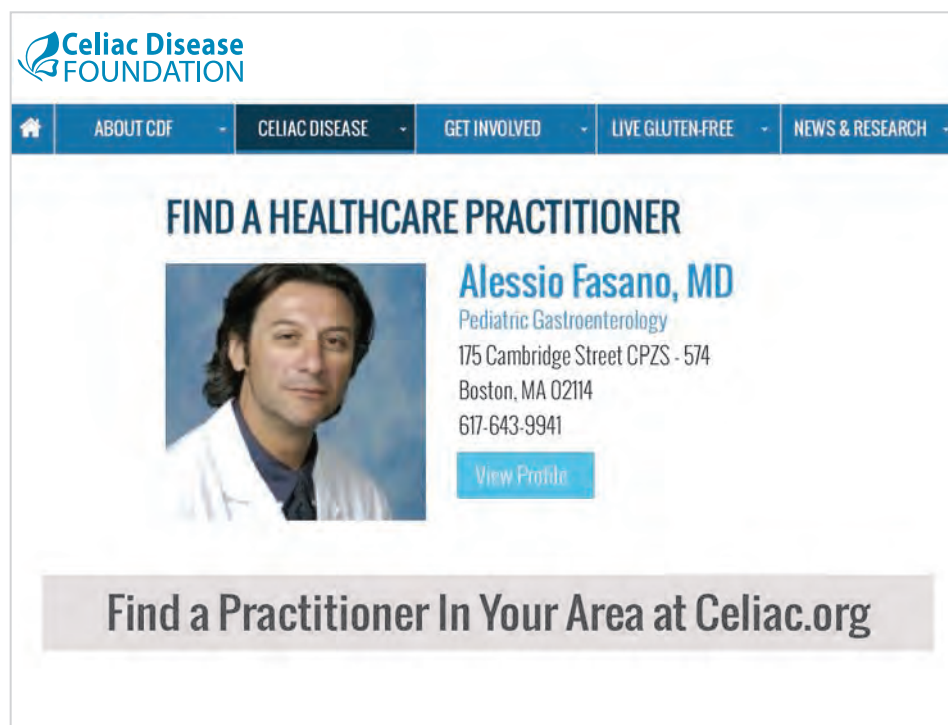


CDF Unveils New Healthcare Practitioner Directory

Comprehensive Directory Makes it Easier to Find Local Practitioners who Understand Celiac Disease



Celiac Disease Foundation (CDF) launched the nation's most comprehensive online directory for patients to find reliable information on healthcare practitioners familiar with diagnosing and treating celiac disease and other gluten-related disorders. From coast to coast, patients can search by zip code to help them choose a healthcare practitioner in their town who will understand their unique healthcare needs.

The CDF Healthcare Practitioner Directory is a free listing of physicians, dietitians, mental health professionals and allied health providers in all 50 states, who treat patients with celiac disease and other gluten-related disorders. The Directory provides practice information, including accepted insurance plans and hospital affiliations where available.

CONTINUED ON PAGE 7



2013 Year In Review

Improving the celiac disease diagnosis rate through research, education, advocacy, and awareness.

PAGE 9



CDF Team Gluten-Free™

5 runners from CDF Team gluten-free™ describe their motivations to run in this year's 2013 ING NYC Marathon.

PAGE 15



Make it a Happy and Healthy One!

From being hostess to being hosted, how to enjoy your holiday meals gluten-free.

PAGE 19

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Marilyn's Message

Dear CDF Supporters:

Since inception in 1990, Celiac Disease Foundation has been at the forefront of celiac disease research and awareness. From sponsoring the first serology workshop that led to today's celiac disease blood test, advocating on Capitol Hill for gluten-free labeling laws, partnering with mainstream manufacturers in creating today's gluten-free marketplace to launching a nationwide support network, CDF has played a crucial role in improving the lives of those with celiac disease and their loved ones.

Yet, our work is far from over. While we celebrate the FDA rule for gluten-free labeling, the fact remains that only 1 of 6 Americans with celiac disease is diagnosed. CDF intends to drive this diagnosis rate to "1 in 5" within a year, "1 in 4" by the following year, and so on until we assure that 100% of our celiac disease population is diagnosed.

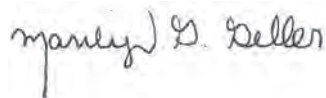
Our goals are ambitious. Improving the diagnosis rate will mean that an additional 90,000 men, women, and children whose nightmare of chronic pain and suffering will come to an end. Plus, for these 90,000 sufferers, the longer term risks of untreated celiac disease, including anemia, osteoporosis, infertility, epilepsy, migraines, lymphoma, and intestinal cancers, will be mitigated.

Moving the needle from "1 in 6" diagnosed to "1 in 5" will not be easy. It will take a considerable investment of capital and labor. Our bottom line is this: we know that we can stop the suffering by improving the diagnosis rate. It is simply a matter of will and execution.

Because of your will and generous support, CDF is beginning to move that needle. I am proud to say we have accomplished much in 2013. We have seen progress in improving the diagnosis rate through our efforts with Research, Education, Advocacy and Awareness. Please take a look at our "Year in Review" on pages 9 and 10 to see the impact your support has made.

Thank you for your partnership in our shared mission to improve the quality of life for all affected by celiac disease, and to ultimately find a cure.

From our family to yours, wishing you a happy and healthy 2014,



Marilyn G. Geller
Chief Executive Officer



20350 Ventura Blvd. Suite 240
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celiac.org

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Board President's Message

They say all good things must come to an end. That said, this will be my final message as the Board President for CDF. The last four years have been both rewarding and challenging. When I first became President, my fellow Board Members and I had big dreams for CDF in regard to growth, awareness and the rate of diagnosis.

I am thrilled to announce that so many of those dreams have come to fruition. I am excited to have the opportunity to highlight just a few of CDF's accomplishments over the past year alone:

CDF recently launched a state-of-the-art website enabling visitors to acquire the most up to date information on celiac disease.

CDF has been in the media more over the past year than in the last ten years combined. Our staff's dedication has resulted in radio spots, television appearances, speaking engagements, national newspaper and magazine articles.

CDF spearheaded efforts, along with partnering hospitals and major pharmaceutical companies, for our underprivileged population to get tested.

CDF continues to sponsor grand rounds throughout the country as part of our commitment to educating physicians on the signs and symptoms of celiac disease.

Our chapters are getting an overhaul and will now become self sustainable, fundraising vehicles. This will strengthen our national presence.

I am so proud of my affiliation with CDF and to have served as President for the past four years. As with every great organization, it starts and ends with its people. CDF simply has the best. CDF transitioned beautifully from our Founder and Executive Director, Elaine Monarch, to our current CEO, Marilyn Geller. These two women are true leaders in our industry and have been a pleasure to work with. Elaine remains as a Board Member and

continues to provide CDF with invaluable guidance, as Marilyn leads this foundation to heights we couldn't have imagined just four years ago.

Although I will be stepping down as Board President, I will continue to be actively involved as Past President and a member of the Executive Committee. The Board Presidency will be left in wonderful hands. In 2014, Bobbie Wasserman will take over as our new President, and she will undoubtedly guide CDF and its Board of Directors to a whole new level.

I would like to thank all of my fellow Board Members, the countless volunteers and our outstanding staff who have worked and continue to work so hard.

Please continue to be the best advocate you can for yourselves and for CDF.



Marc Riches
President of the Board of Directors



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CONTINUED FROM FRONT COVER

CDF Unveils New Healthcare Practitioner Directory

Additionally the Directory includes primary-source verification of license for licensed practitioners, and education information as provided by state license boards.

“The CDF Healthcare Practitioner Directory provides an invaluable and critically needed service for patients with celiac disease and their caregivers, as well as those yet to be diagnosed,” said Marilyn G. Geller, Chief Executive Office at Celiac Disease Foundation. “With less than 20% of patients with celiac disease diagnosed, finding practitioners who recognize the signs of celiac disease and treat patients appropriately is a challenge. The Directory serves as a local resource for those seeking specialized care.”

“The Practitioner Directory will be a great help for people in search of healthcare providers who are knowledgeable in the area of celiac disease and gluten sensitivity. I often receive emails from colleagues and patients asking if I know someone who is an expert in celiac disease in various states and cities throughout the USA. Of course, there are not enough celiac disease experts but with time I expect we will see more practitioners focusing on celiac disease.”

Dr. Sheila Crowe
Medical Advisory Board, Celiac Disease Foundation

Choosing the right healthcare practitioner is one of the most important health care decisions people with celiac disease ever make, but they have little information to help guide that decision.

The public is encouraged to visit the CDF Healthcare Practitioner Directory at celiac.org/celiac-disease/provider-directory/ to find local practitioners available to treat celiac disease.

Spain & Portugal

Grand Tour: Apr 18 to May 2

Our inaugural bus tour of the northern Iberian Peninsula incl. Gaudi's Barcelona, plus Lisbon, Bilbao and its famous Guggenheim Museum, the pilgrimage city Santiago de Compostela, lovely seaside Cascais, Madrid & much more.

Alaska & Victoria

Cruise-Tour: Jun 14 to Jun 23

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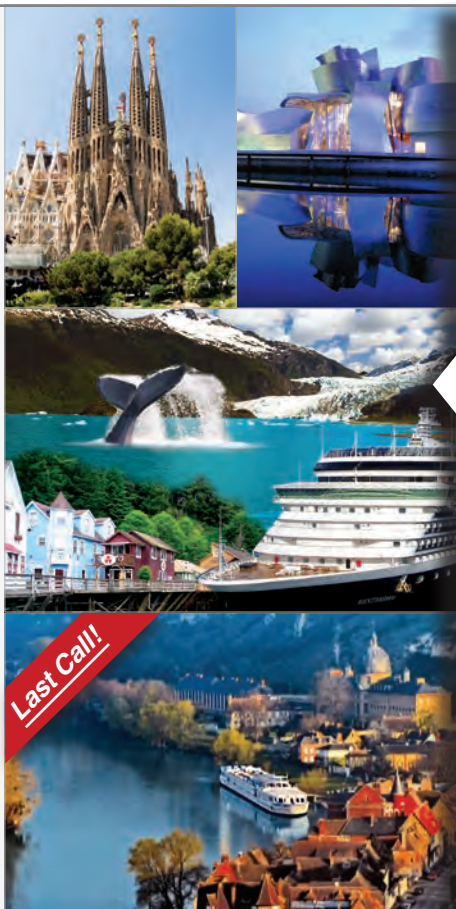
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CDF 2013 Year in Review

Improving Diagnosis Rate Through:

CONTINUED ON PAGE 10

Research

CDF partnered with Quest Diagnostics and Olive View-UCLA Medical Center to launch a year-long study, "The Prevalence of Celiac Disease in a Primarily Hispanic Population." The study evaluates the benefit of screening for celiac disease in symptomatic patients with the goal of raising awareness of the disease in the academic community and among physicians who treat patients in this population.

CDF invited the medical directors of the world's leading biopharmaceutical companies focused on developing treatments for celiac disease to present at the 2013 CDF National Conference. Leaders from Alba Therapeutics, Alvine Pharmaceuticals, BioLineRx and ImmusanT presented their findings, encouraging the community of celiac disease patients to enroll in clinical trials to advance research.

CDF launched the nation's most comprehensive online directory for patients to find reliable information on healthcare practitioners familiar with diagnosing and treating celiac disease and other gluten-related disorders.

Education

CDF sponsored Grand Rounds at the Mayo Clinic Scottsdale with Medical Advisory Board Member Dr. Peter Green and at Olive View-UCLA Medical Center with Medical Advisory Board Member Dr. Joe Murray, educating 150 physicians to "Consider Celiac" in their patient evaluations.

CDF hosted the nation's largest patient education conference, *CDF 2013 National Conference and Gluten-Free EXPO*, showcasing the latest in research, treatment and the gluten-free lifestyle to 3000 attendees.

CDF launched a robust, powerful and easily navigable new website at celiac.org, providing a trusted source for celiac disease and gluten-sensitivity research, diagnosis, treatment and support.

CDF's *INSIGHT*, our quarterly newsmagazine, was made available in digital format for the first time reaching more than one million users of celiac.org.

CDF's nationwide network continued to conduct its outreach into local communities to bring education and support programs to people affected by celiac disease, providing tools and resources needed to manage their health and maintain a good quality of life.

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CONTINUED FROM PAGE 9

Advocacy

CDF is the leading voice for people with celiac disease, advocating for expanded investment in research and education on Capitol Hill.

As a member of the American Autoimmune Related Diseases Association, Digestive Disease National Coalition and the National Coalition of Autoimmune Patient Groups, CDF lobbied congressional leaders for federal funding of celiac disease research and recognition of the month of May as *National Celiac Awareness* month.

As a member of the American Celiac Disease Alliance, CDF rallied its nationwide network of tens of thousands of celiac activists to petition the FDA to finalize its gluten-free labeling rule and to support the labeling of gluten in medication.

Awareness

CDF aggressively conducted outreach efforts to increase public understanding of celiac disease through national public awareness campaigns, media appearances, and online and social marketing.

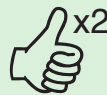


1,000,000 (and counting)

Visitors educated on celiac.org – highest in our history



Google Ranked as the leading source for information about celiac disease



Facebook Fans and Twitter followers doubled

With generous support and commitment from its supporters, CDF has been able to make a significant impact in creating a better quality of life for those with celiac disease and non-celiac gluten sensitivity. We are proud to share with you these accomplishments for 2013. Thank you again for helping CDF reach these important milestones.

We look forward to building on this foundation in 2014!


2014

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John J. Zone, MD
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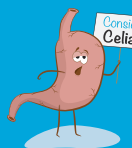
celiac.org

The Winning Poster is Being Ordered for Schools Across the Country!

With a gift of just \$20, CDF will mail the poster directly to your school of choice.

Go to celiac.org and look for SNAP! Give

Why Does My Stomach Hurt All the Time?



Consider Celiac

Most common symptoms found in children*


- Abdominal bloating and pain
- Chronic diarrhea
- Vomiting
- Constipation
- Pale, foul-smelling, or fatty stool
- Weight loss
- Fatigue
- Irritability and behavioral issues
- Dental enamel defects of the permanent teeth
- Delayed growth and puberty
- Short stature

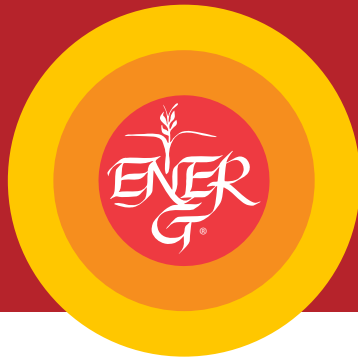
Ask your doctor
for the simple blood test

*There are 300 known symptoms related to celiac disease. Other thoughts to affect the stomach: celiac disease is a genetic autoimmune disorder of the small intestine caused by a reaction to gluten. Untreated celiac disease can lead to the development of other autoimmune disorders, anemia, osteoporosis, infertility, epilepsy, lymphoma and intestinal cancers.

For more information, visit Celiac Disease Foundation

celiac.org





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Early Feeding and Risk of Celiac Disease in a Prospective Birth Cohort



Timing of gluten introduction has been associated with the risk of celiac disease (CD) in children, but the optimal time window is unknown. We aimed to study the effect of age of gluten introduction on the risk of CD, adjusting for continued breastfeeding.

In *The Norwegian Mother and Child Cohort Study*, a prospective birth cohort including 107,000 children, CD was identified by questionnaires and by linkage to the Norwegian Patient Register. Gluten introduction was reported monthly from 0 to 6 months of age, and breastfeeding from 0 to 18 months.

After exclusion of cases with insufficient information, 324 children with CD in a cohort of 82,167 were used in the analyses.

Gluten was introduced before or at 4 months in 8.0%, 5 to 6 months in 45.3%, and after 6 months in 46.6%, whereas continued breastfeeding was stable at ~78% at 6 months age. CD was diagnosed in 3.68/1000 of the infants with gluten introduction at 5 to 6 months compared with 4.15/1000 with late and 4.24/1000 with early gluten introduction. After adjustment for the child's age and gender, breastfeeding, and maternal CD, delayed gluten introduction was associated with an increased risk of CD (adjusted odds ratio, 1.27 [95% confidence interval, 1.01–1.65], $P = .045$). Breastfeeding >12 months was also associated with increased risk (adjusted odds ratio, 1.49 [95% confidence interval, 1.01–2.21], $P = .046$).

CONCLUSIONS:

We found an increased risk of CD in children introduced to gluten after 6 months and a higher risk in children breastfed after 12 months age.

Authors: Ketil Størdal, MD, PhD; Richard A. White, PhD; Merete Eggesbø, MD, PhD

According to CDF Medical Advisory Board Member Dr. Alessio Fasano, Center for Celiac Research, "Current recommendations from the American Academy of Pediatrics (AAP) are to exclusively breastfeed for the first several months of life and continue breastfeeding for the first year. AAP recommends introducing small amounts of gluten between 4 and 6 months of age while continuing to breastfeed your infant."



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If you have celiac disease, breakfast sausage might be one food that has fallen off your list of safe things to eat. But with Jones Dairy Farm, you can feel good about adding it back to your table. That's because Jones Dairy Farm breakfast sausages are naturally gluten-free, with NO fillers, NO MSG and nothing to hide.

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For more information, visit us at jonesdairyfarm.com.



Meet Our 5 Inspirational Runners



Congratulations to CDF Team gluten-free™ runners who rocked the 2013 ING NYC Marathon on November 3rd exceeding their goal of \$15,000!

Each of the runners had their individual motivations for being part of CDF Team gluten-free™. They shared their personal experiences with CDF:



Jeff Samz

I've run a bunch of marathons but I've never experienced anything like the crowd support at NYC.

Crossing the finish line I felt a combination of exhilaration for the experience and relief that I didn't have to run another foot – 26 miles of encouragement so loud you can't hear yourself think! I ran to honor my son and wife as they handle the challenges celiac disease presents them. My son Riley is my hero for growing up with celiac disease with such a great attitude and my wife Jill is the best person on the planet to help him deal with this.



Kris Solem

It was important for me to do this to help raise awareness for celiac disease and to help support camps for kids who must be on the gluten-free diet.

I was diagnosed 5 years ago, it has been a long road back to health and I don't take anything for granted. I knew that doing this race would be a challenge, but knew that I could pull it off. When I crossed the finish line, I was very proud and happy to have completed the event. The disease is particularly hard on my teenage daughters (one has CD, and one has non-CD gluten sensitivity) as they have to watch while their friends eat all the things that teenagers love.



Todd Resnick

I wanted to do this for my son who was diagnosed a few months back and is thriving with his new lifestyle.

While he is too young to completely understand the idea of me running the marathon in his honor, it will be something he can look back on one day and appreciate. The outpouring of support from friends, family, and colleagues was incredible, and I am happy I was able to raise over \$4000 for CDF. Organizations like the CDF have been so helpful in their resources and support of our efforts which have made the last few months so much easier.



Lee Ann McLoughlin

My journey from the start to finish was exciting and a bit of an emotional roller coaster, much like the marathon itself.

I do not have celiac disease or gluten sensitivity, I joined the team with a special young friend in mind, Quinn Delorme. Quinn has celiac disease and faces many medical, dietary and emotional challenges - always with a super-positive attitude. All I could hear were kind and encouraging words mixed with the positive words inscribed by family, friends and team supporters. I smiled every time I heard someone cheer, "Go CDF Team gluten-free™!" Once I finished, I could relax and feel good knowing that I just completed the NY marathon and raised funds for a great cause!



David Goldman

Due to a family emergency, David Goldman, whose daughter was diagnosed with celiac disease last summer, was not able to run in this year's NYC Marathon. Everyone is okay and David is already looking forward to participating next year's race.



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CDF's Fast Facts

Celiac Disease Myths Debunked

As Discussed by CDF Medical Advisory Board Members:

Drs. Stefano Guandalini, Don Kasarda, John Zone and

Dr. Markhu Maki, Melinda Dennis, RD and Andrea Levario

I had the blood test and it showed positive for celiac disease, am I diagnosed?

The blood test is only the first step of a celiac disease diagnosis. A biopsy is needed to determine if you do have celiac disease. Regular follow-up care with a physician is also necessary after diagnosis to assure you are healing on the gluten-free diet.

What is non-celiac gluten sensitivity?

Non-celiac gluten sensitivity is still undefined. Until researchers learn more about it, it cannot be properly diagnosed, nor can it be confirmed how many suffer from it. For now, if you do not have celiac disease or wheat allergy and have symptom improvement on a gluten-free diet you may be considered to have non-celiac gluten sensitivity.

Does gluten make you fat?

Gluten itself does not make us fat, lifestyle choices do. Wheat has not been genetically modified to make us fat. It is the number of calories we consume that makes us fat.

Will I lose weight on the gluten-free diet?

No. Most people with celiac disease actually gain weight when their intestinal tract begins to heal since they can absorb nutrients again. The combination of better absorption, and supplementing gluten-free foods, with their gluten-containing counterparts tends to result in weight gain.

Are people with celiac disease always skinny?

No. 40% of people diagnosed with celiac are overweight at their time of diagnosis. Only 4-5% are underweight.

Are schools required to provide gluten-free lunch?



Yes. In compliance with the Americans with Disabilities Act (ADA), schools are required to provide students with celiac disease and other food allergies safe and nutritional food options. However, they are not required to provide meals equivalent to those served to other students. For children with a 504 plan (those with a documented disability), the school must provide lunch in addition to a classroom management plan.

Is it OK to work in a bakery?

Breathing in gluten is similar to ingesting it. Although the flour cannot be absorbed through the skin, it can be “breathed in.” Working in a bakery, unless it is a gluten-free bakery, is not the best job for those with celiac disease.

Do I have to give up coffee and corn?

No, coffee and corn are both gluten-free. There is no scientific evidence to show they contain cross-reacting proteins with gluten.



According to Dr. Stefano Guandalini, CDF Medical Advisory Board Member, both are safe for people with celiac disease to consume.

Do I have to use special gluten-free soaps, shampoos and lotions? Can gluten be absorbed through the skin?

No. Gluten **cannot** be absorbed through your scalp or skin! It must be ingested to affect those with celiac disease. Lipstick and lip products should be gluten-free as they are easily ingested.

Will glutenase and other “gluten-cutter” products help those with celiac disease digest gluten?

No! Products such as glutenase containing DPP-IV **DO NOT** help digest gluten. There is NO scientific evidence for this. Please save your money.

What is 20 parts per million (ppm) of gluten, and how much gluten-free food can I eat without getting sick?

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.



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METHOD

Cook your rice with a Massel Ultracube in the water. Heat oil in pan; add finely chopped onion, garlic and celery and sauté until translucent. Add sage, rosemary, thyme and crumble in a Massel Ultracube. Fold the onion and herb mix into your cooked rice. Add macadamias, cranberries and season to taste. Use to stuff the turkey or bake in an oven dish.

*You can use 2 teaspoons Better Bouillon granules.

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1 LARGE ONION • 1 CUP OF CELERY • 1 GARLIC CLOVE

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1

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1

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1 CUP MACADAMIA NUTS • 1 CUP DRIED CRANBERRIES



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For where to buy and more delicious gluten-free holiday recipes including slow cooked turkey breast, garlic mashed potatoes and the tastiest brussels sprouts ever visit www.massel.com

Keeping Your Holidays Happy and *Stress Free!*

Deck the halls with gluten-free happiness this season! Whether this is your first gluten-free holiday and you're unsure of what to do, or you're a veteran at this dance, try following these elfish tips to keep your holidays merry and everyone healthy enough to enjoy them:

As the guest

Bring a dish to share and pair it with a gift serving utensil, tea towel or other kitchen essential for the host. Go to celiac.org and choose the Live Gluten-Free tab to download and print CDF's "Strictly Gluten-Free" placards to place in front of your dish.

If you're the only one who is eating gluten-free, rather than make an entire turkey, stuff a Cornish game hen with gluten-free stuffing and bring for your own personal feast.

Eat at home beforehand if it's not possible to plan ahead of time or if you're concerned about the menu items.

Recommend your favorite recipes, or offer to get the specialty gluten-free items and

bring them to your host's house in advance.

Get to the cheese and vegetable platters at the beginning of the party before others have touched them (i.e. spread crumbs around). Or ask your host to set some on a separate plate for you, and bring your own box of gluten-free crackers.

Have a conversation with the host ahead of time. When seen as a medical condition rather than a food fad, people tend to want to accommodate your needs. Planning ahead greatly reduces stress for both you and the host.

As the host

Place gluten-free foods towards one end of the buffet with attractive signage and their own serving utensils. Download and print CDF's "Strictly Gluten-Free" placards for your buffet from celiac.org!

Ask your gluten-free guests to start the buffet line to reduce their exposure to cross-contact from gluten-containing foods.

Ask your guest for his/her favorite recipe(s)

to make in their honor. Consider a practice run of the recipe to make sure it is perfect at party time.

Display the product package with the dish so that guests can check the ingredients list.

Delegate different parties to bring separate versions of the same dish (gluten-free, dairy-free, vegan, etc.) to ensure that every guest has an assortment to choose from.

Cook from scratch with gluten-free ingredients. Many traditionally-used packaged foods are not gluten-free, and using simple ingredients can be easier for someone who doesn't have a lot of experience with reading ingredient labels.

Communication is the key. Your friend will appreciate your consideration towards keeping them safe and healthy. What greater gift can you give?

*Contributing Author: Kim Upton, RD
Medical Advisory Board, Celiac Disease Foundation*

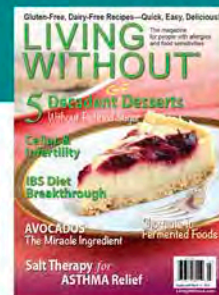
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Servings: 26
Prep time: 30 minutes

Cranberry-Glazed Jones Sausage, Apple & Sweet Potato Meatballs

Instructions

Preheat oven to 375°F. Grease baking sheet and set aside.

Combine ground turkey, sausage, sweet potato, apple, egg, parsley, dried onion, salt and pepper; mix thoroughly. Form about 25 cocktail-sized meatballs and place on prepared baking sheet. Bake meatballs for 18 minutes or until cooked through.

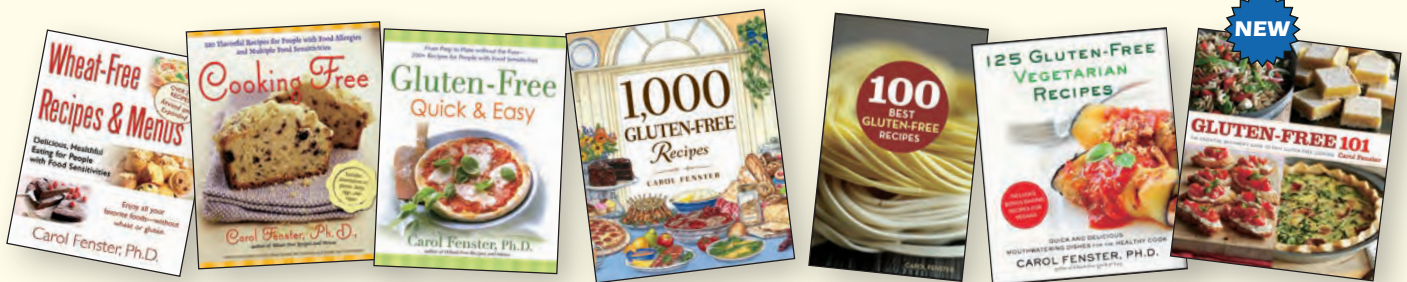
While meatballs are baking, prepare sauce. In medium saucepan over high heat, combine cranberry juice cocktail and sugar. Bring to a boil, then reduce heat and simmer until reduced to a syrupy consistency that will coat the back of a spoon. Pour sauce over cooked meatballs and stir, coating meatballs completely with the sauce. Serve with toothpicks.

Jones Dairy Farm - Proud Sponsor of Celiac Disease Foundation for more recipes, please visit celiac.org and choose the Live Gluten-Free tab.

Ingredients

- 1 pound ground turkey
- 1 roll (12 oz.) **Jones Dairy Farm All Natural Pork Sausage**
- 1 c. sweet potato, shredded
- 1 c. apple, shredded
- 1 egg
- 2 tbsp. fresh parsley, chopped
- 1 tbsp. dried onion flakes
- 1/8 tsp. pepper
- 1/8 tsp. salt
- 4 c. cranberry juice cocktail
- 1/3 c. sugar

Books for Food Allergies, Celiac Disease, and Gluten Sensitivity



Wheat-Free Recipes & Menus
By Carol Fenster, PhD

Cooking Free
By Carol Fenster, PhD

Gluten-Free Quick & Easy
By Carol Fenster, PhD

1,000 Gluten-Free Recipes
By Carol Fenster, PhD

100 Best Gluten-Free Recipes
By Carol Fenster, PhD

125 Gluten-Free Vegetarian Recipes
By Carol Fenster, PhD.

Gluten-Free 101
By Carol Fenster, Ph.D.



from Carol Fenster, Ph.D. at Savory Palate, LLC
6834 South University Blvd., #410, Centennial, CO 80122 800.741.5418

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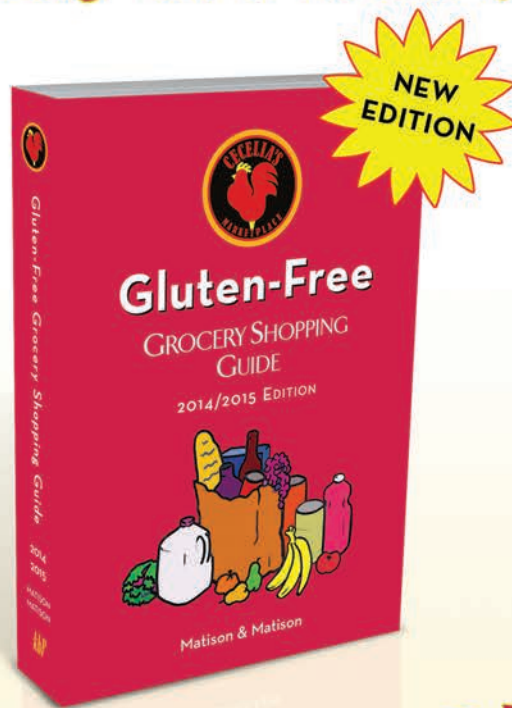
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Ingredients

- 3 c. fat-free milk
- 1/2 c. **Cream of Rice** Hot Cereal, uncooked
- 1 tsp. vanilla
- 3 eggs
- 1 c. sugar, divided

Servings: 8

Baked Caramel Rice Custard

Instructions

Bring milk just to boil in medium saucepan. Gradually add cereal, stirring constantly. Cook and stir on medium heat 1 minute. Remove from heat; cover. Let stand 4 minutes. Stir in vanilla.

Mix eggs and 1/3 c. of the sugar until well blended. Add to cereal mixture; mix well. Set aside.

Cook remaining 2/3 c. sugar in medium saucepan on medium heat until melted and golden brown, stirring occasionally. Immediately pour into 1-1/2-quart baking dish, tilting dish to evenly coat bottom and side of dish. Pour cereal mixture into prepared dish. Place in 13x9-inch baking pan; carefully add 2 c. hot water to baking pan.

Bake at 325°F for 1 hour to 1 hour 10 minutes or until knife inserted in center comes out clean. Cool on wire rack. **Unmold:** Run small knife around edge of pudding in dish. Invert onto serving plate. Let stand at least 30 seconds or until pudding releases onto plate.

B&G Foods Cream of Rice – Proud Sponsor of Celiac Disease Foundation for more recipes, please visit celiac.org and choose the Live Gluten-Free tab.

Jazz It Up

Pudding can be served cold. After cooling, cover and refrigerate at least 2 hours or until chilled. Unmold as directed and serve.

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Ensuring Your Philanthropic Impact Lives On



You are committed to ending the needless suffering of millions caused by undiagnosed celiac disease. You are committed to helping those with celiac or gluten sensitivity disorders. You also understand and embrace philanthropy as an

essential part of your personal values and your estate planning. That is why we hope that you will consider making a planned gift to support the Celiac Disease Foundation.

Over the next several issues of *INSIGHT*, we are going to use this space to explain CDF's planned giving options. There are a host of possibilities that can be shaped to meet your financial planning needs. It's never too early to consider these options because they can have immediate financial and tax effects, including the possibility of generating tax-free income today for you while providing for significant philanthropic donations now and in the future for CDF.

The most popular planned gift choice, which can help support CDF's vital work, are BEQUESTS: legally designating CDF as a charitable beneficiary in your will, life insurance and/or IRA. The design and amount of your bequest is entirely

up to you. Any amount is appreciated. The bequest can be either a fixed amount or a percentage of total assets after other priorities, including loved ones, are taken care of. (If you have already designated CDF as a beneficiary, we thank you and only ask that you let the CDF National office know for planning purposes.)

In addition to bequests, other planned giving options to consider include **Charitable Gift Annuities** and **Charitable Remainder Gifts**. We will discuss these, and CDF's Legacy Society, in greater detail in coming issues.

If you have questions about making a planned gift to CDF, we invite you to contact CDF's CEO Marilyn Geller at 818.716.1513, ext. 102 or contact your personal financial advisor.

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