



Celiac Digest

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DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.



MEETING: Members buy raffle tickets at Nov. 8 SACS general meeting .

Veggie, fruit demo rocks Jan. 24 general meeting

Learn about fresh produce from an expert Jan. 24 after the business portion of our first general meeting of 2004. The session will come to order at 9 a.m. in the Rincon Room, Alamo Building, at Tucson Medical Center.

In addition to the gluten-free products usually available at our meetings, we may get to sample some of the fresh produce Al Bernardi, the produce expert, will use in his presentation. Mr. Bernardi, founder of Bernardi & Associates, Inc., will demonstrate the proper techniques for vegetable and fruit storage and preparation.

Now retired in Green Valley with his wife, Joan, Mr. Bernardi is well-known on the service organization lecture circuit.

Mr. Bernardi shares decades of experience in his talks while his son, Joe, man
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Third CD walk shapes up

By EVELYN K. COHEN

Our Third Annual Walk for Celiac Disease is pretty much out of the planning stages and under construction, according to Colleen K. Beaman, walk chairperson.

The April 24 event is intended to raise funds for Celiac research and bring attention to our under-recognized, under-diagnosed and under-treated ailment.

Labeling laws await votes

By EVELYN K. COHEN

Federal food labeling legislation impacting an estimated 2.5 million Celiacs in the U.S. will be up for floor votes this year in the Congress and the Senate.

For us this means that the campaign is underway to alert our representatives in both Houses that we need them to vote in favor of the labeling laws. If enacted, the provisions would go into effect on Jan. 1, 2006.

Both H.R.3684 and Title II of S.741 would require the Secretary of Health and Human Services to develop rules for the use of the term 'gluten-free' on food labels. The measures also require that the top eight allergens --wheat, milk, eggs, shellfish, fish, soybeans, peanuts, and tree nuts-- be listed on food labels by their common or usual name, or by source of the ingredient.

The legislation moved in 2003 to waiting lists for floor votes when a Senate committee on Nov. 21 released Title II of S. 741. On Dec. 8 a subcommittee in the U.S. House of Representatives introduced H.R. 3684, the "Food Allergen Labeling and Consumer Protection Act of 2003." Votes reporting the bills out of committees for action in both Houses were unanimous.

Pre-registration packets should be available in February. Watch for registration information on our new website, SouthernArizonaCeliacSupport.org, or phone one of the leadership contacts (Page 2). Colleen says we still need volunteers to help in preparing some of the gluten-free snacks for buffet tables along the route.

We also need volunteers to solicit sponsors and contributors of gluten-free foods for the buffet. Member **Marilyn Ringer**, for example, already has canvassed Oro Valley.

We need people to look up media contacts for our publicity campaign, and we need them to help with the distribution of press releases.

We also require dedicated people to help with manning the food, registration and T-shirt tables. Several volunteers have signed on but more are needed.

Others already at work include **Georgina Rubal**, member-at-large and a
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