



**GLUTEN  
INTOLERANCE  
GROUP**  
of Chester County

## A Note from the board members...

WE DID IT!!! We had our first meeting of 2017 in June at the Starbucks in Lionville. What a great evening with lots of conversation about the future direction of the group. It was decided that starting out, the group will take a more social approach to meetings, and if the need (or interest) arises, we can facilitate small groups that meet on a regular basis. Thank you to Starbucks for allowing us to use their facility and for the gluten-free treats that were provided to members that attended. Want to learn more about our group? Sign-up for our newsletter at [www.GIGofCCPA.com](http://www.GIGofCCPA.com)



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 our next event:*

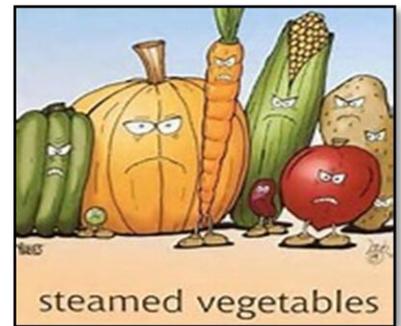
## Pot Luck and Q&A

**Sept. 7<sup>th</sup>** from 6:45 – 8:15 West Chester Govt. Service Building  
(Room 149) 601 Westtown Road, West Chester, PA 19328

Bring a gluten-free dish you LOVE and would love to share. Then be prepared to have your questions answered by local health providers and experienced Celiacs from the group. It's the perfect event for newly diagnosed to have their questions answered while enjoying a night of gluten-free foods. Please bring a copy of your recipe!

Sign-up [Here](#) or e-mail [GIG.ChesterCounty@Gluten.org](mailto:GIG.ChesterCounty@Gluten.org) for a link to our Sign-up Genius!

## Summer Newsletter



### Steaming Vegetables

Steaming is one way to prepare simple, clean-tasting vegetables. Steaming takes 5-10 minutes for green leafy vegetables, and 10-25 minutes for roots. All you need is a steaming basket and a pot with a lid, filled with about 2 inches of water.

Steamers come in a variety of forms. The stainless steel, fold-up variety, fits inside a pot to keep the vegetables above water. Some pots are specifically made with holes in the bottom for steaming over another pot of water.

To steam vegetables, simply follow these steps:

1. Wash vegetables
2. Chop vegetables (the smaller the size, the faster they will cook)
3. Bring water to a boil
4. Place vegetables in a steaming basket over water and cover
5. Steam until they become bright in color or have reached desired texture
6. Remove vegetables from pot and run under cool water

## Summer 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](#) (Facebook)  
<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 GOLD Sponsors...

Thank you to the following businesses for becoming GOLD sponsors for our group. If you are in need of their services, please mention our group as a thanks; Lionville Natural Pharmacy, Great Pumpkin Natural Foods and Main Line Gastroenterology.



### Fiber for Gut Health...

Fiber is a prebiotic, a substance that feeds the good bacteria that live in the gut, which are known as probiotics. You may have heard the term microbiome, which is the collection of microorganisms in our intestinal environment that impacts overall health. Since fiber is a food for the probiotics within the colon, it is important for our gut health. It is also very important for heart health and managing blood sugars. Fiber does not get absorbed within the gastrointestinal tract. In fact, it bulks up the stool and gets excreted with it.

For more information Click [HERE](#) or sign-up for the University of Chicago Celiac Center newsletter...  
<http://www.cureceliacdisease.org/>

*Did You know...*

*20 ppm of gluten is the amount of gluten the FDA allows in a product labeled gluten-free. According to the latest research, ingesting 50 mg of gluten per day causes intestinal damage for people with celiac disease.*

*That means you must eat at least 5 pounds of gluten-free food (with <20ppm of gluten) per day for damage to occur.*