

## Gluten Intolerance Group

## Of Augusta

## New Restaurants

## Special points of interest:

- Mexican
- Italian
- Pizza



A new Mexican restaurant has re-opened in town. El Alazon has come back to Augusta, located in the Food Lion shopping center at the corner of Fury's Ferry and Evans to Locks Rd. While they do not have a gluten free menu, the staff is willing to work with you and let you know what you can and cannot eat. When I went there, I had the most delicious chicken nachos. Corn chips with chicken, seasoned with just salt and pepper. Very yummy.

So, it turns out that Macaroni Grill has a gluten free menu.

Who knew?? They have GF penne pasta that you can have with your choice of sauces and meats. The GF menu can be found on their website. Macaroni Grill is located off of Robert C Daniel Jr Pkwy near the old Target.

There's a new pizza place in town on Fury's Ferry, in the same shopping strip as La Bonbonnaire...Marco's Pizza. I have not had their pizza yet but a rep came to Cari's school and told her that they had GF pizza. So now we have a choice b/t Mellow Mushroom, Pizza Central, and Marcos.



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## Hamburger Helper



When I was in Wal Mart the other day I happened down the boxed dinner isle and what did I find... Gluten Free Asian Helper featuring chicken or beef fried rice. Just like regular hamburger helper, everything is in the box. You just add chicken or beef and eggs. I have tried the chicken one and it is delicious.





*Did you miss the meeting on Sept 20th? Here is the info!!*

## September 20, 2011 Meeting

- Rose has sent out the celiac pamphlets to the gastroenterologists in the area. If you know of a doctor that did not get one, let her know so that she can get some information out to them.
- We talked about the Gluten Free Conference that a few of us attended over the summer. Things we learned:
  - ◆ The GF diet doesn't work in 34% of people.
  - ◆ The international code for a GF meal: GFML
  - ◆ There are 60 proteins in a wheat grain that cause certain reactions. Celiac being one, Schizophrenia being another. Right now, the test only tests 1 of them but they are working on a test that will test for 10.
  - ◆ Celiac disease falls under the larger umbrella of Gluten Sensitivity.
- New dues price is \$10 for the fiscal year. You are also encouraged to join the national GIG group.
- We would like to have an educational component at each meeting. If you have something that you would like to research and present to the group, just let Rose know.
- The library has grown since our first meeting. There are now so many books that Cari cannot bring them to each meeting. If there is a book you are interested in, feel free to contact her and she will bring it to the next meeting/dinner. There is no fee for checking out a book or magazine
- There will be a GF vendor fair in Atlanta on October 22 from 10am to 2pm.
- From [glutenfreetravel-us.com](http://glutenfreetravel-us.com) comes a GF cruise in November of 2012.
- [www.jovialfoods.com/getaway](http://www.jovialfoods.com/getaway): win a trip to Lucca, Italy.
- Some good websites to check out;
  - ◆ [Glutenfreely.com](http://Glutenfreely.com)
  - ◆ [Gfconnect.com](http://Gfconnect.com)
- University of Chicago will send out a free GF care package to a person diagnosed within a year by biopsy.
- We talked about doing a fundraiser. We discussed doing a fun GF tshirt.
- The survey that Rose sent out, Has Consumer Perception of GF Foods Safety Changed over Time, has a completion deadline of October 3rd
- Update on Subway: they are continuing to test their GF subs. It is a long process and we are glad that they are taking the time to make sure everything is right



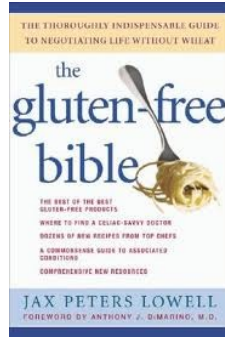
A coupon listed right on the home page for Chex cereal

## [www.GlutenFreely.com](http://www.GlutenFreely.com)

At our last meeting, Rose mentioned that this was a good website. I just want to let you know a bit more about it and what they offer. Its put together by General Mills and is partnered with the Center for Celiac Research and The University of Chicago Celiac Disease Center.

- ◆ You can sign up for emails and the site will send you coupons for percents off.
- ◆ They have a list of GF products that General Mills puts out
- ◆ They have recipes using GF products.
- ◆ There are different articles on Celiac disease ranging from new research to parenting a celiac child.
- ◆ Different blogs from everyday people living GF lives

## Books in the library



The following books are property of our GIG Group. You are welcome to borrow any book. Simply e-mail me and I will bring it to the next meeting for you to check out.

Our library is getting too big to carry to every meeting. — Cari skbdor@hotmail.com

Healthier Without Wheat

Author: Dr. Stephen Wangen

Good Food, Gluten Free

Author: Hilda Cherry Hills

The Gluten Free Bible

Author: Jax Peters Lowell

Artisanal Gluten Free Cooking

Author: Kelli Bronski and Peter Bronski

Gluten-Free Gourmet

Author: Bette Hagman

The Gluten Free Gourmet

Author: Bette Hagman

The G-Free Diet

Author: Elisabeth Hasselbeck

The Gluten-Free Almond Flour Cookbook Author: Elana Amsterdam

The Essential Gluten-Free Restaurant Guide 2007 - 08 Put out by Triumph Dining

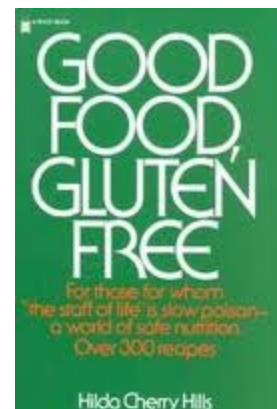
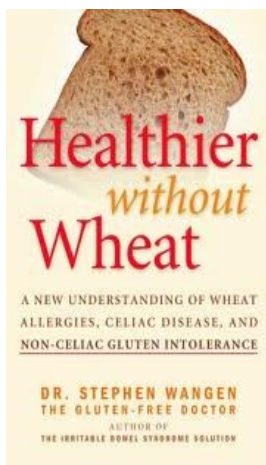
The Essential Gluten-Free Grocery Guide 2<sup>nd</sup> Addition Put out by Triumph Dining

### Several months of the following magazines:

Delight: Gluten Free

GIG Quarterly

Living Without





## 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 BUILDING-SUITE 120 ADJACENT TO TRINITY HOSPITAL OF AUGUSTA 2258 WRIGHTSBORO ROAD AUGUSTA, GA 30904 CONTACT: ROSE CRUICKSHANK, RN 706-738-8253 [AUGUSTAGIG@AOL.COM](mailto:AUGUSTAGIG@AOL.COM) FOR FURTHER INFORMATION

## Next Meeting

Our next meeting will be a dinner out at Carrabbas at 6:30 on October 18. Bernie will be kind enough to meet with the restaurant and set this up while Ashlyn will be emailing out the information to everyone. Bring your appetites :D



2832 Washington Rd.  
Augusta, GA 30909

Off of Washington road in front of 2nd and Charles (the old books a million)