

nca
National
Celiac Association Tennessee

GRAINWISE
& GLUTENFREE

November 2018

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

November 10th Meeting 12:30 – 2:30 pm Annual Holiday Potluck

Our holiday potluck is always a fun event! Each family brings a gluten-free side dish – salads, veggies, or desserts – to serve 8-10 people. We ask that you bring a **list of ingredients** for your dish so that those with other allergies can make sure they can have some of your dish. It would be great if you could bring copies of the **recipe** to share with the group. That is a good way to expand your gluten-free holiday recipes.

We need two more people to roast a turkey and carve it to serve easily from a crock pot. **If you can help out with a turkey, please call Carol Ann Baily at 615-478-9998 to volunteer.**

We will meet at our “regular” meeting place at the Medical Office Building at 2200 Patterson Ave. See page 2 for directions.



Plan to attend the potluck on November 10th



Although we are working on a new meeting facility, we have not been able to work through all the channels yet. So we are going back to the Medical Office Building Auditorium located at 22nd St. and Patterson for the potluck. The entrance to the building is in the corner of the building, diagonally from the corner of the two streets. We can park in the lot in front and across the street since the physician offices are closed on Saturdays. When you enter the building, you can go up the stairs or to the right of the stairs to take the elevator up to level A for the Auditorium.



September meeting provided insight into dealing with living gluten-free while in college



Valerie Kraft, just 19 years old and a sophomore at Vanderbilt University, was diagnosed with celiac while a teen. Not content to deal with a gluten-free diet on her own, she ran an online network for other celiac teens called The Celiac Saga. She told us of her journey to a diagnosis, her struggles in high school, her college search, and living as a college student with celiac. During her freshman year, she founded and became the president of the Student Allergy Advisory Council at Vanderbilt. She also shared with us about using her Nima sensor to test food at the cafeteria and restaurants and how well it has worked for her. It was a very interesting presentation and teens looking at colleges could learn a lot about what to look for when checking out their food services.

Where would you like to go for our next dinner meetup? What kind of cuisine do you want to try next? We need your input!

We were very disappointed that our planned dinner meetup at the Little Donkey had to be cancelled when we found out the restaurant had closed. The manager we had been working with did email his regrets, but the Alabama owners had made the decision to concentrate their efforts on their three restaurants there and to close the Germantown facility. **So now we need suggestions for our next dinner meetup in January. Where would you like to go? What do you want to try? Call Carol Ann Baily at 615-478-9998 or email carolannbaily@gmail.com .**

Jeanne Baird offering Gluten Free meals

Jeanne Baird, owner of Grandma's Gluten Free Goodies, is now offering prepared gluten-free meals on a weekly basis.

I can attest to the delicious quality of these meals and, boy is it convenient just to heat up a meal such as stuffed pork loin and sweet potatoes! I add a green vegetable and salad for a complete meal, but no hours spent cooking. Jeanne does that! The cost is very reasonable -- \$25 for a meal to serve 4-6 and only \$18 for 2 meals for 2, including 2 servings of dessert! That's only \$9 per meal or \$4.50 per person!

You can get on her email list by letting her know that you are interested. Just email her at:
grandmasgfgoodies@yahoo.com



Grandma Jeanne can fix all or part of your Turkey Dinner

Jeanne Baird is offering to prepare a full turkey dinner including an apple cider brined roast turkey, with gravy, mashed potatoes, sausage and cornbread stuffing, homemade cranberry sauce with apricot brandy, and dinner rolls. You can select a 12-14 lb turkey for 8-12 people; a 16-20 lb turkey for 14-18 people, or a 20-24 lb turkey for 18-22 people. Price will depend on the amount of people you expect to serve.

In addition, she can provide other side dishes such as broccoli rice casserole, green bean casserole (with French fried onions), Grandma's corn pudding, or candied sweet potatoes, for an additional cost.

You can add a pecan, pumpkin, or apple pie or a sour cream chocolate cake, an Italian cream cake, or a coconut cake.

Contact Jeanne directly at grandmasgfgoodies@yahoo.com if you are interested in ordering either a full dinner or extra side dishes or desserts to augment your Thanksgiving dinner.



Pumpkin Squares Recipe from the NCA's October e-newsletter

Ingredients

- Mix together:
- 4 [eggs](#)
- 2 cups [sugar](#)
- 1 cup [canola oil](#)
- 1 cup [canned pumpkin puree](#)
- In a separate bowl, mix:
- 2 cups [GF flour](#)
- 2 tsp [cinnamon](#)
- 2 tsp [baking powder](#)
- 1 tsp [baking soda](#)
- 1/2 tsp [salt](#)
- 1/2 tsp [ground ginger](#)
- 1/2 tsp [ground nutmeg](#)
- 1/4 tsp [ground cloves](#)
-
- Frosting (optional)
- 8 oz [cream cheese, at room temperature](#)
- 8 oz [butter](#)
- 2 tsp [vanilla extract](#)
- 1 box [confectioners sugar](#)

Note: Always check that every ingredient you use is gluten-free.

Instructions

1. Add liquid ingredients to the flour mix and beat well.
2. Pour into greased and floured 12"x18" cookie sheet. Bake 350 degrees for 25-30 minutes.
3. To make frosting, combine ingredients until smooth. Spread on pumpkin squares, cut, and serve.

If you have joined NCA, our national organization, you would have received this recipe in the e-newsletter. See page 5 for more reasons to join the NCA.





National Celiac Association

October 20, 2018

Dear Member/Friend,

Who said it was easy living gluten-free! For many of us it can be complicated, isolating, and expensive. We hope the National Celiac Association has become a useful part of your life. As we add new support groups and launch new programs all with the aim of making life easier for those of us living gluten free, we hope you will consider supporting us by donating to NCA's annual appeal.



National Support Groups

Today we have 27 national support groups in 19 states. And with more in the pipeline, we expect a total of 43 groups in 26 states by the end of 2018.



Raising Our Celiac Kids-R.O.C.K.

We are well aware that the needs for children with celiac are very different from adults. So this year NCA is launching **R.O.C.K. (Raising Our Celiac Kids)**. Begun in 1991, this updated program provides nurturing and age appropriate information for children and their caregivers... all the necessary information to live healthy and happy lives.



Special Events

Harvard Medical School Celiac Research Program and National Celiac Association partner each fall to bring you the latest news on medical developments, hot research topics, management of gluten related disorders in the real world and more.



Publications

NCA produces important educational publications for the celiac community including a magazine, e-newsletter, the Complete Guide to Living Gluten-Free, diet dining cards, Gluten-Free Diet Book, etc.

Please consider a donation to further NCA's advocacy, education, and support programs. Membership dues only support 10% of the total NCA budget. So thank you in advance for whatever amount you can give.

With heartfelt thanks,

LCC

Lee Graham, Executive Director

Fed ID #: 16-1616413

Maximize your impact!

Many employers offer a **matching gift program**, which can double, or even triple an employee or spouse's gift. To find out if your organization will match gifts made to NCA inquire with your Human Resources Department.

NCA Conference Nov. 10-11 offered on Livestream

Plans for the Conference: *Facing Today's Facts on Celiac Disease and Gluten Sensitivity*, coming up on November 10th and 11th, are well underway for those who are planning to attend.

However, many people could not attend for various reasons. So this event has been approved to go Livestream! Recordings of the event will not be available afterwards, so if you would like to watch, listen, and learn, this is your way to do it!

You may register online and pay to Livestream the event.

To register to watch the Conference on Livestream! go to www.nationalceliac.org. Click on *Register for Conference* and then click the *Livestream* option. Cost is just \$59, much less than transportation and housing for the conference.



Check out the changes we have made to our website to reflect our new NCA membership.

Want to see other things on the website? Let us know!

www.nashvilleceliacs.org

We're also on Facebook:

[http://www.facebook.com/pages/National Celiac Association Tennessee](http://www.facebook.com/pages/National-Celiac-Association-Tennessee)