



**GLUTEN  
INTOLERANCE  
GROUP**  
of Chester County



## Winter Newsletter

### A Note from the board members...

The holidays can be very stressful when required to eat a special diet, so having a plan in place is extremely beneficial to allow everyone to enjoy the holidays, stress free. Everyone that attended our November meeting gave their input on special holiday dishes, traditions and plans, which allowed us to put together a list of do's and don'ts for meals and traveling. Special thanks to Jacklyn's for bringing some homemade yummy treats for us to enjoy and for the newly diagnosed Celiacs that attended. An extra thank you to Wegman's of Malvern for donating the room for our November meeting at no charge.



Remember, we are trying to raise money for activities 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 become a sponsor. I also encourage you to make a monetary contribution to our group. Did I mention that it's TAX DEDUCTIBLE! GIG.ChesterChouty@Gluten.Org

### 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:*

March 1 – Tour the Store a Gluten-Free tour of the NEW Whole Foods, Exton (6:30-8)

March 12 – [Celiac Center of University of MD, Sponsored by Celiac Group of Lancaster \(http://www.lancasterareaceliacs.org\)](http://www.lancasterareaceliacs.org)

March 25 – Celiac Day at Children's Hospital of Philadelphia

March 3, April 7, May 5, June 2 – [The Rachel Way Children's Cooking Classes](#)

April – [Cooking with Green's, Bean's and Gluten-Free Grains, The Rachel Way](#)

May 19 – [Philadelphia Gluten-Free Expo, Oaks](#)

### Psyllium in Gluten-Free Baking

If you are a gluten-free baking fan you are likely familiar with xanthan gum, and possibly guar gum too. Both help add elasticity and texture to baked goods, characteristics which would traditionally be provided by gluten. These gums can be added in to your own gluten-free mixtures when baking, or, in the case of many gluten-free baking mixes and all-purpose flour blends currently on the market, they have already been included. Some individuals prefer, however, to avoid these gums. Is there an alternative? Relatively recently, psyllium powder has emerged as another option. Beyond the gluten-free world, psyllium has gained awareness due to its being a source of fiber (both insoluble and soluble), and for this reason is associated with the health benefits of both fiber types respectively: digestive regularity, and possibly reducing risk of cardiovascular disease. Adding on to the attractions of this substance, it turns out that psyllium powder can often be used in gluten-free baking as well, contributing some of those same sensory characteristics traditionally provided by gluten. While it's not necessarily a straight swap in recipes which call for xanthan or guar gum, you'll find more gluten-free recipes these days which call for it instead, and if you are feeling adventurous, you can always do some experimenting in your own favorite recipes too.



# Winter 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.3stepstoglutenfreeing.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...



## Our GOLD Sponsors...

Thank you to the following businesses for being 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.



## GLUTEN-FREE Murder Mystery Dinner...

Our mission statement is one that includes social networking. In keeping with our mission, we are trying to set-up an exciting gluten-free night out at the Mt. Hope Mansion, Manheim, PA. Please RSVP to [GIG.ChesterCounty@Gluten.org](mailto:GIG.ChesterCounty@Gluten.org) by 2/28 if you would like to attend an event on April 14<sup>th</sup>. We need at least 15 people to get the discounted rate of \$50.95/pp. Click [HERE](#) for information.



*Enter Victorian Mount Hope Mansion, a most unique setting for a theatrical interactive dining experience. Meet and mingle with intriguing guests to the Mansion and be sure to take note as they visit guests table side while they dine. After enjoying a four-course meal and tastes of the mystery that is thick in the air, everyone will assemble in the Mansion's Theater Room for a time of interrogation, hilarity and the answer to the question on everyone's mind! Performances run Fridays, Saturdays and Select Sundays, February 2 through April 13, 2018 and are each roughly three hours in length.*

Did you know we have a Gluten-Free and Dairy-Free Food Pantry in our region? If you (or someone you know) needs a gluten-free hand-up, please contact Heather at [The Rachel Way](#) for help! Or considering donating some of your time, talent or treasure today!

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