



**GLUTEN  
INTOLERANCE  
GROUP**  
of Chester County

## A Note from the board members...

Becky, Nancy and I are very excited to take on the NEW leadership roles for our local GIG Group, however we need your help! Without your financial support and event participation, we are just a bunch of e-mail addresses. We are putting together a campaign to raise money by asking local businesses or individuals to become a sponsor for the group. Please e-mail me if you would like a brochure to give to a local business to be a sponsor of the group. I also encourage you to make a monetary contribution to our group. Did I mention that it's TAX DEDUCTIBLE! [GIG.ChesterChounty@Gluten.Org](mailto:GIG.ChesterChounty@Gluten.Org)



Melinda Arcara, Co-Manager / Nancy Artus, Treasurer / Rebecca (Becky) Hines, Co-Manager

## Our mission...

To unite the Chester County, PA Gluten-Free Community through information, resources, sponsored events and social networking!

*Let's work toward our mission by attending some amazing local events in May:*

May 6 – [The Rachel Way Food Pantry Mother's Day](#) Tea for families with small children.

May 10 – Lockheed Martin Employee Wellness Day 2:00-4:00 at Sikorsky Aircraft, Lockheed Martin employees only

May 20 – [Greater Philadelphia Gluten-Free Expo](#)

May 23 – [The Rachel Way Gluten-Free Dairy-Free Food Pantry's Meet-Greet-Eat at Coyote Crossing](#)

June 7 – Summer Planning Meeting @ Starbucks in Lionville from 7:00-8:00 p.m. – ALL GIG of CC members are invited to attend!

## Spring Newsletter

### Food for Thought...

*"I was determined to know beans."* — Henry David Thoreau, *The Beanfield*

### How well do you know beans?



Creamy cannellinis, meaty garbanzos, sweet adzuki, tender pintos, and so many more—beans are one of the most powerful, nutrient-dense plant foods around.

**Consider this:** Beans are packed with tons of fiber, as well as plenty of iron and protein. They are rich in antioxidants and phytonutrients.

They are low in calories and studies have found them to lower risk of cancer, cardiovascular disease, and diabetes.

### What To Do With Beans

Blend cooked beans with tomatoes, onions, and your favorite seasonings to create a yummy bean soup or top a green salad with 1/3 cup of your favorite bean.

Puree beans with a bit of olive oil, a garlic clove, salt, and your favorite seasonings. Voila! A fast dip or sandwich spread.

Include 1/3 cup of beans with your other favorite toppings next time you make stuffed baked potatoes or sweet potatoes.

Add 1/4 cup pureed beans to your favorite pancake, waffle, muffin, or cake recipe. You'll be surprised at how moist and springy baked goods are when baked with beans.

# Spring Newsletter

Group Information/Resources

E-Mail:

[GIGofChesterCounty@Gluten.org](mailto:GIGofChesterCounty@Gluten.org)

## Mailing Address:

P.O. Box 45  
Uwchland, PA 19480

Please consider making a donation to the group by mailing a check TODAY!

## Websites:

Gluten Intolerance Group  
<https://www.gluten.org/>  
<https://www.gigofccpa.com>

## Local Resources:

<http://www.3stepstoglutenfreeiving.com/>  
<http://www.glutenfreephilly.com>

Gluten-Free Food Pantry  
<http://www.therachelway.org/>

## Sponsors:

WE NEED YOUR HELP IN FINDING SPONSORS!!!

[E-mail](#) me and I'll send you a brochure to drop to your favorite gluten-free restaurant!

Notes:

Our website was donated by...



## NEW Website & FaceBook...

It's OFFICIAL we have a New Website and FaceBook Group. Both have lots of great information and resources. If you haven't clicked over to check it out, here are the links...

Website:

<http://www.gigofccpa.com/>

FaceBook:

<https://www.facebook.com/Gluten-Intolerance-Group-of-Chester-County-PA-742418219258437/>

GIG Corporate:

[https://www.gluten.org/localbranches/chester-county/?state\\_id=339](https://www.gluten.org/localbranches/chester-county/?state_id=339)

Please share it with friends and family and ask everyone to sign-up on the website to be included on our newsletter list.

## Microbiome Summit Talks...

There is a group of FREE online talks about the Microbiome that everyone might enjoy. Here's a little information about it:

Your greatest ally in health is your microbiome--the trillions of bacteria that are the control center of your health! Learn the lessons and methodologies of microbiome medicine--it could improve your health, longevity, vitality and assist with unresolved problems! Don't miss The Microbiome Medicine Summit 2 from May 8-15, 2017, free and online!

Click [HERE](#) to Register!

*Did You know...*

*The number of people with celiac disease in the U.S. would fill 4,400 Boeing 747 airplanes*