



# Gluten-Free eNewsletter

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*Educate / Motivate / Advocate*

## THE NOURISHED FESTIVAL

The Gluten Intolerance Group is very excited to be one of the title sponsors for The Nourished Festival, a gluten-free, allergy, and specialty diet expo - happening THIS WEEKEND!

This FREE, online event includes 29 educational workshops, networking opportunities, and lots of giveaways and goodies from 250+ vendors.

March 20-21, from 10am-5pm EST, and sign-up here: <https://fal.cn/3e5bj>

Be sure to check out the workshops!

Here are just a few of the topics: Mindful Eating for Good Digestion, How To Test Whether Your Food Is Gluten Free, Breaking the Cycle of Stress, Anxiety & Depression, Secrets to Healthy & Successful GF Living, Gluten-Free on the Griddle ~ Breakfast & Lunch are Served!, Bone Broth Meals & Meal Planning, How to Curb Cravings, Stabilize Blood Sugars and Lose Weight, Why Allergen-Free Skincare is a MUST, Healthier indulgence with chocolate and must make, easy recipes!, The Perils of Cross Contamination, Gluten-Free Sourdough Baking at Home, Tips & Tricks for Using Find Me Gluten Free, What's in a Schär Gluten-Free Croissant?, Research Update Celiac Disease and Non-Celiac Gluten Sensitivity.



## "From the Experts: All Things Celiac"

The National Celiac Association and the Celiac Research Program at Harvard Medical School are co-hosting a series of 75-minute virtual meetings.

Speakers present on selected topics for 60 minutes, followed by a 15-minute question-and-answer period.

A list of the presentations can be found here: <http://bit.ly/3vJpgOY>



**Excellent presentations!**

**If we were meeting in person, we would be watching them.**

Upcoming events:

**Thursday, March 25, 2021: "Get the Facts on COVID-19 Vaccines and Celiac Disease."** The second webinar in our "All Things Celiac" 2021 series will be held Thursday, March 25, 2021 at 1:00pm EST. Speakers will present on selected topics for 60 minutes, followed by 15 minutes for Q&A.

**Thursday, April 15: "Gluten-Free Farm to Table: Delicious, Nutritious and Affordable Options for Whole Food."** A closer look at local, seasonal produce, home herb gardens, and healthy gluten-free dishes featuring gluten-free grains with a registered dietitian and chef.

**Wednesday, May 26: "Research Roundup: Promising Therapies for Celiac Disease"** – A panel with gastroenterologists from the Celiac Center at Beth Israel Deaconess Medical Center, Boston Children's Hospital's Celiac Program, and the Center for Celiac Research and Treatment, Massachusetts General Hospital, will highlight the latest research from Digestive Disease Week for treatment alternatives to the gluten-free diet.

Past events:

"More Than Celiac Disease: Managing Multiple Autoimmune Conditions"

"A New Perspective: The Psychology of Dealing with a Chronic Disease"

"How Good Nutrition Feeds Our Bodies and Minds"

"Cooking Gluten Free with Demonstrations and Holiday Inspirations"

"From the Experts: Latest Guidance on COVID-19 and Celiac Disease"

## "Celebrating Women's HERstory Month with Tricia Thompson"



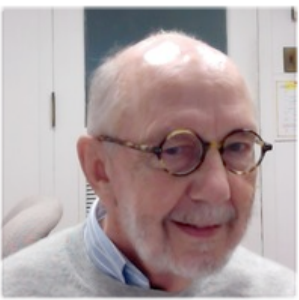
Certified event planner with food allergies, Tracy Stuckrath from Thrive Meeting & Events, features Tricia Thompson, MS, RD, founder of [Gluten-Free Watch Dog](#).

This woman and her company are not strangers to members GIG of ECW. Why? When you find reliable, science-based information, ya gotta share it. Her passion, dedication and contributions to the gluten free community are epic. She's always friendly, always willing answer questions or provide clarification on complex topics. Definitely worthy of this recognition, IMHO.

Check out Tricia's story: <http://bit.ly/3eXzs0C>



## "Remembering the gentleman scientist, Donald Kasarda"



While we're on the topic of Gluten-Free Watchdog and Tricia Thompson, MS, RD. Please take a few minutes to read her remembrance of a man whose contributions to the gluten-free community go largely unnoticed, but were oh-so important. His work allows us to confidently include a variety of grains (millet, teff, sorghum) and pseudo cereals (amaranth, buckwheat, quinoa) into our diets. *Note: even though these grains and pseudo cereals are naturally gluten-free, we need to make sure they are labeled or certified gluten due to cross-contact concerns.*

I first learned of Donald D Kasarda, PhD years ago from an article written by Tricia. I don't remember if it was [this article](#) or [this article](#).

Tricia's article: <http://bit.ly/38YLAL3>

*"If I have seen further than others,  
it is by standing upon the shoulders of giants." ~Isaac Newton*

## Gluten Intolerance Group Recommended Speaker List

Would you like to have any of these individuals speak to our group?

<p><b>Lola O'Rourke</b> One of GIG's Registered Dietitian Nutritionists with extensive expertise in gluten-free living Possible topics include "Getting started on the gluten-free diet" &amp; "Maximizing nutrition on a gluten-free diet"</p>	<p><b>Andrea Tucker</b> Information on anything GF, but especially related to GF kids, teens, and the GF college experience. <a href="http://www.baltimoreglutenfree.com">www.baltimoreglutenfree.com</a> <a href="http://www.glutenfreecollege.com">www.glutenfreecollege.com</a></p>
<p><b>Peter Green, MD</b> Celiac Disease Center - Columbia University, NYC <a href="https://celiacdiseasecenter.columbia.edu/">https://celiacdiseasecenter.columbia.edu/</a></p>	<p><b>Amy Fothergill</b> Generation GF San Francisco Peninsula Leader Wonderful gluten-free recipes and meal demos <a href="https://amythefamilychef.com/">https://amythefamilychef.com/</a></p>
<p><b>Stefano Guandalini, MD</b> Celiac Disease Center - University of Chicago <a href="http://www.cureceliacdisease.org/">http://www.cureceliacdisease.org/</a></p>	<p><b>Jennifer Fitzpatrick</b> Gluten-Free Travel or Recipes <a href="http://www.thenomadicfitzpatricks.com">www.thenomadicfitzpatricks.com</a></p>
<p><b>Melinda Dennis, MS, RD, LDN Nutrition Coordinator</b> Celiac Disease Center - Beth Israel Deaconess Medical Center - Boston <a href="https://www.bidmc.org/centers-and-departments/digestive-disease-center/services-and-programs/celiac-center">https://www.bidmc.org/centers-and-departments/digestive-disease-center/services-and-programs/celiac-center</a> Honorarium requested</p>	<p><b>Erin Smith</b> Gluten-free travel, growing up celiac, gluten-free holidays, gluten-free support systems <a href="http://www.glutenfreeglobetrotter.com">www.glutenfreeglobetrotter.com</a></p>
<p><b>Nadine Grzeskowiak</b> Presentations prepared on over 75 topics! <a href="https://glutenfreern.com/">https://glutenfreern.com/</a></p>	<p><b>Leslie Bari</b> Can speak on gluten free travel or being the mom of a child with Celiac Disease and how to navigate that world, or could speak about some of our latest new gluten free finds. <a href="http://www.instagram.com/glutenfreefinds_pa">www.instagram.com/glutenfreefinds_pa</a></p>
<p><b>Lindsey Yeakle</b> Gluten-Free Food Service Program Manager GIG Food Safety - GFFS Great source of knowledge regarding food safety &amp; the Validated Gluten Free Safe Spot program.</p>	<p><b>Erica Dermer</b> Literally anything about living GF! <a href="http://celiacandthebeast.com">celiacandthebeast.com</a></p>
<p><b>Ronni Alicea</b> GIG Food Safety - GFCO Expertise regarding GFCO certification, manufacturing, and food safety.</p>	<p><b>Coral Barajas</b> Thriving with a gluten free lifestyle <a href="https://www.servingceliacs.com">https://www.servingceliacs.com</a></p>



### **GIG Partners with Cutting Costs for Celiacs**

We are excited to announce a partnership between GIG and [Cutting Costs for Celiacs](#), a nonprofit organization that helps families below the poverty line afford gluten-free food. Cutting Costs for Celiacs was founded in 2013 to serve Milwaukee County, Wisconsin. The partnership with GIG will make it possible to expand the vision of the local organization's founder, Lexie Van Den Heuvel.

Listen to the [Celiac Project podcast](#) announcing the partnership and see the [press release](#).

Lexie founded Cutting Costs for Celiacs to provide monthly stipends and care baskets for low-income families with children with celiac disease. She began the nonprofit after being diagnosed with celiac disease as a teenager. While grocery shopping, she noticed higher prices for gluten-free products and wondered how low-income families could afford these items. Through her research, she discovered many families are sometimes forced to eat foods with gluten, which can cause serious health problems for those with celiac.

This past summer, Lexie connected with Cynthia Kupper, CEO of GIG after being honored during GIG's hero recognition campaign. Discussions ensued about the vision for growing the non-profit. GIG offered to join forces with Cutting Costs for Celiacs as it fits perfectly with GIG's mission to make life easier for everyone living gluten-free.

With this announcement today, a new outreach initiative for GIG is born. Because GIG cares about those in our community who struggle to afford gluten-free food, and we know that the cost of gluten-free food is one of the biggest challenges our community faces, we aim to make life easier by cutting costs. This program will launch later this year, so stay tuned!

To learn more about this project: <http://bit.ly/3eWbGC7>



### GIG of ECW - we speak gluten-free

**When:** The third Saturday of odd numbered months (January, March, May, July/August\*, September, November). 9:30AM to 11:30AM

**Where:** Where ever you are! Since March 2020, we've been meeting virtually via [Zoom](#) due to the COVID-19 pandemic. When we meet in-person, we gather at [Ripon Public Library](#).

*\*Our most popular meeting is our annual picnic (held in a local park). The date of this event is selected by voting. Summer is a busy time for everyone, so the date with the most votes wins! We are hoping the pandemic will have settled enough that we can hold our outdoor event this year.*

**Gluten Intolerance Group's Mission:  
Making life easier for everyone living gluten-free.**