

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 • 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 April 10, 2010 • 10:00 AM

Support meeting at MMA featuring Joe Catanese, pharmacist from Pine Pharmacy, speaking on gluten-free medications and Nutritional Supplements in CD.

Saturday, April 17, 2010 • 5:30 PM

Family style, gluten-free Italian dinner at Fortuna restaurant in Niagara Falls. See enclosed flyer and sign-up sheet. You'll enjoy the wide variety of down home cuisine in this "old Italy" setting.

Saturday, May 15, 2010

This, the 9th annual Walk, will be held in the Clarence Town Park on Main Street. Registration begins at 10 am, Walk starts at 11 am. Come, bring you friends, get some exercise, partake of refreshments, and most importantly,

support this event that raises both awareness and money for celiac disease programs.

Saturday, June 12, 2010 • 10:00 AM

At MMA, our annual pancake breakfast, open-forum and brief business meeting.

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

Mark your calendars:
Sat. May 15

See page 9 for more info.

President's Corner

Just thought you should know that the battle to better understand, diagnose and treat celiac disease (CD) is being waged on many fronts. Part of that battle is being conducted in our nation's capital by the Digestive Disease National Coalition (DDNC), a non-profit advocacy organization comprised of over 20 member organizations/professional societies associated with all the major digestive diseases. CSA, our parent organization, is an active and supportive member.

In early March, several CSA members, including myself, will be participating in the DDNC's two-day Public Policy Forum in Washington, DC. We will have the opportunity to learn of related legislative updates, policies, AND visit our congressional members to advocate for support of programs that are essential to make progress that will benefit those with CD.

It will be very interesting to see how all this plays out in light of the current, intense debate over the national health care bill... I will report back to you!

Cliff Hauck
President, WNYGFDSG, Inc.
Director, CSA Region III



"Going Green"

Want to save a few trees, reduce pollution and allow WNYGFDSG to divert some extra dollars to celiac awareness and research programs? We have started a campaign to "go green" with our newsletter, and you can help. Just sign up to receive an electronic version of the newsletter and you will help enable us to reduce the costs of printing and postage.



The newsletter will come to you in a downloadable version (PDF) format so you can have a hard copy as well as the electronic edition. To participate in our "Going Green" campaign, e-mail us at **buf-faloglutenfree@gmail.com**. Be sure to identify yourself by your full name and your current postal address. Request the "electronic newsletter". After you sign up, you will receive the next newsletter in an electronic version (before the paper version is even off the press!) Thanks for helping the environment, and our group.

Food bank assistance

Does the church or community organization you belong to maintain a food pantry or a soup kitchen for those in need? Our Board of Directors has been discussing ways in which we might be of assistance to people who need to eat gluten free but who might be having difficulty putting gluten free food on the table for themselves or a member of their family.

If your church or organization does provide one of these services, can you make a contact to see if they have run into this situation — and let one of our Board members know what you find out? There may be a way our group can help. In the meantime, perhaps you can "lend a hand" by donating a gluten free item or two. After all, isn't that what CSA's motto "Celiacs Helping Celiacs" is all about?

Do we have your e-mail address?

Beginning in January, there was plenty of room on the meeting's new sign in sheet for your e-mail address. If the occasion arises (e.g., a special notice; event change), we can send an e-mail to those of our members for whom we have an e-mail address. (Some of the addresses in our records are five or six years old!) If you have not already done so at a meeting, please send a note to the following address with your name, regular mailing address and e-mail address:

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

This information is in addition to e-mail information you may have supplied to our Newsletter web site as part of our Going Green campaign (to receive our quarterly newsletter, "Celiac News", by e-mail.) The Going Green list is on a secure database separate from our membership mailing list. Your cooperation would be most appreciated.

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 make an additional contribution to WNYGFDSG, in the amount of \$ _____

Welkers Recognized For Volunteer Service

At the Chapter's Holiday Luncheon at Curly's on December 13, Peggy and Ron Welker were presented with a Service Award by President Cliff Hauck. More than one hundred attendees were on hand to congratulate them. The Welkers, long time volunteers, have ably handled book sales at our general meetings for many years and served several terms as Board members.

The success of any Chapter depends, in large measure, on the willingness of members to perform the many small but important duties that, together, mean a successful event (e.g., our Annual Walk for Celiac Awareness). There are jobs that are also important to make our regular monthly meetings run smoothly.

Would **you** be willing to provide some assistance? The following are part of our regular meeting routine (with suggested arrival times indicated):

- Arrange tables (some moving) for sign in, coffee and GF treats, library, free literature, vendors, if any – 9:00 a.m.
- Obtain food and beverage supplies from storage and setting up – 9:15 a.m.
- Arrange library and free literature materials and handle requests – 9:30 a.m. to 11 a.m.
- Man sign-in table; dispense membership forms as needed; provide new attendees with Wegmans slips; give dues payments to Treasurer – 9:30 a.m. to approx. 11 a.m.
- Pack up library and literature materials – approx. 11 a.m.
- Dispose of trash; return supplies to storage area – approx. 11 a.m.
- Return tables to original locations – approx. 11 a.m.

If you are willing to provide assistance in any of these tasks, please advise Cliff Hauck at hauckc@roadrunner.com. Thanks in advance for your cooperation.

Words from the Webmaster *by Paula I. McGirr*

Do you know a great resource for news and information about celiac disease, the gluten free diet and local group happenings that is right at your fingertips? It's our website. Although our site is geared toward our local group, it can be a resource for anyone with access to the internet. We have had people visit our site from over a dozen countries! It has something for just about everyone and is a great benefit of membership. So how do you get to our webpage and what will you find once you have arrived?

Our web address (or URL) is <http://buffaloglutenfree.org>. This will take you to our homepage. On the left side of the homepage is a sidebar to other pages of our site. It is kind of like having a file cabinet with many separate files. All you need to do is click on a title to take you to more information about that topic. Some links are helpful for people who are newly diagnosed. We have good introductory information on celiac disease and a "celiac primer" that includes links to excellent information from the National Institutes of Health, as well as from our national organization, the Celiac Sprue Association (CSA). There is even an article for clinicians (something you may wish to share with your family doctor). Other links take you to gluten free recipes, gf friendly restaurants and products, information about our upcoming meetings, and local contacts. Do you enjoy reading and researching topics? There is a link to numerous recent articles on a variety of topics relating to celiac disease and/or the gluten free diet. Check out the homepage and the sidebar.

One of the latest additions to our webpage is our **message board**. This is a great place for people to have conversations, share information, and ask/answer questions about celiac disease, gluten intolerance, and/or the gluten-free diet. By clicking on a topic you can add a post, or click on New Topic to start a conversation. Get involved and have some fun.

I have saved the most exciting addition for last. Are you familiar with Google™ maps? Well, our group now has its very own Google™ map of Buffalo area celiac friendly restaurants and food stores. Although it is a work in progress, we have put a link to it on our homepage to encourage you to try it out. Let us know what you think and if you have the time, volunteer to be a contributor!

The web has a wealth of information, some of it legitimate and much of it not. Our website has the benefit of being checked and edited for accuracy. It is a good place to start your quest for a fantastic gluten free life.

Local GF news & updates (Pizza! ♦ Pizza! ♦ Pizza! ♦ Pizza!)

Chipotle Mexican Grill Open!

Pronounced "Chip-OAT-lay," this incredible restaurant is at 1643 Niagara Falls Blvd. in the plaza near BabiesRUs. The **ONLY** thing on their menu that contains gluten is their flour tortilla. Everything else is gluten-free and out of this world! See www.chipotle.com for more info.

In a pinch?

WNY Kenyon's Variety locations now stock frozen Vin-Chet cheese & pepperoni 12" pizzas.

Bocce Club Pizza now offering 10" G-F pizzas (pre-made crusts, toppings made to order)
4174 North Bailey • 833-1344
1614 Hopkins Road • 689-2345
Great reports, but take-out only.

Gianni Mazia's now offering 12" G-F pizzas (pre-made crusts, toppings made to order)
10325 Main St, Clarence • 759-2803
www.maziaspizza.com

Clarence Pizza Company now offering 10" G-F pizzas (pre-made crusts, toppings made to order)
6235 Goodrich Rd, Clar. Ctr • 741-2888
(Newsletter designer's note: My family had the pleasure of trying a G-F "white pizza" here and we all loved it, including 2 Celiacs and 3 non-Celiac)

It Could Always Be Worse, Right?

Now that you have been diagnosed with Celiac Disease, you are wondering how to proceed with the monumental task of eating gluten free (GF). If you are anything like me, you have idea where to start. I remember when the doctor looked at me and very seriously told me that I had a disease called Celiac Sprue. He chuckled as he said to me, "I hate to tell an Italian woman that she can no longer eat pasta, but for you, that is reality now." I found no humor in what he was saying. I simply responded with "I married the Italian." He chuckled again and I still failed to see the humor. He gave me a sheet of paper with information about the disease and the telephone number for the WNYGF Diet Support Group and told me to call them for more information. I left the office in a fog with a million questions running through my head.

Now, I have to join the "AA" of "wheat free" people, is what I was thinking. I do love bread but did my hot cross bun addiction have anything to do with this disease? Thanks to the internet, I soon realized that it was nothing I did or ate. I mourned. I mourned the loss of my favorite foods, some of which I had grown to love so dearly that I ate them almost every day! All I could think about was crackers, sandwiches, croutons, cereal, pie, cake and brownies. So I bought a cook book and started baking.

I spent oodles of money on products that really didn't meet my standards. I

spent hours baking things that didn't taste quite right. I spent days feeling sorry for myself. I wanted what I smelled in the bakery and not this dense, crumbly, bad tasting stuff. I kept telling myself it could be worse, because it could always be worse. I am alive and I am not taking pills to feel better. That was what it was all about, feeling better.

I decided I was going to embrace my disease. My sandwiches were made of gluten free bread with gluten free lunch meat. I ate homemade soup with gluten free crackers. Thanks to Wegmans, I had GF cereal, pies, cakes and brownies. That's when the scale started tipping at a rate of four pounds a week.

Three months and almost forty pounds later my doctor sent me to a nutritionist who told me to start reading labels in greater detail. It didn't take long for me to realize that my gluten free world was filled with more than twice the fat and three times the calories. It's bad enough that GF food is restricting in itself, now it needs to be further restricted. As if turning forty that year wasn't bad enough, I had to do it forty pounds heavier with no cake! I felt as though a practical joke was being played on me. Or maybe I was living a Twilight skit or it all was a bad dream. I was wrong, this was real and it was my life and I had to deal with it. I needed some real help and my doctor was clueless.

I knew at that point that I had a decision to make; I could wallow in my gluten

free depression or get involved and make this part of my life a positive one. I decided to become more active with the WNYGF Diet Support Group that I had joined. I knew this was the avenue that would make a difference. We all need support and to be around people that can relate to us and our ailments. Gluten Free awareness needs to reach the public, especially physicians. The research needs to continue and money needs to be raised.

Going to the Annual Celiac Convention was a tremendous learning experience. The vendors and the speakers were wonderful. There were people there from all walks of life with a common thread, to make a difference and educate. We are not alone. There are so many awesome Celiacs helping Celiacs leaving no room for anyone to feel insignificant. Each and every one of us, as Celiacs, are part of something big because we are educating society, one physician, grocery store, restaurant, school or health care facility at a time. This is a step in the right direction to get "gluten free" part of the main stream.

So the next time you are chatting with a casual acquaintance about your GF world, remember you are educating society. That person has a new awareness that they didn't have before you talked to them. Although I no longer live in a gluten free fog, I am still looking for the answers to many of life's questions and I will keep you posted if I find any really good ones.

Georgette Romani
Vice President, WNYGFDSG, Inc.



King Arthur Flour Introduces Gluten-Free & Allergen-Free

Flours & Mixes *America's oldest flour company is learning some new tricks!*

They now offer gluten-free multi-purpose flour — plus mixes for bread, cake, brownies, pizza crusts, cookies, pancakes and muffins, all processed in an allergen-free manufacturing environment. See Q&A about their new products, G-F baking tips and more at <http://www.kingarthurfLOUR.com/glutenfree/>

Treat yourself to a dining experience at Curly's, now offering gluten-free menu

Curly's Grill & Banquet Center has introduced their new Gluten Free Dinner Menu, available seven days a week. They offer everything from pizza, soup & salad, to strip steak, filet mignon, two chicken entrees, nine seafood entrees, five different pasta entrees and two delectable desserts. Eat worry-free with G-F items created by award-winning chef, Krista Van Wagner!

Located at 647 Ridge Road, Lackawanna, 14218
716-824-9716 ♦ www.curlysg Grill.com

Baked Goods, Anyone?

We've all seen an increase in the number of baked goods (bread, rolls, muffins, pizza crusts, etc.) that we can find in super markets or grocery food chains or health food stores. Hooray! But, there are a lot of manufacturers who indicate they have dedicated gluten free facilities whose products haven't yet made an appearance on store shelves or freezers. The following is a list of some of these facilities – (there may be more!) – most of which have web sites where you can see what's available.

Against the Grain Cause You're Special	Joan's Gluten-Free Great Bakes, Inc.
Celiac Specialties, LLC	Jo-sef's Gluten Free
Chebe Bread	Katz Gluten Free
Ener-G Foods	Kinnikinnick Foods, Inc.
Foods By George	Mariposa Baking Company
Gillian's Foods	Miller's Gluten-Free Bread Co.
Glutano	Mr. Ritt's Bakery
Gluten-Free and Fabulous	Patsy Pie
Gluten-Free Bagel Company	Schär
Gluten-Free Creations Bakery	Shabati Gourmet
Glutino	Sunstart Bakery
	The Grainless Baker

There are also other manufacturers, not listed above, who produce a limited number of items (e.g., bread crumbs, cookies, crackers) what are labeled gluten free.

The above list is provided for information purposes and individual companies and their products are not endorsed by our Chapter. As with any food product that says it's "gluten free, an ingredient may change or the manufacturer's production facilities may change since the last time you tried a particular product. Reading labels very carefully is still a must!

Library Additions:

We're happy to announce two additions to our Lending Library:

"Gluten Free College Student Cookbook"

by Joanna Bradley © 2008

- 201 gluten free, dairy free recipes or campus life
- Low cost cooking for a student's budget
- Recipes crafted for limited kitchens (cooking in a dorm)
- Choosing dorm appliances; cooking safely.

"Healthier Without Wheat" by Dr. Stephen Wangen

"A new understanding of wheat allergies, Celiac Disease and non-Celiac gluten intolerance.

The Lending Library is open at all of our regular general meetings. There are a number of other excellent cookbooks as well as a variety of materials (e.g., G-F product listing, magazines) to help us live gluten free. *Stop by next time you're at a meeting!*

Worthwhile Websites:

<http://www.liveglutenfreely.com/products/default.aspx>

Here you will find a list of all G-F products made by General Mills, including Progresso soups, cake frostings, yogurts, etc. Print out a handy pocket guide as well.

<http://www.bettycrocker.com/recipes>

Type "gluten-free" in the search box and find tons of G-F recipes using their G-F products.

EATING OUT TIPS:

1. Eat earlier or later than the average crowd so that you can get the attention you need.
2. Call ahead and make reservations, notifying the restaurant of your needs.
3. Ask questions to be sure that what you are served is in fact G-F.
4. Verify fried items are not cross-contaminated by being fried in the same oil as gluten-containing foods.
5. Be polite.
6. Get to know the restaurant's staff. Being a "regular" has its perks.
7. Tip well. It will be remembered.

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

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

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, 14127
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).
Dine in/take-out. REQUEST G-F.*

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. Please let the wait staff know you need G-F choices.

Merge Restaurant

439 Delaware Ave., Buffalo 14202
381-8502

continued...

MORE AREA RESTAURANTS RECOGNIZING GLUTEN-FREE

Mighty Taco

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

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.

O'Brien's Pub & Steakhouse

8557 North Main St, Eden, 14057
992-4300

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)

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.

Sole

5110 Main Street (Walker Center)
Williamsville, NY 14221 • 362-0356

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

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 South 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.



Gluten-Free, Family Style Italian Dinner

Saturday, April 17, 2010 • 5:30 Cash Bar & 6:00 Dinner

Fortuna Restaurant

827 19th Street • Niagara Falls, NY 14310 • Phone: 282-2252

• • •

House salad with choice of dressing

Chicken Cacciatore

Homemade Italian sausage with peppers & onions

Cubed pieces of pork in sauce

Gluten-free pasta with meat sauce

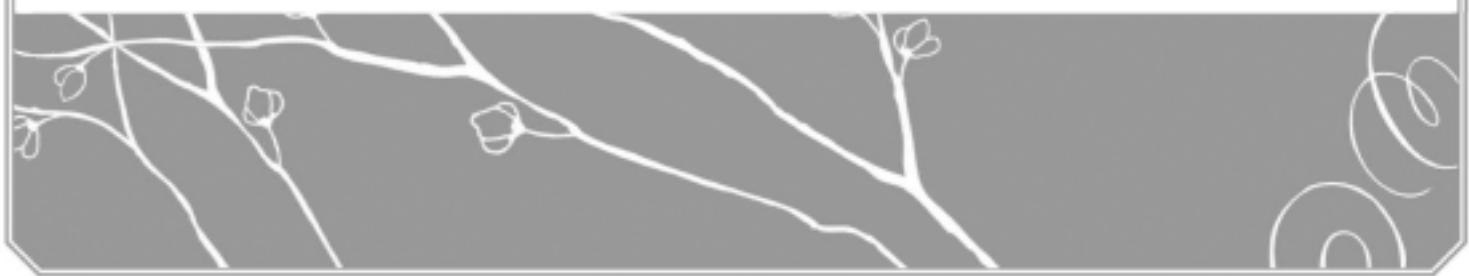
Potatoes and string beans with garlic and olive oil

Greens & beans

Spumoni & coffee

• • •

Total price is \$23.00 per person for dues paid members & their family.
A \$5.00 surcharge applies to non-family attendees. Please send your check to
Marilyn Hauck, 30 Ainsley Ct. Williamsville, NY 14221 before April 8, 2010.



JOIN US FOR THE 9TH ANNUAL

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

**SATURDAY
MAY 15
2010**

Celiac Disease Awareness: Help us spread it far and wide. Celiac Disease is an autoimmune disease that affects around 3 million Americans with a digestive disorder causing a permanent intolerance to gluten (found in foods containing wheat, barley, rye and their derivatives.) Unfortunately, only 3% of those affected know they have it. Without greater awareness and screening, Celiacs are at greater risk for developing additional health disorders — many of which are avoidable with diagnosis and treatment. **HELP US SPREAD THE WORD!**

3 million Americans have Celiac disease...

...97% of them don't know it.

Clarence Town Park on Main Street

Registration begins at 9:30am · Walk starts at 10:30am

For more info. visit www.buffaloglutenfree.org or call: 716.773.9535

Net proceeds from this walk will benefit the University of Maryland Center for Celiac Research

Sponsored by WNY Gluten Free Diet Support Group, Clarence Hollow Assoc. & proud sponsors

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Celiacs helping Celiacs...

The WNY Celiac News – Spring 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.

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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.

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

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