

Gluten Free Stevens Point Fall Gathering

November 2, 2010 Notes

7:00-8:00 pm - Stevens Point Public Library Pinery Room

WELCOME

- Sunshine Buchholz and Mary Pockat introduced themselves as group leaders
- Group purpose - We are a group of individuals who share the common bond of living gluten free. Our group provides participants with the opportunity to interact with others who live gluten free through social activities and informational meetings.

RESOURCES

Books

Shared some of the many books on celiac disease and gluten free cooking from the Stevens Point public library. Favorites include Celiac Disease: A Hidden Epidemic by Dr. Peter Green & Rory Jones for an overview of how the disease affects the body.

Shared the books in the group library and explained how they can be checked out. Favorites include Living Without magazine for current news, product information, and recipes.

Web Sites

Our new group web site: <http://glutenfreestevenspoint.weebly.com/index.html> contains information about the support group and will be updated to provide the dates of the upcoming meetings we have scheduled. Also provides links to area support groups which can be a great resource for meeting other individuals with celiac disease:

- Wausau Support Group – meets the 1st Tuesday of each month at The Bar
- Marshfield Support Group
- Northwoods Support Group
- Fox Valley Celiacs

Our new email address: glutenfreestevenspoint@gmail.com

- Individuals need to provide their e-mail for communications (no more print mailings)
- Make arrangements for those who need paper mailings (volunteer coordinator?)

Our favorite web sites

- Various restaurant websites provide nutrition and allergy information – links to some area restaurants on our website
- www.liveglutenfreely.com – General Mills – lists all of their gluten-free products and recipes. They also have a Facebook page. Become a Fan and you will get posts about new recipes or products. For example, I learned that Poggio sells 17 soups that are gluten-free.
- www.livingwithout.com - website for Living Without Magazine. Can sign up to receive weekly e-mails with recipes.
- www.amazon.com & www.glutenfreemall.com - can order gluten-free items
- www.urbanspoon.com - restaurant information for any city in the country; great for traveling; lists gluten free options; people rate; links to restaurant web sites; continuously growing
- celiac.com - huge amount of celiac information; great forum where you can find the answer to many questions; sign up for the newsletter and receive weekly articles about gluten free products, research, trends, etc. (under Alerts)

Restaurants (with gluten free specific menus) in the Stevens Point area

Sunshine

- Cafe 27 - has gluten free items indicated on the menu; local and seasonal foods
- The Red Mill - has gluten free menu
- Chili's - ask for gluten free menu when you are seated

Stores

- Trigs (old County Market) has natural foods section with gluten free items and frozen items in bakery area. One of my favorite products that Trig's carries is the Starfish battered fish.
- new store by Staples - Nutrition Discount Center - Carries a variety of products including Nature's Path cereal, Glutenfreeda Instant Oatmeal and frozen items such as Glutenfreeda Burritos, Udi's & Rudi's bread and frozen bagels. They can also assist you with finding gluten-free vitamins.
- Wal-mart carries the EnviroKidz Crispy Rice Bars and Betty Crocker mixes. Also carry some Amy's items in the freezer.
- Copps Plover and East have the largest natural foods sections with many gluten free items; Copps South has a small natural foods section
- Co-op has gluten free products - they use colored labels on the shelves for some of them
- Back to the Country Store - in Plover; has some gluten free bulk items. Ask them for the specific days of the week when gluten free items are delivered.
- Panda Market - near Big Lots has rice flour that is inexpensive
- Ski's Meat Market - behind Culvers; carries Boar's Head line which is gluten free

TREATS

Shared list of gluten free candy and new statement from Hersheys

Reminder of holiday shaped candy containing gluten

- glutenfreechecklist.com
- Wonka - Laffy Taffy, Sweetarts, Runts
- Jelly Belly - jelly beans and candy corn
- Ce De Candy - Smarties and Smarties Lollies
- Tootsie - per their website (tootsie.com) all Tootsie products are gluten free except Andes Cookies). Tootsie does not use wheat, barley, rye, oats, triticale, spelt or any of their components, either as ingredients or as part of the manufacturing process. Some of the tootsie products include: Charms Blow Pops, Dots, Tootsie Pops, Tootsie Rolls and Fruit Rolls, Junior Mints, Dubble Bubble bubble gum.
- Mars: M&Ms Plain and Peanut, Snickers, Starburst, Skittles, 3 Musketeers
- Spangler Candy: Dum Dum Pops (regular)
- Just Born: Mike & Ikes, Hot Tamales and Peeps Pumpkins & Ghosts
- Wrigley - Lifesavers Hard Candy and Lifesavers Pops, Lifesavers Gummies.
- From sweetworks.net - More Chocolatey Sixlets & original Sixlets are gluten free.

UPCOMING

- Holiday gathering – go out for dinner as a group - who is interested? Suggest mid-January at Michelle's
- Next meeting to be announced - will likely be February
- Julianne Karow - Event Organizer, Wisconsin Gluten Free Expo - are people willing to help?

I am strongly considering bringing my yearly Gluten Free / Food Allergy Expo to Stevens Point in Aug/Sept 2011. I would be interested to know if any of your members would like to volunteer handing out samples to guests. This expo would bring an estimated 60 vendors from across the country to your town and bring guests from Wisconsin, Illinois, Iowa, Minnesota and Michigan. I am hoping for 1000 guests total. Because of the distance, I would also be curious to know if I was able to get TV, radio and newspaper coverage would one or both of you be willing to do interviews to spread the word not only about the expo, but about Celiac Disease.

OTHER'S SHARE

new favorite products

new favorite restaurants

something they learned

questions