

Jan. meeting at U of A's College of Pharmacy room 325

All members are invited to a dinner honoring
Dr. Fasano at the Arizona Inn

January 14, 2005 at 8 p.m.

Please RSVP Georgina Rubal at 481-4280
or email at info@southernarizonaceliacsupport.org

Dr. Fasano will be flying into Phoenix late Friday afternoon and driving to Tucson. The delayed dinner hour is due to the uncertainties of air and freeway travel.



ARIZONA INN
2200 E. Elm Street
Tucson, Arizona 85719

TOLL FREE (800) 933-1093
FAX (520) 881-5830
TEL (520) **325-1541**

Chef offers GF/CF custom baking

Lori Bakes is a home-based business offering custom made cakes, cookies, muffins, yeast/quick breads and other specialty deserts—all GF and CF if required.

Since everything is made to order, she requires a two-week lead time for ordering. Her son is GF/CF, so she is experienced in keeping an uncontaminated kitchen. A list of ingredients for all products are available upon request.

Member Karen Keating recommended this vendor.

LORI BAKES

123 OAKHURST DR.
MCMURRAY, PA 15317
PHONE: 724-941-7817

EMAIL: LORIBAKES@ADELPHIA.NET

Metro Restaurants GF friendly

By KAREN KEATING

The Gluten Free Dining Club's November gathering met at *Firecracker Bistro* at Ft. Lowell and Swan. The manager, Chris Chavez, met with us in advance and welcomed us when we arrived. A special menu of Gluten Free Entrees was prepared. The chef prepared a special menu of GF entrees which identified all menu items (including sauces) that are GF as well as soy and wheat free. These items are entered in their computer, thus helping the staff verify safe and healthy selections.

The food was delicious, the service excellent and the menu reasonably priced. Most important, the management is willing to accommodate and, in fact, welcomes customers with special dietary requirements.

We enjoyed cashew chicken as well as shrimp and substitutions were made easily. Firecracker is one of the Metro Restaurants, so if

you go, please mention the GF Dining Club to reinforce our presence. When we dine out and request GF options, we are educating food service workers and helping restaurants understand that adapting meals for Celiac customers can be mutually beneficial.

The next GF Dining club event is the 3rd Wednesday of February, the 17th, 6:30 p.m. at *Pinnacle Peak Steakhouse* in Trail Dust Town on Tanque Verde Road.

Bon Appetit and
Happy Gluten-Free
Holidays to All!



Firecracker Bistro, 2990 N. Swan,
Tucson, AZ 85712

General Manager: Chris Chavez

Phone: 520-318-1118

Email: firecracker@metrorestaurants.com

Website: <http://www.metrorestaurants.com/fc-restaurant.htm>

Website for all Metro restaurants:
<http://www.metrorestaurants.com/>

Chapter 15 Notes

Brown Rice Medley at Trader Joe's has black barley now instead of wild rice in the mix. As always, read the ingredients.

JENNIE-O Turkey Store has a link on its site where it plainly states *Gluten-Free Products*. The URL is <http://www.jennieo-turkeystore.com/products.asp>. It's always nice when they care enough to label for us.

Food cravings? This website <http://www.naturopathyworks.com/pages/cravings.html> has a chart linking specific cravings to specific deficiencies. It's worth a look.

Change of address/phone number: Change of email: Notify us via the website or call 825-3032

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central Time. www.csa-celiacs.org