

nca
National
Celiac Association Tennessee

GRAINWISE
& GLUTENFREE

April 2022

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

Join Us on Saturday, May 7th for a
Gluten-Free Picnic 11:00 am -- 1:00 pm
At the Pavilion in River Park in Brentwood

We are pleased that this picnic is our first in-person event since 2020. We'll be **outside with lots of cross ventilation** and our group can spread out through the pavilion for our picnic.

Please bring a gluten-free dish serving 8 to 10 to share and your family's favorite lunch beverage. You may bring brunch dishes as well as lunch dishes. We are very flexible. – breakfast casseroles, cheese grits, GF biscuits or pastries, and fruits, or salads, luncheon casseroles, and desserts. **We do ask you to bring an ingredient list for your dish** so others can know what your dish contains in case they have other food allergies such as dairy, soy, nightshades, etc. There will be plenty of food for all, but some people may need to avoid some dishes containing something they cannot have. We will provide the paper products – plates, tableware, napkins, cups, etc. and the ice for the drinks.

We hope you can bring your whole family for a super gluten-free picnic and meet others who are living gluten-free with celiac disease or non-celiac gluten sensitivity. **This is one of NCAT's most fun events!**



River Park in Brentwood (37027) is located at 1100 Knox Valley Drive, just off Concord Rd, a short distance east of I-65 and the WSM Broadcasting Tower.

Please RSVP by Wednesday, May 4 to nashvilleceliacs@gmail.com with the number in your party so we can have the right amount of tableware for everyone.

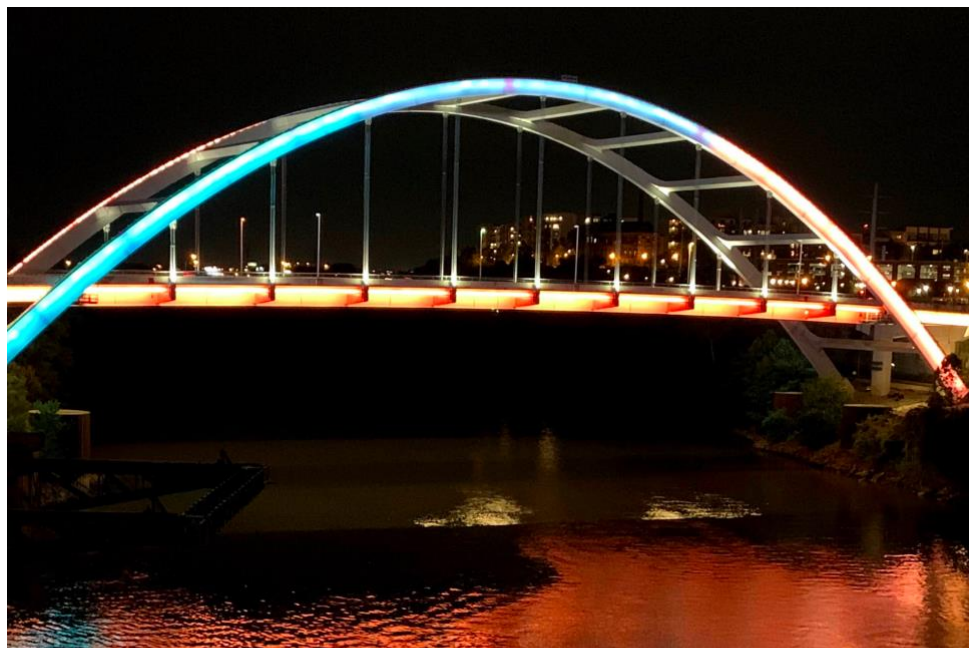
May is Celiac Awareness Month!

We are celebrating Celiac Awareness Month twice this year. Our gluten-free Picnic on May 7th is the first event. Please share the information about the picnic with others who may not be aware of our Tennessee chapter of the NCA. All are welcome whether they are members yet or not. All they have to do is to let us know the number in their group by Wednesday, May 4th, so we can make sure to have enough plates, cups, and tableware for everyone. Please ask your friends to RSVP to nashvilleceliacs@gmail.com They should bring a gluten-free dish serving 8-10 people and their favorite lunch beverage. We will have ice and the utensils. They should also bring a list of the ingredients of their dish so those with other allergies can know what dish contains something they need to avoid. This is always a great event and we are so happy to be able to meet in person again!

Celebrate International Celiac Awareness Day on May 16th, 8:00 – 9:00 pm with the Bridge Lighting and Community Walk

The VUMC Celiac Center and the NCAT will join forces to celebrate International Celiac Awareness Day by crossing the John Siegenthaler Pedestrian Bridge to view the lighting of the Korean Veterans' Bridge to Shine a Light on Celiac Disease. We will meet at the South 1st Ave. entrance adjacent to the pedestrian bridge at 8:00 pm and leave for a community walk to the center of the bridge at 8:15 pm to get the best view of the lights on the Korean Veterans' Bridge. Parking is in Lot R at Nissan Stadium. Glow Sticks will be provided. This is a family-friendly community event. The more the merrier!

Email your RSVP to Alie.Basil@VUMC.org



Online Nourished Festival

May 14-15



You can join the Online Nourished Festival for free May 14-15. There will be free classes on cooking, baking, allergen-friendly products, dealing with inflammation and gut-health, and general Gluten-Free Living.

DON'T
MISS OUT!

GLUTEN-FREE
EXPO

Free Classes!
yay!!!



Register, It's Free!

Register now and receive a FREE 100-page Gluten-Free eCookbook AND be entered to win a \$250 Gluten-Free Prize Pack! The winner will be announced on May 16th and notified via email.

[Click here for the class schedule](#)

Did You Miss Our November Zoom meeting?

We shared recipes for holiday meals, cookies, candies, etc. If you missed the meeting, but would like the recipes, let us know. We intend to make a section of our website a gluten-free recipe resource. Here's a recipe from NCA for Lemon Blossoms, a great recipe for spring.

INGREDIENTS

Lemon Blossom Cupcakes

1 box [GF white cake mix](#)
 1 stick [butter](#) melted (1/2 cup)
 3 [eggs](#)
 2 tsp [GF vanilla extract](#)
 1/2 cup [canola oil](#)
 1/4 cup water
 1 box [GF instant lemon pudding](#)

Glaze

4 cups [powdered sugar](#)
 zest of 1 lemon
 juice of 2 lemons
 3 Tbsp [vegetable oil](#)

INSTRUCTIONS

Cupcakes

Preheat oven to 325 degrees.
 Beat according to directions on the box.
 Pour into mini cupcake pans lined with mini muffin liners.
 Bake at 325 degrees for 15 minutes.

Glaze

Combine all ingredients.
 Glaze while cupcakes are still warm



Helping Ukraine



With heavy hearts, NCA has been following the news out of Ukraine. They have been wondering how people who need to eat gluten free can access safe food, and they have been looking for ways to help.

The [UN's World Food Program](#) is providing critical food assistance for people fleeing the conflict.

[Save the Children's Ukraine Crisis Relief fund](#) is providing children and families with immediate aid, such as food, water, hygiene kits and more.

[UJA Federation New York](#) supports partners on the ground who are working tirelessly to meet the urgent and mounting humanitarian needs in Ukraine – including food, shelter, transport, and emergency medical units.

Upcoming Events for NCAT—

May 7th – Picnic at River Park in Brentwood
May 16th Bridge Lighting and Community Walk
Watch for a Summer Cookout!
September 10th Meeting;
Holiday Potluck on November 12th !

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT). **We need your input, however.**

We have 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 12th on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year! We sincerely hope that we can resume our in person potluck this year. We will let you know the details in future newsletters.



www.nashvilleceliacs.org