

# GRAINWISE & GLUTEN-FREE™

The Newsletter of CSA Nashville – Middle Tennessee Chapter # 76  
Celiac Support Association



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## Let's Bake!

Next Meeting  
April 8 1-3 pm

Meeting Location for  
our Meetings

Our regular meeting place is in the Medical Office Building Auditorium. The entrance is located at **the corner of 22nd Ave N. and Patterson St. (Use 2200 Patterson for your GPS.)** about a block from Centennial Hospital.

The entrance is sometimes a little hidden behind the shrubs at the door. Come in that door, go upstairs or take the elevator to Level A for the Auditorium.

A few parking places are in the lot facing the entrance. Other medical offices across the street have also granted us permission to park there on Saturdays when they are closed.

**BAKE SALE** -- Please bring your baked goods – brownies, cookies, or cupcakes, cakes, tarts, or pies packaged so others can buy them. The more baked goods we have, the more money we can raise for ongoing expenses of our support group. **If you don't bake, please bring money to purchase lots of great baked goods.**

**GF BAKING MIXES AND FLOUR BLENDS** – Yes, there are lots of gluten-free mixes available and some cup for cup flour blends by several different companies, so baking gluten-free is easier than ever. However, you want to be able to bake that cake your mother always made, or those cookies you always used to make. That's our program for April 8<sup>th</sup>.

**CONVERTING YOUR FAVORITE RECIPES** -- So, we have gathered together some great tips to help you convert your favorite recipes into great gluten-free goodies. We'll even teach you ways to make substitutions for sugar, eggs, and other allergens. This will be a very informative program!

**SEE PAGE 2 FOR ALL THE DETAILS.**

### Save the Date!

**June Luau**  
**Sun. June 4, 4:30**  
A family event by the pool and a potluck luau that will be great fun!

**Sept. Meeting**  
**Sat. Sept. 9, 1-3**  
Valerie Kraft who began The Celiac Saga for teens with celiac & is coming to VU, will speak.

**Holiday Potluck**  
**Nov. 11, 12:30 pm**  
Please bring sides and desserts for our annual gluten-free turkey dinner.



# *Let's Bake! Converting your Favorite Recipes to Gluten-Free – our APRIL 8<sup>th</sup> program*



## BAKE SALE

**Please bring gluten-free baked goods packaged to sell to our April 8<sup>th</sup> meeting.** Suggestions: Cookies – 12 on a paper plate, muffins or cupcakes – 6 on a plate, brownies – 4 on a plate, individually wrapped small loaves of banana or other breads. Maybe a quarter of a cake or pie.

You may use any of the gluten-free mixes or a recipe of your own using a gluten-free blend. If you want to share your recipe, you can type it out and include a copy with your baked goods. **Even without a recipe, please provide a list of ingredients in your baked goods so people can know what they are buying.**

**Remember to practice gluten-free safety to keep our members healthy** Use dedicated cutting boards, utensils, cookware, bakeware, bowls, and mixers to avoid cross-contamination.

Even though there are some great gluten-free mixes available now and some pre-mixed cup for cup gluten-free flour blends that can make good baked items, you tell us that you are still not successful with some of your mother's recipes, or your favorite recipes from cookbooks you used before you needed to bake gluten-free.

At our meeting on Saturday, April 8, we will offer you lots of tips on how to improve your gluten-free baking. Cheryl Chamberlain and Carol Ann Baily will share their experiences. We will give you specific ways to get good results when you want to convert those old favorites.

We will demonstrate how to substitute sugar and eggs, in addition to the gluten-free flour blends and starches. There will be handouts to take home with flour blends to try and tips about how to improve your gluten-free baking.



# POOLSIDE LUAU IN FRANKLIN – JUNE 4

A Family Outing with swimming optional from 4:30  
and our Luau Dinner 5:30 – 8:30



Our summer outing will be a fun afternoon and evening poolside at the Founder's Pointe Pool off Hwy 96 in Franklin. We're not going to roast a whole pig, but we will provide the pork. You can bring a sidedish or dessert to accompany the "pig"!



**SWIMMING --** There is a lovely pool at Founder's Pointe. They do not allow clothing as swimwear, so come prepared. No diving, running, or excessive splashing. If an infant is still in diapers, then swim diapers are required. No glass in the pool area.



**LUAU –** We will have our luau dinner in the pergola near the pool. We will provide the pork. You bring a side dish or dessert and your family's favorite beverage.



Hawaiian food is largely gluten-free – lots of vegetables and fruits, so it should be easy to select a dish to bring. It will be a fun twist on a potluck!

Founder's Pointe Pool is located off New Hwy. 96 West at 507 Promenade Ct., Franklin, TN 37064. If approaching from the East (downtown area) turn right onto Founder's Pointe Blvd. and then right onto Promenade Ct. If approaching from the West (Hwy. 100) then make two left turns.

**COST –** To cover to cost of the pork, paper products, and incidentals, we will need to charge \$10 per adult and \$4 per child.



We will send an evite for the luau in May so you can make reservations and pay in advance.

The luau will also be posted as a Meetup Event our of Gluten-Free Dinner Club, so you could pay there instead if you wish..



# Newsletter changes



At a recent meeting, the Board made a decision to stop printing and mailing this newsletter.

The cost of the printing has increased over the years. The costs of printing and mailing have now exceeded the dues that memberships bring in. We have been emailing the newsletter to all those for whom we have email addresses for some time now. But we also were sending out a printed copy.

So now, we will only be emailing our quarterly newsletter. The newsletter will always be posted on our website. The meetings and other events will also be posted on the website. Since almost all our members have provided us email addresses, we think this is the best way to cut our costs and not increase our membership fee. We will endeavor to obtain an email address for all members so no one will miss out on the newsletter in the future.

## Check out our website



**You can find renewal information. You can see the contact info for our Board members. Our newsletters are archived there. You can also see Calendar of Events plus medical articles of interest to those with Celiac and non-celiac Gluten Sensitivity.**

**[www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)**

**Join our Gluten-Free Dinner Club too:**

**<http://www.meetup.com/NashvilleGlutenFree/>**

**We're also on Facebook at**

**[www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898](http://www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898)**

### Sept. 9<sup>th</sup> Program – Valerie Kraft

Jack McFadden and Carol Ann Baily met Valerie Kraft when she was in Nashville on a college visit to Vanderbilt last year. She is a very enterprising young lady who began The Celiac Saga for teens to encourage them to be tested so they could begin the gluten-free life after years of not being diagnosed as celiac herself. We have just learned that she will be entering the Freshman Class at Vanderbilt in the fall. We've asked her to speak about children and teens struggling with symptoms and about gluten-free college life.

