*(reservations required)*

### La Tolteca

7530 Transit Road (across from  
Eastern Hills Mall) • 565-0105  
*Order corn taco shells or corn tortillas*

### Le Metro

5110 Main Street (Walker Center)  
Williamsville, 14221 • 631-2725  
*Let the chef know you need a gluten-  
free meal, not just the wait staff.*

### Mangia Restaurant & Cafe

4264 N Buffalo Road  
Orchard Park, NY 14127 • 662-9467  
*A new restaurant for people in the  
Southtowns area. Owners stock rice  
pasta. Chef is very accommodating.*

### Melting Pot

1 Galleria Drive (in the Galleria Mall)  
Cheektowaga, 14225 • 685-6357  
*Offers a number of interesting fondues.  
Ask waitstaff for G-F choices.*

### Merge Restaurant

439 Delaware Ave., Buffalo, 381-8502

### Mighty Taco

16 locations in WNY. Order corn tacos.  
See website for gluten-free menu.  
*continued...*

## MORE AREA RESTAURANTS RECOGNIZING GLUTEN-FREE

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### **My Tomato Pie**

3085 Sheridan Dr, Amherst, 14226  
838-0969. *Northtown Plaza. Rice pasta.*

### **NovelTea Bistro**

6045 Goodrich Rd., Clarence Center,  
741-1311

### **Outback Steakhouse**

1551 Niagara Falls Blvd.  
Amherst, NY 14228 • 833-6067  
3670 McKinley Pkwy  
Hamburg, NY 14075 • 823-2020  
*Great G-F menu. Go online to get a printable menu listing gluten-free items.*

### **Original Pancake House**

5479 Main Street, Williamsville  
2075 Niagara Falls Blvd. Amherst  
3019 Union Road, Orchard Park, NY  
*(all 3 locations offering g-f pancakes)*

### **O'Brien's Pub & Steakhouse**

8557 North Main St, Eden, 992-4300

### **P. F. Chang's Chinese Restaurant**

1 Galleria Drive TH131 (Walden  
Galleria Mall) Buffalo, 14225 706-0791

### **Palladino's Pizza**

4950 Harlem Rd. 839-0777  
(in the Sheridan/Harlem Plaza)  
*(now offering gluten-free pizza.)*

### **Pizza Plant Restaurant**

8020 Transit Rd. Location ONLY –  
Williamsville, NY • 632-0800  
*"Wheat Free Wednesdays." Look online for their G-F menu. On Wednesday (ONLY), you can order G-F pizzas to eat in or take out, G-F pasta dishes, chicken fingers, burgers, G-F beer & more.*

### **Red Mill Inn**

8326 Main Street, Williamsville, 14221  
633-7878

### **Roycroft Inn**

East Aurora, NY 14052 • 652-5552  
*Many G-F choices and a knowledgeable kitchen staff. Be sure to request G-F.*

### **Shogun**

7590 Transit Road, Wmsvl. • 631-8899

### **Thai Orchid Café**

416 Evans Street (Evanstown Plaza)  
Williamsville, NY 14221 • 565-2094

### **The King And I Authentic Thai Cuisine**

2188 Kensington Avenue  
Amherst, NY 14226 • 839-2950  
*Go online for printable menu listing.*

### **Village Eatery Italian Bistro**

429 Davison Road, Lockport

### **Water Valley Inn**

S6656 Gowanda State Rd  
Hamburg, NY • 649-9691

## WNY STORES CARRYING GLUTEN-FREE PRODUCTS

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### **WEGMANS STORES throughout WNY**

*Wegmans carries a wide variety of Gluten-Free products in their natural foods sections. Look for the green "Gluten-Free" sign on the shelves. Also look in the frozen section of the natural foods for more G-F products.*

*Wegmans also has hundreds of store brand products that carry the Gluten-Free label and others that are G-F but do not have the label. Look for their gold "G" in a circle symbol.*

*Wegmans offers a list of these products and updates it regularly. Go online to get the latest, updated list.*

### **Feel Rite Fresh Markets & Natural Foods**

5 locations:

Williamsville – 5425 Transit Road  
636-1000

Buffalo – 2141 Delaware Ave, 874-6422

Amherst – 3912 Maple Rd, 834-3385

Hamburg – 6000 S. Park Ave. 649-6694

West Seneca – 3521 Seneca St, 675-6620

### **Best of Health**

2840 Delaware Ave., Kenmore, 14217  
(716) 874-6422

### **TOPS STORES throughout WNY**

*Tops has a gluten-free section within its natural foods section—Largest variety is at the store at Transit & County.*

### **The Podge**

10205 Main St, Clarence • 759-2080  
*New G-F section includes all Chebe mixes, crackers, pastas, San-J Wheat-free soy sauce, CherryBrook Kitchen, ice cream cones, quinoa and much more.*

### **Vin-Chet Pastry Shop**

2178 Kensington  
Amherst, NY 14226 • 839-0871  
*This location only: Call in your G-F order by Friday at noon for pick-up on Saturday. Vin-Chet's offers the following great tasting, gluten-free products: Savory bread • Sandwich bread • Cottage bread • Banana nut bread • Chocolate chip cookies—with real butter and certified gluten-free Ghirardelli chocolate • Double chocolate fudge brownies—chocolate chips, walnuts, and fudge icing • Chocolate ganache cake • pizza crust • hamburger rolls*

### **Sterks Bakery**

3866 23rd Street, Vineland, Ontario  
Toll free: 1-800-608-4501  
local 1-905-562-3086  
Fax: 1-905-562-3847  
*This is a Canadian-based G-F bakery (many items are dairy free, too). Many area stores also carry their products.*

### **Whole Foods Market**

301 Cornwall Road  
Oakville, Ontario  
*The baked goods are back!!! This is a large, natural and organic supermarket located just south of the QEW in Ontario, about 15 minutes from Hamilton. They carry three different kinds of bread, rolls and other products. Call ahead to see what is available and have them hold the items for you. The items are frozen and are amazing!*

### **Dash's Food Market**

8845 Main St., Clarence, 650-2888  
*Gluten-free food & freezer sections, plus they have fresh baked goods from Vin-Chet's bakery delivered every Friday morning.*



# Dinner at Root Five Waterfront Restaurant

Sunday, August 15, 2010 • Cash bar starts at 4:30 PM • Dinner at 5 PM

4914 Lakeshore Road (Rte 5), Hamburg NY • (716) 627-7161

• • •

Come and enjoy a delicious gluten-free dinner event at this unique establishment whose motto is "The only thing we overlook is the lake!"

House salad with gluten-free rolls

*Choice of*

Broiled Orange Roughy with Fresh vegetables,  
Rice & tomato basil vinaigrette

10 oz Strip Steak with Mashed Potatoes & Fresh Vegetables

Chicken with gluten-free Pasta &  
Sun dried tomato with Romano cream sauce

*Dessert*

Chocolate Flourless Torte & Coffee or Tea



• • •

Total price is \$22.00 per person for dues paid members & their family.  
A \$5.00 surcharge applies to non-family attendees. Please make your entrée selection and send your check to Marilyn Hauck, 30 Ainsley Ct. Williamsville, NY 14221 before August 5, 2010.

Name	Fish	Steak	Chicken

**WNY Gluten Free Diet Support Group, Inc.**

P.O. Box 1835 • Williamsville, NY 14231-1835

Address Service Requested

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Non-Profit Org.

U.S. Postage

**PAID**

Buffalo, NY

Permit No. 841

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*Celiacs helping Celiacs...*

The WNY Celiac News – Summer 2010



The recommendations, information, dietary suggestions, product news, menus, recipes, and related data generated by the WNY Gluten Free Diet Support Group, Inc. are intended for the benefit of our members and other vested parties.

The text has not been submitted to CSA/USA Inc. or its medical board for approval. Individuals should consult with their physician/professional health care provider before following any medical or diet recommendations contained in this newsletter.

Opinions expressed are those of the editor or identified contributor and are not necessarily endorsed by CSA/USA Inc.

Food manufacturers' products are subject to formula change at any time and these changes may not be reflected on labels. Products mentioned or omitted do not constitute endorsement. No liability is implied by or assumed for the use of information contained in this newsletter.

If you have information on a new gluten free restaurant, product, or company, we'd love to hear about it. Please call Marilyn at (716) 636-6028 or by e-mail at [marhauck@adelphia.net](mailto:marhauck@adelphia.net).

Bookmark your local support group's website for tons of information:

**[www.buffaloglutenfree.org](http://www.buffaloglutenfree.org)**

Keep updated on gluten-free news, calendar events, recipes, articles and much more for the informed Celiac.

If you have any comments or suggestions to share with us regarding this newsletter — or if you can help out our group in any way — please email Cliff Hauck at [hauckc@roadrunner.com](mailto:hauckc@roadrunner.com)