

Hello CSA Members and Friends!

What a great year this has been so far. And spring is just around the corner!

Did you know that our chapter has a forum where you can keep up on the latest celiac-related news, ask questions, and discuss gluten-related topics with other members of your local celiac support group? The website is: www.glutenfreeworks.com/forums and the link is "**KS, MO - Greater Kansas City CSA Chapter #4** The Celiac Sprue Association/United States of America, Inc. (CSA/USA) Chapter 4, serving the Greater Kansas City area."

If you haven't already, you'll need to register (it's free!) and then once you set up your brief profile, you can start posting comments on the forum for any member to read. You can log in anytime to start a new discussion or contribute to an existing discussion. Take advantage of this wonderful resource!

Another excellent resource is Hy-Vee's online Health & Wellness section. Hy-Vee has an extensive list of gluten-free foods as well as numerous gluten-free recipes. You'll find these at www.hy-veehealth.com.

To keep our expenses down, we are now offering you the option to receive this newsletter via email. If you would like to stop receiving hard copies of the KC Gluten-Free Advocate and start receiving each issue via email, then please provide your email address to me (contact me via phone, email or in person at the monthly meetings). You may also choose to receive both a hard and electronic copy (please specify your request), but it would greatly help keep our expenses down if you have internet access and choose to receive the newsletters via email.

Please feel free to contact me or talk to me at the monthly meetings with any questions, concerns and/or comments you may have.

Here's to a fabulous gluten-free spring!

Courtney Keonin, RD, LD

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UPCOMING EVENTS

- May 4, 2008 Dine together at Fortune Wok on Metcalf (*see page 2*)
- May 11, 2008 Celiac 101 (*Because the meeting falls on Mother's Day and few will attend, this meeting will be for newly- diagnosed celiacs.*)
- June 8, 2008 Michelle Gillespie, owner of Shake 'n Shape Nutrition in Smithville, will explain the 30 flavors of GF smoothies she makes (samples will be provided).
- July 13, 2008 Shannon Lodge, owner of Lodge's Cuisine, a GF food manufacturer in Olathe, will explain her company's products.
- Aug 10, 2008 Bread Party. Sharing GF breads and recipes. (*More information in the August newsletter.*)

*All meetings from 2:00 to 4:00 p.m. on the second Sunday of each month.
Unless otherwise noted, meetings are at the St. Joseph Hospital Community Center, I-435 and State Line.
Availability of speakers could change schedules.*

Make Reservations Now to Dine at Fortune Wok on Metcalf

Looking for a fun and tasty afternoon? Join our group at **Fortune Wok, 14537 Metcalf, on Sunday, May 4, at 2:00 p.m.** for delicious gluten-free Chinese food and great conversation. The menu includes chicken wings, chicken corn soup, chicken lettuce wraps, sesame chicken, sweet and sour beef, and pork chow fun. The cost is \$16, including tax and tip. For children age 10 and under, the cost is \$8. Drinks will be an additional charge. **To make your reservation, please send a check made out to “Fortune Wok” to Dean Cling, 1911 W. 139th Street, Leawood, KS 66224, no later than April 28.** Along with your check, please indicate the number of people in your party in the \$16 and the \$8 price groups. Dean’s telephone number is 913-851-0514 and his email address is dcling007@earthlink.net. We look forward to seeing you at Fortune Wok.

Planning to Travel? See Our Handy List of Travel-Friendly GF Foods



Visit our website at www.csakansascity.org for a two-page list of gluten-free foods by brand name that are well suited to travel. In the website, click on “Links and Information” in the left column, then click on “Celiac Friendly Foods That Travel.” If you do not have access to the internet, you may call Ray Melton at 816-228-5704 to request a copy by U.S. mail or to pick up at a monthly meeting. Typical items are meats, soups, spreads, chips, dips, beverages, dried fruits, popcorn, breads, crackers, candies, and much more.

How to Contact Celiac Support Groups at Your Travel Destinations

Want to find out about restaurants and grocery stores at your travel destinations? The CSA website (www.csaceliacs.org) lists names, telephone numbers, and email addresses of support group members elsewhere in Missouri and in each state. All of them will be happy to answer your questions.

Are Vitamin Supplements Gluten-Free?

Vitamins are essential for normal metabolism. Insufficient amounts in the diet or because of malabsorption lead to deficiency diseases and symptoms. The safety of some vitamin supplements may be questionable because the excipients, stabilizers, binders, colorings, and capsule content may be derived from prohibited grains. Vitamins B and E may be based on wheat or barley. It is important to check with the manufacturer to be sure your vitamin supplements are safe.

Centrum Vitamins May Not Be Gluten-Free

By phone, a Centrum representative stated that the Centrum products, once gluten-free, can no longer be guaranteed to be gluten-free. The representative advised to check periodically to find out whether the formulations change at some future date to be gluten-free.

This highlights a point that we frequently make and that is particularly important for new members to know: When buying any prescription or non-prescription medication, call the manufacturer to determine its gluten-free status. Federal labeling law does not require disclosure of gluten in drugs. Further, even though a medication may be gluten-free now, the formulation can change to one that is no longer gluten-free. For that reason, each time you purchase the medication, you should call the manufacturer.

A Generous Response Supporting Our Group's Treasury and Programs

In the February issue of this newsletter, we reported that 2007 expenditures had exceeded income and that the family of Lea Everist, our gracious and friendly greeter who passed away on December 31, had suggested memorial gifts to our organization. Because of generous memorial gifts and members' responses to the appeal for donations, our treasury has experienced unanticipated growth. On behalf of all members, a sincere thank-you is extended to everyone who gave so generously to the support of our organization. Since the group was first established, it has always been a policy to avoid requiring membership dues in order to ensure that all celiacs have equal access to the information, programs, and fellowship of the organization. With this new fund, the group's support activities for celiacs will be secure for several months to come.

HOTLINE REPORT

by Helen Richards

"I've just been diagnosed. What can I eat?" "Where can I find a doctor who can diagnose me?" "What can I substitute for Campbell's mushroom soup?" "What's the best gluten-free bread?"

These are a few of the many questions asked on the hotline. In addition to these inquiries, 17 new contacts have been received in the past two months. Thanks to members and professionals who have supported our group's mission: "Celiacs Helping Celiacs." We are all here to help!

Hotline Phone:
913-393-2400

Chairpersons of Standing Committees:

Cel-Kids	Diadra Harnden
Hospitality	Rose Farris
	Sheri Garner
	Ann & George Smiley
Newsletter	
Distribution	Mike & Jennifer Robert

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\$\$\$ Treasurer's Report \$\$\$

by George Smiley

Beginning balance as of 12-31-06	\$ 982.96
Income	\$8,231.42
Expenses	<u>\$1,425.94</u>
Ending balance as of 12-31-07	\$7,788.44

Thanks to your generous donations, our Chapter has operated over 20 years without requiring membership dues. An accomplishment to be proud of!

CSA of Greater Kansas City—Executive Board for 2008

President Courtney Keonin
913-515-8802; mkeonin@hotmail.com

Past President Judy Bond
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Vice-President Mary Scharff
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Chapter Dietitian Karen Breshears
660-543-8737; kbreshears@ucmo.edu

How to Seek Reimbursement for Expenses

When you incur expenses on behalf of our support group and desire reimbursement, please promptly submit receipts to the treasurer, George Smiley. On the top of each receipt, please write “CSA Chapter 4” and sign your name on the bottom. This is required by CSA Headquarters in Omaha.

At year-end, receipts must be submitted to George prior to December 31. This is necessary to meet a deadline for submitting a treasurer’s report to the CSA Headquarters early in January.

Gluten-Free Food Fair at Leawood Hy-Vee

You are invited to a gluten-free food fair at the Leawood Hy-Vee, 12200 State Line Road, from 11:00 a.m. to 2:00 p.m. on Saturday, April 26.

Gluten-Free Food Market North of the River

Green Acres Market is located in Briarcliff Village at 4175 Mulberry, Kansas City, MO. They sell a variety of foods, including gluten-free. Visit their website at www.greenacres.com



Easy Meals from Lodge’s Cuisine

Lodge’s Cuisine in Olathe makes gluten-free and casein-free “heat-n-eat” frozen meals and desserts available at some Hy-Vee stores in the KC area (and soon at Whole Foods). Popular items are chicken pot pies and ready-to-bake frozen cookie dough (coming soon: macaroni and cheese, goulash, and pizza). If your store does not carry Lodge’s Cuisine, you may wish to speak with the management to ask them to consider doing so. Shannon Lodge, the owner and a celiac, invites your questions, comments, and menu suggestions at www.lodgescuisine.com or send an email to shannon@lodgescuisine.com. Register online to receive coupons, special offers, and announcements about new items.

Tee-Shirts, Tote Bags, and Lunch Coolers with Gluten-Free Slogan

Special Tees in Belleville, Illinois, now offers tee-shirts (\$10), tote bags (\$8), lunch coolers (\$8), hoodies (\$18), and aprons (\$15) with gluten-free slogans such as “Wheat-Free, Gluten-Free,” and “Got Gluten-Free?” Ten-percent of your purchase is donated to celiac research and awareness programs. The owner of the shop, a celiac, initially created the GF tee-shirts to keep her celiac daughter safe on field trips, at school and camp, and during visits to relatives who need to be reminded of the gluten-free diet. Visit www.ourspecialtees.com

Corn Tortillas

Celiacs often use corn tortillas in place of flour tortillas, but it is important to verify their gluten-free status by calling the manufacturer. Conveyer belts and ovens may be dusted with wheat products to prevent sticking which results in cross-contamination. Wheat may also be included as an ingredient in some corn tortillas.

Egg Substitutes

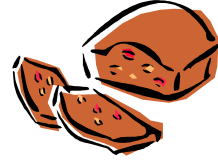
In egg substitutes, wheat starch or wheat flour may be used as preservatives or as blending agents. Be careful when ordering egg products at restaurants because dried eggs or egg substitutes may be used. Before ordering, verify that the egg products are gluten-free.

Recipe: GF Orange Walnut Bread

Recipe courtesy of Land O'Lakes, Inc. (Other GF brands inserted by editor)

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

2 cups Gluten-Free Flour Blend (see below)
¾ cup sugar (C&H)
½ cup milk
½ cup orange juice (fresh or Minute Maid)
1 egg
2 tablespoons Land O'Lakes Butter, melted
2 tablespoons freshly grated orange peel
1 teaspoon gluten-free baking powder (Clabber Girl)
½ teaspoon baking soda (Arm & Hammer)
½ teaspoon salt
½ cup chopped walnuts



Heat oven to 350°F. Combine all ingredients except walnuts in large bowl; beat at medium speed until well mixed. Stir in walnuts. Pour into greased 8x4-inch loaf pan.

Bake for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan.

Gluten-Free Flour Blend: To make Flour Blend, combine 2 cups rice flour, 2/3 cup potato starch, 1/3 cup tapioca flour and 1 teaspoon xanthan gum. Store in container with tight-fitting lid; stir before using.

Plan to Attend the 2008 National CSA Convention in Omaha

To get up-to-date information on celiac research, diet, products, and issues, attend the National CSA Conference in LaVista, Nebraska (an Omaha suburb), on October 15 through 19, 2008. More information will be available later, especially at the website www.csaceliacs.org. There may be opportunities to volunteer in various capacities, and, if so, we'll announce them in a future newsletter.

The 2007 Conference in Tucson, Arizona, was typical of what you can expect to experience: (1) Nationally-recognized experts giving presentations on celiac disease from diagnosis to treatment, communicating celiac disease, ensuring proper nutrients in the celiac diet, cooking demonstrations, dental effects of celiac disease, producing healthier grains through biotechnology, using the pill camera in endoscopy, and many more. (2) At the same time, there were sessions for CSA KidZone, CSA TeenScene, and CSA Young Adults featuring cooking lessons, trips to grocery stores, night-time activities, etc. (3) Vendor exhibits, especially gluten-free food samples, the introduction of new food products, and cookbooks. Not only were there big companies, such as Whole Foods, but many local mom-and-pop stores were represented. (4) Best of all, there is fantastic eating! Three days of great quality gluten-free food to give convention participants an eating experience similar to those on cruise ships.

3rd Edition of "The Essential Gluten-Free Restaurant Guide"

Now you'll have more gluten-free dining choices than ever before. The all new 3rd edition features almost 1,000 more restaurants than previous editions (over 4700 restaurants plus more than 80 gluten-free lists from chain restaurants). And, the Guide now includes over 900 restaurants and bakeries with gluten-free menus or specialty items, like pizza and bread . . . double the number from the 2nd edition! Price: \$23.95 plus \$3.75 shipping. Order online at www.triumphdining.com or call 609-564-0445.

Converting Conventional Recipes to Gluten-Free

Don't give up your favorite foods from the days before you were diagnosed with celiac sprue. Your favorite conventional recipes usually can be converted to gluten-free.

Here are some hints to help in conversion. You may need to experiment with a few batches to get the desired result, but it is worth the trouble.

1. Substitute flours cup-for-cup (that is, one cup gluten-free flour in place of one cup of wheat flour)

Sometimes, substituting flour is all you need to do. If you think you need to make other modifications, consider the following:



2. For baked items, add xanthan gum, but don't add too much. Too much will cause the texture to compact, even as it sits in the freezer. Try $\frac{1}{4}$ teaspoon per cup of GF flour in cookies and $\frac{1}{2}$ teaspoon per cup in cakes. You may substitute guar gum, but use half as much as the xanthan gum. These gums add more body and help reduce the crumbly texture that often occurs in GF baked items.
3. Try adding more baking powder or baking soda, up to 25%.
4. For better rising and binding in cakes, muffins, etc., add one or two more eggs.
5. For fluffiness and moisture, add yogurt or buttermilk. You may, but not always, need to cut back ounce-for-ounce on the other liquids in the recipe.
6. For batters, such as pancakes, cakes, and muffins, you may need to add a couple extra tablespoons of the liquid. This helps compensate for a drier texture that sometimes results when GF foods are finished cooking.
7. Cookie dough should be softer than for wheat cookies, but if too soft, you may need to add a tablespoon or two more GF flour than wheat flour
8. For more nutrition, substitute $\frac{1}{2}$ the gluten-free flour mix with quinoa flour (a highly-nutritious GF flour that also adds flavor)
9. Crush unsweetened GF cereals to substitute for bread or cracker crumbs

If you have other hints for converting conventional recipes, please send them to the editor, Ray Melton, and more hints will be included in future newsletters. You may send email to meltonrp@sbcglobal.net or U.S. mail to 1817 NW 4th Street Place, Blue Springs, MO. Please include your name and telephone number so you can be contacted if questions arise.

Research into Celiac Sprue Disease

Because of a lack of animal models for celiac disease research, the University of Maryland Center for Celiac Research has been working with a pedigreed colony of baboons with heredity chronic diarrhea to determine if they could be used as a possible non-human primate model for celiac disease. Preliminary data suggests that this may be a successful pursuit.

The Center for Celiac Research is also beginning a study to determine whether the timing of gluten introduction in the diet of infants, genetically at risk for celiac disease, may affect the chance to develop the disease. To enroll in this study, or for more information, please email glutenproject@peds.umaryland.edu.

Learning More About Celiacs

Connie Sarros, author of five gluten-free cookbooks and the Newly-Diagnosed Survival Kit, is a speaker for celiac and autistic support groups, including the Celiac Sprue Association and the Gluten Intolerance Group. She maintains a website at <http://gfbooks.homestead.com> and periodically conducts online surveys of celiacs' experiences, issues, concerns, and interests. Refer periodically to <http://gfbooks.homestead.com/GFFoodSurvey.html> for new surveys to participate in and to read results. Survey results shown here are published with permission from Connie Sarros and CSA Chapter 15 in Tucson, Arizona, from whose website it was obtained.

Of the celiacs participating in the survey, the results were:

1. Of those with additional allergies, 98% listed dairy. 20% listed eggs, soy, and/or corn. 12% listed yeast.
2. The most common health considerations include:
25% are diabetic
37% are on a low fat diet
3. 71% said their kids' friends have not tried their child's gluten-free foods for fear that the kids will comment about the taste, so they serve popsicles, chips, and the like.
4. Of those who do serve gluten-free snacks to their kids' friends, 57% said the children didn't realize the snacks were GF. 27% made comments that hurt their child's feelings. Only 1/3 have sent GF snacks to school for the entire class. Under 10 years of age, the children don't seem to know the difference.
5. The most difficult social situation for kids appears to be lunchtime at school. This was followed by sleepovers, pizza parties, and field trips.
6. 71% said their child openly discusses the diet with their friends
16% make excuses why they can't eat some foods
12% hide the fact that they are on a special diet
1% will eat foods with gluten rather than admit they are on a special diet
7. 27% said they cook separate meals for the celiacs in the household
8. 89% said the non-celiacs in the house eat the GF foods.
9. When asked if you prefer cooking from scratch or using shortcuts, shortcuts won by only 4 votes.
10. 22% responding always bake their own bread
26% occasionally bake their own bread
37% buy a baked loaf of GF bread
9% buy bread mixes
6% don't eat any bread
11. 50% use bread machines for baking bread and 50% use the oven -- an exact tie!
12. The most difficult food to convert to gluten-free was overwhelmingly bread.
13. 52% of those responding occasionally eat out at restaurants
37% eat out frequently
11% never eat out
14. The most common snacks taken for car or airplane trips are fruits, nuts and cheese



Editor's Note: Statements have been taken exactly as reported. Some may seem contradictory.

Companies that Clearly Identify Gluten in Their Products

The following companies assure celiacs that, if there is any gluten in their products, it will be identified on the label:

Balance Oasis (Balance Bars)	Hormel	Progresso
Baskin Robbins	Hungry Jack	Ragu
Ben and Jerry	Knorr	Russell Stover
Betty Crocker	Kozy Shack	Sara Lee and their subsidiaries: Kahn's, Ball Park, Hillshire Farms
Blue Bunny	Kraft	See's Candies
Breyers	Libby's	Seneca Foods
Campbells	Lipton	Smucker
Celestial Seasonings	Martha White	Stokely's
ConAgra	McCormick	Suave Hair Products
Country Crock	Marzetti	Sun Maid
Edy's	Muir Glen	Sunny Delight
General Mills	Nabisco	T Marzetti
Good Humor	Nestle	Terra
Green Giant	Old El Paso	Tyson
Haage Daz	Horizon Organic	Wishbone
Hain Celestial Group	Ortega	Yoplait
Health Valley Foods	Pillsbury	
Hellman's	Popsicle	
Hillshire Farms	Post	

We appreciate the consideration these companies provide us. Let's support them when we buy.

Thanks to our colleagues in Topeka for sharing this information in their support group's newsletter.

An Opinion About Glutino and Kinnikinnick Products

My wife and I cook mostly from scratch, so we're pretty picky in our assessment of gluten-free products we purchase. We have been pleasantly surprised with products from Glutino and



Kinnikinnick. In particular, we like Glutino's frozen pizzas. We add our own toppings to the Duo Cheese flavor for a tasty and easy meal. Kinnikinnick's frozen sliced sandwich breads, cinnamon-raisin bagels, hamburger and hotdog buns (I cut out the center section—to me, they are a little too thick), and English muffins are good. They have more flavor, a better texture, and they hold together.

View a Photo Tour of the Kinnikinnick Bakery

For a photo tour of the Kinnikinnick gluten-free bakery in Edmonton, Alberta, Canada, visit the website of CSA Chapter 15 in Tucson, Arizona, at <http://www.southernarizonaceliacsupport.org/archive/2007kinnikinnick> Kinnikinnick allows no gluten on the premises.

Product Information from Gatorade

An email from Gatorade on 2-26-08: "Gatorade products including-- Thirst Quencher, Endurance Formula, G2, Energy Drink, Nutrition Shake and Propel Fit Water-- have no added gluten. We understand that individuals sensitive to gluten cannot digest even trace amounts and are concerned about its presence in the products they select. We always try to consider these concerns when developing Gatorade products."

Do You Miss Biscuits and Gravy?

If you miss biscuits and gravy, your life just got better! The following recipe for biscuit mix is so close to the real thing you will have no complaints. These biscuits are great with jam and honey, too.

Recipe: GF Buttermilk “Bisquick” Mix

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

2½ cups rice flour (white, brown, half-and-half)	2½ teaspoons salt
1⅔ cups potato starch (NOT potato flour)	2 tablespoons granulated sugar (C&H)
3 teaspoons baking powder (Clabber Girl)	½ cup dry buttermilk powder
	3 tablespoons egg replacer powder
	1 cup less 1 tablespoon shortening (Crisco)

In a large bowl, whisk together all dry ingredients. Cut in the shortening until no lumps appear. Store in refrigerator or freezer to extend shortening life. The “bisquick” mix is adapted from Betty Hagman’s. May be used as a replacement in any recipe calling for Bisquick.

Biscuit mix recipe printed with permission from Mireille Cote of the Celiac Disease Online Support Group at <http://forums.delphiforums.com>

To make biscuits:

Preheat oven to 450° F. Stir together 2¼ cups “bisquick” mix and ⅔ cup milk. Drop with tablespoon onto greased cookie sheet or onto cookie sheet covered with parchment paper. Bake 12 to 13 minutes. Makes approximately 8 or 9 biscuits.

To preserve freshness of leftover biscuits, freeze. To serve, thaw in microwave; then heat for about 6 minutes in a 300° oven. The taste and texture will be superior to only reheating in a microwave.

Recipe: Cream Gravy

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

This tasty gravy is delicious on mashed potatoes, GF biscuits, minute steaks, and more.

6 tablespoons of gluten-free bacon grease (or a blend of bacon and sausage grease) (Hormel bacon, R.B. Rice sausage)
6 tablespoons cornstarch (Argo, Hodgson Mill)
1 12-ounce can evaporated milk (Pet)
3 cups milk (approximately)
1 teaspoon salt
½ teaspoon black pepper



Heat grease in large, heavy skillet and blend in the cornstarch, stirring thoroughly until cornstarch is **completely** dissolved. Allow to cook long enough that starch begins to brown. Stir in evaporated milk plus enough milk to make a total of four cups. Stir and scrape bottom of skillet constantly to prevent sticking (the cornstarch sticks quickly). Add salt and pepper. Continue to stir and scrape bottom of skillet constantly until desired thickness is reached. Leftovers store well in refrigerator and can be reheated in microwave.

Product Information from Costco

Kirkland brand canned chicken breast and Kirkland brand sliced grilled chicken in the refrigerated section are gluten-free.

Gluten-Free Waffle Cones for Ice Cream

You can order GF waffle cones for ice cream from www.glutenfree.com or by calling 1-800-291-8386. The price is about \$7, plus shipping, for eight cones. They are called Cerrone Cone and are made by a company owned by a family with a celiac child. Cerrone donates a portion of their profits to help with celiac disease research.

Check Your Flavored Coffees and Teas

If you enjoy flavored coffees and teas, inquire about the source of the flavorings. Some are derived from barley which, according to federal labeling law, need not be listed as an ingredient. Flavorings from other prohibited grains could also be used.

Disclaimer

Efforts are made to verify the gluten-free status of products named in this newsletter, but manufacturers can change formulations without notice and once gluten-free products may not always be gluten-free. **It is the responsibility of every person to verify the gluten-free status of products he/she purchases and not to rely solely on the information provided in this newsletter.** Citing brand names is for reader convenience and does not constitute endorsement of products or imply that these are the only suitable gluten-free products available.

The information provided in this newsletter is not intended to be a substitute for individual medical advice in diagnosing or treating a health problem. Please consult your healthcare provider about your health concerns.

All recommendations, information, dietary suggestions, menus, recipes, and related data generated by the Kansas City Chapter of CSA/USA, Inc., are intended for the benefit of our members and other interested parties. The text has NOT been submitted for approval by the CSA/USA, Inc., medical board. No liability is assumed for the use of this information.

KC Gluten-Free Advocate

Celiac Sprue Association of Greater Kansas City

Chapter 4

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Celiacs Helping Celiacs