

nca
National
Celiac Association Tennessee

GRAINWISE
& GLUTENFREE

September 2021

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

Our Next Meeting -- Saturday, Sept. 18th 1:00 – 3:00
Come Meet Archie,
Gretchen's Gluten Detection Service Dog

One of our own NCAT members, Gretchen Mansourian, is going to share with us how she is training her clever dog, Archie, to detect gluten in foods at restaurants and in products she brings home.

She will review the current laws pertaining to Celiac disease as defined by the Americans with Disabilities Act (ADA) as well as the potential tax questions. She will also discuss cross contact and labeling challenges.

She will share information on her journey to partner with a gluten detection service dog, highlighting a dog's superior scent detection abilities and our legal right to benefit from a gluten detection service dog.

She will demonstrate practical examples and training tips with Archie.



We will meet via Zoom on September 18th

We have used Zoom for the past five meetings now and we have recorded several of these excellent presentations. We will be creating a NCAT YouTube channel so that people can access those presentations outside of the meeting time and view it as many times as they want.

Once again, we do not feel comfortable meeting in person with the upsurge of the delta variant. So, Gretchen Mansourian will be sharing her presentation from her home where her dog will feel comfortable and will not be overwhelmed by a group of strangers.

If you haven't used Zoom yet, it is very easy. We will set up a meeting for September 18th 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 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.

September's meeting – Find out more about gluten detection service dogs by meeting Gretchen Mansourian and her dog, Archie.



Here's Gretchen Mansourian out on the patio of the Sunflower Café with Archie. Because he is a trained service dog, she can take him out to restaurants where he can detect gluten that may result from cross-contamination in the kitchen.

She will demonstrate how she works with Archie each day to improve his ability to detect gluten in new items, even things Gretchen doesn't normally eat or drink.

She actually tested him with beer recently and he sniffed it for a longer time than usual. He was surprised by this new combination of scents! However, he still detected gluten and alerted Gretchen to it.

I asked her to test him on a chocolate bar that contains barley that might be tricky. We'll see if he can detect the gluten in that!

Two Major Legislative Actions Taking Place RIGHT NOW that need YOUR SUPPORT!

First, the **Food Labeling Modernization Act (FLMA) of 2021** was introduced on August 3rd by representatives Pallone and DeLauro and Senators Blumenthal, Whitehouse, and Markay into the House and Senate (H.R. 4917/S.2594). Pertinent to the gluten-free community, the FLMA addresses the following:

- The current Federal Food, Drug, and Cosmetic Act does not require gluten to be disclosed on the label. Currently, only wheat is required to be disclosed per the Food Allergen Labeling and Consumer Protection Act (FALCPA), however barley and rye are not included.
- This legislation will require disclosure of all gluten-containing grains (wheat, barley, and rye) in the ingredient list and/or “Contains” statement on ingredient labels to protect people with celiac disease and gluten-related disorders.
- This labeling will allow concerned consumers to know, for example, that the malt syrup in their food contains barley, or if questionable ingredients like “natural flavoring” contain barley.

Please ask your Members of Congress to sign on to this very important piece of legislation that could make life so much easier for those of us who need to be gluten-free.

Ask your Members of Congress to co-sponsor this [FLMA Legislation](#) at this link.

ADDITIONALLY, Rep. Betty McCollum officially launched the bipartisan House Celiac Disease Caucus by circulating a Dear Colleague letter requesting House members to join.

Rep. McCollum has celiac disease and has been a driving force in compelling the NIH to fund celiac disease research for the past two years.

The strength of this Caucus will be instrumental in securing NIH funding and legislation to improve the quality of life of those with celiac disease.

We urge you to ask your Members of Congress to add their names to the growing list of Celiac Disease Caucus members. Feel free to use any portion of this letter ([click here to download the letter](#)) in your message to your Members of Congress.



Background

H.R.4917, the Food Labeling Modernization Act of 2021

Rep. Frank Pallone, Jr. (D-NJ) & Rep. Rosa DeLauro (D-CT)

- Celiac disease (CeD) is a serious, genetic autoimmune disorder in which ingesting gluten causes damage to the villi of the small intestine, affecting 1% of the population. Up to 13% of the US population may be affected by non-celiac gluten sensitivity (NCGS), and 23% of adult US shoppers report gluten avoidance in their household. The only treatment for CeD and NCGS is the total elimination of gluten-containing foods, including wheat, barley, and rye sources.
- Adapting to a strict, gluten-free diet is a complex process, where lack of compliance significantly affects mortality in CeD, including a 6x greater risk from non-Hodgkin's lymphoma and a 4x greater risk from small bowel cancer.
- The current Federal Food, Drug, and Cosmetic Act does not require ingredients that contain gluten to disclose this on the food label.
- Gluten-containing grains appear under more than a dozen different names on food labels (*e.g.*, "natural flavoring") that do not disclose the presence of wheat, rye or barley, causing consumer confusion.

Food Labeling Modernization Act (H.R.4917)

- The Food Labeling Modernization Act (FLMA) of 2021 will align labeling regulations with the latest nutrition science and advance national public health priorities through food labeling policies aimed at:
 - o Encouraging reformulation
 - o Countering misleading claims
 - o Providing information online
 - o Revealing new health information
- This legislation will require disclosure of gluten-containing grains (wheat, barley, and rye) in the ingredient list and/or "Contains" statement on ingredient labels to protect people with celiac disease. Currently, wheat is the only gluten-containing grain required to be disclosed on the food label.
- This labeling will allow concerned consumers to know, for example, that the malt syrup in their food contains barley.
- For the more than 3 million Americans living with celiac disease, that small distinction is an important one.

Upcoming Events for NCA—

**Our Next Meeting will be on November 13!
If it is safe to do so, we hope to have our potluck!**

FMLA Support Organizations

- Center for Science in the Public Interest, Celiac Disease Foundation, Beyond Celiac, Gluten Free Watchdog, Gluten Intolerance Group, National Celiac Association, Consumer Reports, Environmental Working Group

Contact for more information about the FMLA legislation:

- For more information about this legislation, please contact:

o Stephen.Holland@mail.house.gov.

o CenterforScienceinthePublicInterestatpolicy@cspinet.org

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**Do you want an easy way to contact your
Representative or Senator?**

Try this link to look up your

[Members of Congress:](#)