



Augusta GIG

SAVE THE DATE

This year the 37th Annual Educational Conference for the Gluten Intolerance Group will be located on our side of the Mississippi River. The conference takes place this summer, June 30th through July 2nd in Kissimmee, FL (near Orlando). The theme for this years conference is Treasures of the Gluten Free World. Find out more about living with Celiac and how to maintain a balanced and healthy lifestyle. Learn about up and coming research while sampling GF food from many different venders. This would make for a great family roadtrip!!

- June 30th—July 2nd
- Gaylord Palms Hotel & Convention Center
- Register by April 1st and get a 10% discount.
- Fun and educational Treasure Hunt all days of the conference
- Child Care available for children 9 and under
- Registration is less for GIG members
- For more information go to www.gluten.net



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Special points of interest:

- ROADTRIP to ORLANDO!!
- Gluten Free Subway buns?
- New PF Changs
- Sausage Cheese Goodness

Thank you Subway

Subway is testing gluten free buns in about 700 stores around the Dallas area. While we don't live anywhere near Dallas and cannot participate in the test market, I think it would be great if we all took a moment to call



or email Subway and let them know that we appreciate the effort they are going to. Jeff Dorsey, Cari's husband, made a call and the representative on the phone said to keep calling and writing because the messages do get passed on to the appropriate

people. Just go to www.subway.com and scroll down to the bottom and send them your comments. If you would like to call, 800.888.4848. Hopefully the test market will do well and we will get gluten free buns in all Subways.

PF Changs

HAVE YOU TRIED?

Our newest, and now most popular, Triple Chocolate Mousse Mini Dessert? Three delicious layers of chocolate ganache, milk chocolate mousse and flourless chocolate cake are definitely hard to resist!



We all know that PF Changs has a wonderful gluten free menu, but did you know that they have added to that menu in the past year.

They've added a few of their beef dishes: Mongolian Beef and Beef w/Broccoli are just a couple. They have also made one of their mini desserts GF. It's chocolate and full of delicious chocolatey

goodness. Its great if you want dessert but don't want to eat a whole chocolate dome. Arriving in what looks like a shot glass, just a few small bites is enough to satisfy any sweet tooth.



Next Sunday is the SUPER BOWL!! GO PACKERS. So I thought it only right to include what looks to be a great snack for the big game party. This is off the site www.liveglutenfreely.com. Its sponsored by General Mills. You can find many recipes and even a list of GF products that General Mills makes.

Recipe Time!!



Sausage Cheese Balls

- 3/4 cup Bisquick® Gluten Free mix
- 4 oz bulk pork sausage
- 1 1/2 cups shredded Cheddar cheese (6 ounces)
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried rosemary leaves, crushed
- 1/8 teaspoon cayenne pepper
- 1/2 cup milk
- 2 tablespoons chopped fresh parsley
- Barbecue sauce or chili sauce, if desired

1. Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray.
2. In large bowl, mix all ingredients except barbecue sauce. Shape mixture into 1-inch balls. Place in pan.
3. Bake uncovered 22 to 26 minutes or until light golden brown. Immediately remove from pan. Serve warm with sauce for dipping.

Simple..easy...look delicious



Augusta GIG

Celiac Disease

www.AugustaGIG.com

Mission Statement:

Augusta Gluten Intolerance Group (GIG) is a 501(c)(3) non-profit organization.

Our Mission is to provide support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis and gluten sensitivities to live healthy lives.

YOU ARE INVITED TO A CELIAC DISEASE SUPPORT GROUP. HELD THE THIRD TUESDAY EVERY OTHER MONTH FROM 7:00 PM TO 8:30 PM AT THE SUMMERVILLE BULDING-SUITE 120 ADJACENT TO TRINITY HOSPITAL OF AUGUSTA 2258 WRIGHTSBORO ROAD AUGUSTA, GA 30904 CONTACT: ROSE CRUICKSHANK, RN 706-738-8253 AUGUSTAGIG@AOL.COM FOR FURTHER INFORMATION

Next Meeting

MARK YOUR CALENDARS ! The Augusta GIG group will meet for dinner at PF Changs on February 15, 2011 at 6:30 pm. They have a new menu since we last ate there so come try a new entree ! **PLEASE** e mail Rose before February 11, 2011 or call her at 706-738-8253 if **you are or are not** going to join us. It is so hard on the restaurant to tell them a count and then have another 3 to 5 individuals come at the last minute....something that has happened in the past. Please feel free to bring other family members or friends as well.

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