



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

Our Next Meeting -- Saturday, June 13th 1:00 – 3:00 Yes, You Really Can Dine Out Gluten-Free!

Have you ever been questioned by restaurant staff about whether you are asking for a gluten-free meal because you are following a new fad diet? Restaurants tell us that they are confused when customers ask for gluten-free items but then they eat the bread anyway, or they agree to a sauce that contains wheat, saying that “a little won’t hurt.” Now, we all know that “just a little” can cause lots of problems for those of us who have celiac disease or non-celiac gluten sensitivity. So how do you effectively communicate with restaurant personnel so that you can be sure of dining out safely?

The National Celiac Association (NCA) has provided some materials to help us learn how to talk to restaurant hosts/hostesses, wait staff, managers, and chefs to assure that we can enjoy dining out. We have combined those suggestions with our local experiences dining out to provide you new ways of talking about celiac disease when you are ordering your meal.

We will also look at special cuisines to see what we need to know about those dishes before we make menu selections and how we can speak to those restaurant workers who do not speak English well. We hope you will come to this meeting prepared to share your dining out experiences during the presentation so you can contribute to this program.



But How Are We Going to Meet in June? ZOOM !

Our NCAT officers have decided that instead of the picnic that we thought we would have on June 13th, we will replace it with the program on Dining Out that we had to cancel back in March. But we still don't feel comfortable meeting in person yet, so we have decided that we will meet, as so many are meeting at this time, via [Zoom](#).

If you haven't used Zoom yet, it is very easy. We will set up a meeting for June 13th 1-3 pm and then we will send you a link to that meeting and a password so only our members and guests can get in the Zoom classroom. You may use a computer, an iPad, or your smartphone to log into the Zoom meeting. You will enter with audio and video from your computer or phone. We will be able to see each other and we will be able to converse as we usually do. During the presentation, you will need to mute your audio so that no distracting noises interfere with the program, but you will be able to unmute the audio to ask questions as needed or at the end of the program. It's really almost like meeting in person except we are all at home and meeting virtually on the screen.

We will also have a guest, Beau Bristow, at our June 13th Zoom meeting. Beau is a member of NCAT and he is working on an app, called [picnic.app](#), that is designed to help select restaurants that offer gluten-free foods and also can handle other allergies as well. He will tell us more about this app and how we can begin to test it out. [Watch for an email with the Zoom link by June 10.](#)

February Meet-up Dinner at Sopapilla's in Franklin



Eight of our members enjoyed a dinner at **Sopapilla's in Franklin on February 24th**. **Sopapilla's – a taste of New Mexico** – provides a gluten-free menu that includes nachos, tacos, enchiladas, tamales, table-side prepared guacamole, and other tasty treats from New Mexico. They offer a variety of margaritas as well as other drinks. They even have chocolate crème brûlée for dessert that is gluten-free. We enjoyed a variety of main dishes that evening. We also learned that their tortilla chips are not usually gluten-free, but if you make reservations and request them ahead of time, they can prepare them in advance so that you can enjoy gluten-free chips as we did that evening.

We will plan another meetup dinner when it becomes safe to do so. **Let me know where you think we should plan to go next. Call Carol Ann Baily at 615-478-9998 or email carolannbaily@gmail.com**

Picknic, The Restaurant Search Engine for Celiac Disease, Launches in Nashville



Picknic

Nashville-based startup Picknic launched in Nashville this month. With data for over 400 restaurants in Middle Tennessee, Picknic allows people with critical dietary restrictions such as food allergies and celiac disease to find restaurants and menu items that match their needs.

When asked about launching a restaurant app during the COVID-19 pandemic, Picknic founder and NCAT member

Beau Bristow said that it hasn't dampened the team passion for what Picknic is providing, but it has required some changes to the launch plan. "We added some features like ratings for delivery-friendly and pickup-friendly," said Bristow. "We are also making the app free for now to support our partners in the restaurant industry during this difficult time."

As someone with celiac disease, Bristow knows the challenge of eating at restaurants personally. "So much good happens around the table with friends or family at a restaurant," Bristow said. "But you'll miss it if you're constantly anxious about whether or not your meal is safe".



Picknic's most popular features among early users include allergy-friendly ratings for restaurants, details about a restaurant's food preparation process, and tips for eating there. Picknic also allows users to search by their dietary restriction (e.g. gluten-free, peanut-free, etc.) to see the menu items that match their needs.

When asked what NCAT members can do to support Picknic, Bristow said the following: "The most valuable thing to us right now is feedback about Picknic: what users like, don't like, and what we can do better. We also need help spreading the word to others with food allergies and celiac disease, especially in Middle Tennessee."

To learn more about Picknic and search for restaurants, visit <https://picknic.app>. If you have feedback, you are welcome to email Beau directly at beau.bristow@picknic.app.

celiac disease™

center at columbia university medical center

We have had many queries concerning the risk of individuals with celiac disease and the novel COVID-19 virus. The Center for Disease Control and Prevention (CDC) states that those at increased risk are older individuals and those with chronic medical conditions including heart disease, diabetes and lung disease.

There is no data concerning COVID-19 outcomes in celiac disease. Celiac disease is a chronic medical condition in which there appears to be increased risk of infections with pneumococcal bacteria that cause pneumonia and herpes zoster (causing shingles). In addition, there appears to be increased risk of worse outcome with influenza infections and an inadequate response to vaccination with hepatitis B. Still, these risks, while measurable in several studies, are small in magnitude.

It is reasonable to consider those with celiac disease, especially older individuals, may be at a small increased risk of worse outcomes with infections with this new virus.

In view of this data, individuals should closely follow the advice of the CDC given to the general population, including hand hygiene and social distancing when possible. In addition, it is important that those with celiac disease ensure they are current with vaccinations and have follow up medical care appropriate for the disease.

The Celiac Disease Center at Columbia University has initiated an international registry focused on coronavirus infection in celiac disease patients.

We suggest that you keep up-to-date with these rapidly developing events. Helpful resources include the CDC website ([cdc.gov](https://www.cdc.gov)), and New York Presbyterian Hospital's Coronavirus information page: <https://www.nyp.org/coronavirus-information> The hospital has also established a Covid-19 hotline: 646-697-4000.

You also may be interested in viewing a recent video from Dr. Alessio Fasano from the MassGeneral Hospital for Children Center for Celiac Research

<https://www.youtube.com/watch?v=RciFzlwJPIU>



How do we access GF food in a hospital?

Hospitals are *required* to provide you with gluten-free (GF) foods during your stay. Celiac disease (CD) is considered a disability under the Americans with Disabilities Act (ADA) and as such they are required by law to accommodate the GF diet.

For a planned hospital stay, we recommend:

- Communicate with the hospital ahead of time.
- Contact their nutrition department and ask them about availability of GF foods and procedures.
- Bring your own food if there are specific things that you want to have on hand.

If you have problems getting access to GF food while hospitalized:

1. Immediately inform healthcare providers and intake staff that you have CD and require a GF diet.
2. Ask to speak with the registered dietitian (RDN) or clinical nutrition manager on staff. They would know more about the GF diet than other staff members. A dietitian can work with you on selecting appropriate menu items, as well as communicate your needs to the foodservice department.
3. A dietitian can also provide patients with pre-packaged meal supplements such as Boost or Ensure, most of which are GF (check for a GF label). Be careful with meal supplements and shakes that are prepped in-house.
4. If there is no GF menu available select simple naturally GF foods such as: fruits, vegetables, plain hardboiled eggs, yogurt, plain meat/chicken/fish, plain rice, baked potatoes etc. Also ask them to prepare the foods separately from other foods on clean equipment or foil.
5. Have a family member bring food in for you if that is allowed.

Prepare for emergencies where you may be unresponsive:

1. Make sure your primary care physician and all other healthcare providers know about your CD diagnosis and need for a GF diet.
2. Plan for a family member/significant other to inform the hospital staff of your GF needs. Set up a healthcare proxy with all appropriate information.
3. Wear a medical bracelet with your CD diagnosis and GF diet restriction.
4. Note that parenteral (IV) nutrition and IV medications are GF, and most hospital tube feeding formulas are GF.

Upcoming Events for NCAT—

Perhaps a picnic in August, if possible...
Meeting on September 12th,
Holiday Potluck on November 14!

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT). We need your input, however. Email: nashvilleceliacs@gmail.com or carolannbaily@gmail.com

What restaurant(s) would you like to try for our next meetup dinner? **Please send us your ideas.**

We also want to know if you want to have another **Picnic in August**. Last year's was a brunch picnic and over before noon. It was lots of fun and different. If you came, do you want to do it again? If you missed it, are you interested in coming this year? **We need to know what you would like to do.**

We set a date for the September meeting, but we need some ideas for a program. **What would you like to hear about or learn from this program? Give us your ideas. We'll find a speaker.**

Put November 14 on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year!

Jeanne Baird, who operates Grandma's Gluten Free Goodies, has been cooking gluten-free since 2005 when her grandson was diagnosed with failure to thrive due to celiac disease as a toddler. She was determined to make gluten-free foods for David as delicious as those with gluten. She also began to collect recipes of her successes so that her grandson could prepare those same dishes for himself someday. Several years ago she began to provide gluten-free meals for others beyond her family. Those customers also began to inquire about her recipes.

So Jeanne Baird began a Gluten Free and Loving It Cookbook series available through BakeSpace.com. A few are free and many just .99. A couple of the larger collections are just \$11.99. You can sign on to BakeSpace.com with your name and a password to access the free cookbooks or to purchase those you may want.

GOING GLUTEN FREE AND LOVING IT—HOLIDAYS	\$11.99
GOING GLUTEN FREE AND LOVING IT—BREAD BRUNCH DESSERTS	\$11.99
GOING GLUTEN FREE AND LOVING IT—BREAD	FREE
GOING GLUTEN FREE AND LOVING IT—SAMPLER	FREE
GOING GLUTEN FREE AND LOVING IT—2018-2019 FALL & WINTER FAVORITES	\$ 3.99
GOING GLUTEN FREE AND LOVING IT—SEPTEMBER 2019	\$.99
GOING GLUTEN FREE AND LOVING IT—OCTOBER 2019	\$.99
GOING GLUTEN FREE AND LOVING IT—NOVEMBER 2019	\$.99
GOING GLUTEN FREE AND LOVING IT—DECEMBER 2019	\$.99
GOING GLUTEN FREE AND LOVING IT—JANUARY 2020	\$.99
GOING GLUTEN FREE AND LOVING IT—FEBRUARY 2020	\$.99
GOING GLUTEN FREE AND LOVING IT—MARCH 2020	\$.99
GOING GLUTEN FREE AND LOVING IT—APRIL 2020	\$.99

Coming soon...GOING GLUTEN FREE AND LOVING IT---30 MEALS IN 30 MINUTES
GOING GLUTEN FREE AND LOVING IT--- 2018-2019 SPRING & SUMMER FAVORITES