

CDF Empowers Millions Through Celiac.org

Celiac Disease Foundation (CDF) was established in 1990 by Elaine Monarch to support the celiac disease community by funding important advocacy, education, and research initiatives. Today, under the guidance of a 12-person national Board of Directors and an internationally renowned Medical Advisory Board, the Foundation has grown to include a nationwide network of Chapters and Support Groups and full-time staff in Woodland Hills, California.

From sponsoring the first serology workshop, which led to today's celiac disease blood test, to supporting clinical research, advocating on Capitol Hill for gluten-free labeling laws, partnering with mainstream manufacturers in creating today's gluten-free marketplace, and offering the number one website for celiac disease, CDF has played a crucial role in improving the lives of those with celiac disease and other gluten-related disorders and their loved ones.



As we reflect on this past year, we want to thank you for your generous support, which has enabled us to achieve important advances in each of our key mission areas.

Advocacy

Celiac Disease Foundation's commitment to both national and local advocacy continued to move forward. Despite the recent cutbacks at the federal level, CDF joined with other autoimmune-related disease groups to advocate for expanded

investment in research and education on Capitol Hill, and in state capitols across the country. Congress responded by appropriating increased funding for NIH biomedical research, CDF chronic disease programs, and FDA initiatives.

2014 also saw the implementation of the FDA's gluten-free labeling rule, and the TTB's decision to align the labeling of alcohol products with the FDA rule. As the leading voice for people with celiac disease, CDF

was instrumental in this effort, rallying its nationwide network of advocates to petition the FDA to make its gluten-free labeling rule a priority.

Online Advocacy Program

In order to encourage the public to bring celiac disease to the forefront of the nation's healthcare agenda, CDF launched an online Advocacy Program. The Advocacy Program

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Gift of Hope

Our annual Gift of Hope Campaign is underway with a Board Challenge Match that makes your gift go even further.

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Happy Gluten-Free Holidays

Janelle Smith, RD provides tips for enjoying the holidays gluten-free, as well as simple and creative recipes for a delicious gluten-free holiday season.

Page 13



Gluten Introduction Research

Does the time at which infants are introduced to gluten affect their chances of developing celiac disease?

Page 22



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Marilyn & Marc's Message



Dear Friends of CDF,

The holiday season is a time of reflection, and each of us at Celiac Disease Foundation wants to thank you for all that you have done this year.

You should also know that we are not the only ones who appreciate you. Each day, we hear from physicians, researchers, seniors, young adults, mothers and fathers of suffering children, and everyone eating gluten-free, all expressing how grateful they are for the work we do. Though they don't know you personally, what they are really saying is how thankful they are to you for making our work possible.

Just what kind of life-changing effect did you have?

Consider for a moment that your support of Celiac Disease Foundation **empowered four million people in 2014 to become educated about celiac disease** and the gluten-free diet at celiac.org. As important, across the country, tens of thousands of individuals with celiac or caregivers of those with celiac were able to **get one-on-one support** from CDF to help understand and cope with their diagnosis and to begin and/or continue their journey to better health.

Your generosity helped transform three-year old Sam into an energetic, happy, and healthy toddler. "When Sam was first diagnosed, our family felt lost and hopeless, and the doctors did not give us any information other than to simply 'stop eating gluten,'" his mother said. "We immediately found Celiac Disease Foundation, which greeted us with open arms, and provided information, advice, and support, for which we will be eternally grateful."

Your generosity helped Gianna be her own health advocate and educate her doctor about celiac disease. After nine years of suffering nearly every day without a diagnosis, after nine years of seeing doctor after doctor to no avail, Gianna found CDF's Symptoms Checklist at celiac.org. She filled out CDF's Symptoms Checklist and brought it to her doctor. The doctor finally tested her for celiac disease, and the results were striking. Gianna immediately adopted a gluten-free diet and began to feel healthy again for the first time in almost 10 years. "The resources and support provided by Celiac Disease Foundation have changed my life, and I couldn't imagine where I'd be without them," Gianna told us.

Thanks to you, we are putting in place the tools and the national support network necessary to end the needless suffering caused by celiac disease.

The *Symptoms Checklist* (celiac.org/symptoms) that Gianna found online is essential because, with the average celiac diagnosis taking 6-10 years after the disease symptoms begin, it helps patients accurately define and report their symptoms of celiac disease and gluten sensitivity to their doctor or other healthcare practitioner.

Our *Healthcare Practitioner Directory* (celiac.org/directory) is now the nation's most comprehensive **online search engine** designed specifically for patients to find reliable

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Board Members

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*Each production run is sampled and tested to confirm gluten levels do not exceed 20 PPM.

Marilyn & Marc's Message *Continued from page 3*

information on physicians, dietitians, and other allied healthcare practitioners familiar with diagnosing and treating celiac disease and other gluten-related disorders. Patients and their loved ones can complete the Symptoms Checklist, enter their ZIP code, and view a list of practitioners closest to them.

The National Education Conference & Gluten-Free EXPO is the largest gathering of its kind in the United States for patients, family members, and the public to receive current and credible information about celiac disease and other gluten-related disorders, and to sample the latest and best in gluten-free products.

You are the heart of all we do, big and small. For that we thank you. **Because of your donations to Celiac Disease Foundation, the suffering ends** and the healing begins for people like Sam and Gianna, and for those who love them.

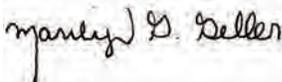
In 2015, CDF will celebrate 25 years of service to the celiac community. **We need your continued tax-deductible generosity now to help us continue our drive to change the diagnosis rate** in the United States from an abysmal 1 in every 6 diagnosed with the disease to 1 in 5 within a year, 1 in 4 by the following year, and so on until we assure that 100% of our celiac disease population is diagnosed and treated.

From all of us here at Celiac Disease Foundation, thank you very much for all that you do.

Wishing you and your loved ones a very happy holiday season,



Marc Riches
Chair, Board of Directors



Marilyn G. Geller
Chief Executive Officer



REQUEST THE TEST!

CONSIDER CELIAC



THE CAMPAIGN

CDF educates doctors to order and patients to request the simple celiac disease blood panel test when attempting to diagnose chronic intestinal and autoimmune disorders.

BE IN THE KNOW- START TODAY

Visit celiac.org/symptoms and complete the **CDF Symptoms Checklist** and share responses with physicians to determine if the celiac disease blood panel test is needed.

WHAT IS CELIAC DISEASE?

Celiac disease is a lifelong, inherited autoimmune disorder that impacts children and adults. When individuals with celiac disease eat foods containing gluten (proteins found in ALL forms of wheat, rye, barley and their derivatives), an immune reaction is triggered in the small intestine that does not allow nutrients to be absorbed.

SYMPTOMS INCLUDE

abdominal cramping	fatty stools
intestinal gas	anemia
osteoporosis	depression/anxiety
diarrhea	unexplained weight
constipation	loss or weight gain

For a complete list of symptoms and possible long-term outcomes, visit celiac.org

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Meet the Newest Members of the CDF Board of Directors



Emily Luxford, MS, RD

Emily Luxford is a Registered Dietitian with a Master's degree in Nutritional Science. She has experience as a credentialed elementary school teacher, and has also taught nutrition at California State University, Long Beach. Beyond the classroom, she has developed and published research regarding dietary modification. Currently, Emily provides individualized

medical nutrition therapy at Sansum Clinic in Santa Barbara, California. Her practice includes evidence-based nutrition intervention for gastrointestinal disease, cardiovascular disease, diabetes, renal disease, bariatric surgery nutrition support, and disease prevention. Having been diagnosed with celiac disease as a teenager, Emily has a unique perspective as both patient and healthcare provider. She looks forward to sharing this dual perspective with the CDF Board of Directors and the celiac and gluten intolerant community.



Jim Watson

Jim Watson is the Chief Operating Officer of Park West Asset Management LLC, a hedge fund located in Larkspur, California, and is responsible for all operational aspects of running Park West. His responsibilities include: overseeing marketing, investor relations, accounting, human resources, audit, legal, tax, information technology, and office management. Jim has been the COO for two years.

Prior to his current role, he was the CFO of Park West for over seven years. Before joining Park West, Jim was the CFO of Pantera Capital Management LP, a hedge fund in San Francisco, for two years. Preceding that, Jim was the CFO of Orchid Asia Management for six years, a private equity firm in San Francisco focused on making investments operating in Asia. Prior to that, Jim

was a CPA and manager in the tax department of the San Francisco office of Arthur Andersen LLP for four years. While at Arthur Andersen, Jim's focus was on compliance and consulting to large hedge funds and large private equity firms. Jim received his Masters in Accounting from Rice University in 1991 and graduated first in his class. Jim also received an undergraduate degree in Mathematical Economic Analysis from Rice University in 1989 and graduated magna cum laude.

Jim was diagnosed with celiac disease in April 2012, and with microscopic colitis in August 2013. Jim attended his first Celiac Disease Foundation Annual Conference in the spring of 2014. While there, he instantly connected with a brief speech given by the current CDF Board Chair, Marc Riches, and eagerly wanted to be a part of the CDF team. Jim is passionate about CDF's role as an advocate for all of those afflicted with celiac disease or other gluten-related disorders, and is thrilled to be a part of the board.

Jim resides in Kentfield, California with his wife Rebecca and their two young children.



Jordan Ramer

An accomplished technology leader and entrepreneur, Mr. Ramer has helped raise tens of millions of dollars in financing for growth companies in the Cleantech, sustainability, and energy sectors. Over the past 14 years, he has helped rapidly grow three companies into successful enterprises, resulting in very significant increases in shareholder value.

Since 2010, Mr. Ramer has been Chief Executive Officer and Founder of EV Connect, a market-leading company which deploys and manages electric vehicle charge stations for government and enterprise customers across North America. EV Connect has grown into the leading provider of electric vehicle charge station management services in North America, and supports thousands of drivers daily with its technology.

Prior to EV Connect, Mr. Ramer led corporate development for NanoH2O, a venture-backed developer of energy efficient water purification technology. As one of the first employees, he was instrumental in defining the company's business model, helping to raise venture financing, and managing governmental affairs for the company, which was recently sold to LG Chem in 2014.



He also held executive positions for over seven years in business development, product management, and marketing at AeroVironment, a leader in clean transportation and energy systems, where he spent seven years elevating the company into the industry leader, spearheading the company's international expansion, and launching its fleet management software solution.

Earlier in his career, Mr. Ramer held roles in business development, finance, and strategy for several venture-backed technology start-ups, and received his CPA while working at his first professional job at Arthur Andersen.

Mr. Ramer has served as a Loaned Executive with the United Way, and the boards of the Wildwoods Foundation and UC Santa Barbara Bren School Eco-Entrepreneurship Council. His non-profit board service started after completing the Riordan Volunteer Leadership Development Program in 2002. In recognition of his board service with the Wildwoods Foundation, he was awarded the US President's Volunteer Service Award, which was established in 2003 to recognize the valuable contributions volunteers are making in our communities and encourage more people to serve.

He holds a Masters of Business Administration from UCLA Anderson and graduated with a Bachelor of Science from Skidmore College. He is married and lives in Los Angeles, California with his wife and two children.

helped ease the transition.

Because she is a healthcare provider, Ms. Morris appreciates the evidence-based information she finds on the CDF website; she fully supports the mission of CDF. Jody feels that as the mom of a child with celiac disease and a healthcare provider herself, she can contribute to the goals of Celiac Disease Foundation. In the last few years, she has helped train and educate local teachers, counselors, and coaches about celiac disease. Jody has already played a significant role in fundraising for CDF by assisting her daughter in the establishment of Alex's 5K RAGE (Race for Answers to Gluten Enteropathy).

Jody lives in a suburb outside Chicago with her husband and four children. She has a Master's degree in Nursing from Loyola University of Chicago and is a board certified Adult Nurse Practitioner. She is a member of the American Association of Nurse Practitioners and Sigma Theta Tau International Honor Society for Nursing. In her free time, Ms. Morris can be found watching her daughters' cross country teams compete, hosting a team pasta party (gluten-free, of course), or hiking through the woods with her Havanese, Hermosa.



**Jody Morris, RN,
MSN, APRN-BC**

Jody Morris was first introduced to Celiac Disease Foundation shortly after her 11-year old daughter was diagnosed with celiac disease. Like many of the stories she has since heard, her daughter's road to diagnosis was long and bumpy. Although no other family members were affected, the entire family now follows a gluten-free diet when at home. Adjusting to the

gluten-free lifestyle can be challenging with multiple family members; however, her medical training facilitated the education process and

Celiac Disease FOUNDATION

Find a healthcare practitioner near you!
For more information, visit celiac.org/directory

HEALTHCARE PRACTITIONER DIRECTORY

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Egg Omelet w/ Spinach, Tomato & Cheese GF Toast Orange	Cream of Rice Milk Blueberries Walnuts	GF Waffles w/ Syrup Egg Strawberries	GF English Muffin/ GF Bagel/ Almond/ Peanut Butter Banana	GF Cold Nutsy Greek Mixed

Celiac Disease FOUNDATION
7 DAY GLUTEN-FREE MEAL PLAN

Just diagnosed with Celiac Disease or have an intolerance? Kick-start your diet with the 7 Day Gluten-Free Meal Plan!
Visit celiac.org/mealplan

Celiac Disease FOUNDATION

YOUR VOICE MATTERS

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Expect A Cure.
Become A Celiac Disease Advocate.

TAKE ACTION!

Welcome Back to Normal



Glutenfreeda® makes living gluten-free easy and welcomes you back to a normal life with our authentic-tasting and convenient meals.



For more information and delicious recipes, visit glutenfreeda.com



Year in Review Continued from page 1

provides information, guidance, tools, and resources to push for improvements in celiac disease promotion, early detection, treatment, and research by raising awareness among government leaders, opinion makers, health policymakers, and the general public. Integrated with the American Celiac Disease Alliance (ACDA) platform, it includes a Legislative Action Center for individuals to easily learn about federal and state legislative bills, follow their status, and search for and contact their elected officials.

In 2015, CDF will continue to work with congressional leaders for the labeling of gluten in medication, and through its membership in the National Coalition of Autoimmune Patient Groups, to establish a Congressional Autoimmune Caucus and a National Autoimmune Patient Registry.

At the local level, efforts will also continue to assure access to gluten-free lunches for all school-aged children, as well as gluten-free meals for college students. CDF will also serve as a liaison to the FDA's Watchdog Program

to assure that products labeled gluten-free meet the federal standards.

Education and Support

CDF remains dedicated to providing the public with innovative tools and technologies in the promotion of celiac disease education. This year, through our redesigned website, we unveiled a series of online tools to aid in the diagnosis and treatment of celiac disease and other gluten-related disorders.

Online Toolkit

CDF's Online Education Toolkit includes a Symptoms & Conditions Checklist (celiac.org/symptoms) designed to facilitate communication between patients and their healthcare practitioners; a nationwide directory of practitioners (celiac.org/directory) specializing in celiac disease and other gluten-related disorders, who can review checklist results to determine a patient care plan; and a 7 Day Gluten-Free Meal Plan (celiac.org/mealplan) to help the

newly diagnosed and their families ease the transition to a gluten-free diet. Since inception, more than 300,000 people have used these tools, and this number continues to grow exponentially.

Ask-the-Dietitian

CDF also introduced the Ask-the-Dietitian program, which includes resources, tools, and webinar and blog advice on how to live and thrive gluten-free (celiac.org/askthedietitian).

National Conference & EXPO

This past June, Celiac Disease Foundation hosted its National Education Conference & Gluten-Free EXPO at the Pasadena Convention Center with more than 3,000 people in attendance. This is the largest gathering of its kind in the United States for patients, family members, and the public to receive credible information about celiac disease and other gluten-related disorders,

Continued page 27

India's Golden Circle

February 2015

Our inaugural grand tour of the Indian subcontinent will feature the must-see highlights of this exotic land incl. Bombay, Jaipur (Rajasthan desert), a game park (to see tigers), New Delhi & Agra (Taj Mahal). 5 star hotels, non spicy food available.

China & Tibet

August 1 ~ 14, 2015

Our 4th China Adventure featuring exotic Tibet, lofty Lijiang and Shangri-La! Plus a cruise on the picturesque Li River of Guilin, and more.

European River Cruise + Amsterdam

October 8 ~ 18, 2015

Our 9th deluxe riverboat getaway. Cruise Europe's majestic Rhine River onboard Uniworld's exciting new **SS Antoinette**. Plus a weekend in Amsterdam.

In the works

Washington DC mini (April) and more. Check out our website for updates.



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3 Million Battle Celiac Disease

Give THE GIFT OF
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change a life



Give the Gift of Hope

Over three million Americans have celiac disease, but only 17% have been properly diagnosed.

CDF has an ambitious but attainable goal to raise that number to 50% within five years. Your tax-deductible contribution to CDF's Annual Gift of Hope Campaign will help stop the needless and potentially fatal suffering caused by undiagnosed celiac disease. This year, CDF's Board of Directors has agreed to do a Board Challenge Match. They will add \$1 to every \$2 donated this year. In other words, your gift of \$100 will be worth \$150 to Celiac Disease Foundation. The Challenge Match makes your gift go that much further to end the suffering caused by celiac disease.

To read the complete personal stories, watch for our upcoming Gift of Hope e-mails this December.

**Donate at
CELAC.ORG/HOPE**

"...I practically lived in doctors' offices. I was put through test after test and ultimately, misdiagnosed at every turn. Finally, I came across a doctor who thought I might have something called celiac disease. .. CDF has now been providing support to the gluten-free community for almost 25 years. Your tax deductible gift will have a lasting and immeasurable effect, as you join the fight to diagnose, treat, and find a cure for celiac disease and all gluten-related disorders " — Chad

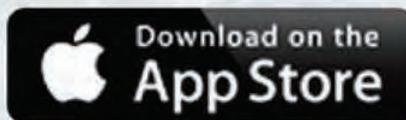
"I have struggled with chronic stomach pains, extreme fatigue, vision blurring, leg and muscle pains, constipation- the list goes on. Awareness is needed for the disease behind this diet. The awareness starts with Celiac Disease Foundation, which dedicates their time to being a voice for the celiac community. I am constantly inspired to keep fighting because of the incredible stories shared through these outlets. The close-knit support from CDF is the reason that so many are able to get through, and I think to have a foundation like CDF that cares so deeply and reaches out to members of the community is a blessing." — Tori

"Four years ago, I returned to the doctor with a severe pain on my right side. It turned out that a malignant tumor in my colon had lead to a ruptured appendix. It was only with my cancer diagnosis that the doctors tested me for celiac disease. My blood test results were off the charts. Here is the real horror: My doctors told me that if I had been diagnosed with celiac disease and treated years ago, I may never have gotten cancer. I recently had my second surgery, several rounds of chemotherapy, and am now starting radiation- and it is possible that this could have all been prevented. So to me, this fight to increase the rate of diagnosis of celiac disease is deeply personal. I don't want anyone else to have to go through this battle—being in pain without a diagnosis—only to end up with cancer like I did. That is why I have made my tax-deductible contribution to this year's Gift of Hope Campaign" — Caryn

FOOD ALLERGIES OR INTOLERANCES? ENJOY PEACE OF MIND AT THE TOUCH OF A BUTTON



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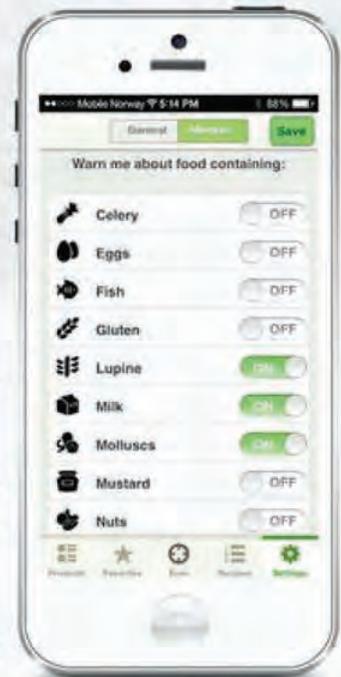
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Download ContentChecked onto your Smart phone or tablet. Register and enter your allergy specs and begin shopping immediately! Simple, easy, and time saving. Additionally benefit from a comprehensive selection of recipes and much more.

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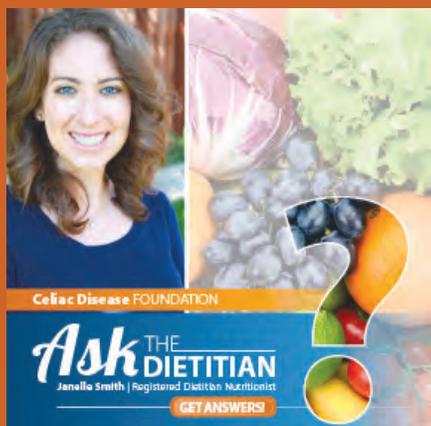
Having ContentChecked in your phone allows you to safely bring food to any social gathering. Become inspired! ContentChecked has gathered the best allergy-adapted recipes in one place, perfect for the holiday season.



ContentChecked

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Janelle Smith is a UCLA-educated Registered Dietitian Nutritionist, and member of CDF's Medical Advisory Board. As CDF's resource to help our community live gluten-free, she is here to provide tips and tricks for simple and delicious eating throughout the year. Janelle hosts Webinars throughout the year geared toward the time of year, or any relevant news in the gluten-free world. This month, Janelle discusses how to have a happy and healthy gluten-free holiday season. The "Ask-the-Dietitian" section of our website provides the resources, tools, and advice you need to maximize your health. To view previous webinars, please visit celiac.org/webinars

Tips for a Happy Gluten-Free Holiday Season

At Celiac Disease Foundation, we understand that the holidays can be a challenging time of year for those with celiac disease and other gluten-related disorders. Rather than bringing joy and cheer, the holidays can sometimes bring anxiety and concern for people on restricted diets. Whether you are a guest at a holiday party or are hosting your own, mastering the art of successful social gatherings while living gluten-free takes practice. Janelle Smith, CDF's Registered Dietitian Nutritionist and Medical Advisory Board Member, provides some tips and tricks for a happy and healthy holiday season.

Discussing With Relatives:

- Approach conversations with the attitude of "let's make it enjoyable for everyone, and reduce stress for everyone."
- Validate that it can be difficult to adjust to this diagnosis (you know it because you live it!), and their support means so much to you to help you accept your disease.
- Use CDF recipe placards to clearly identify gluten-free and other allergen-free items.
- Let gluten-free or allergen-free guests go through the buffet FIRST before anyone else in order to minimize stress over cross contamination.

Best Baking Practices at Home:

- Bake gluten-free items FIRST and cover before bringing out the wheat flour.
- Choose spices and naturally gluten-free grains/grain-based products that are labeled gluten-free. Several naturally gluten-free grains may be contaminated with gluten from cross-contact during processing and manufacturing, such as oats. A recent study shows that foods labeled gluten-free overwhelmingly meet the standard of no more than 20 ppm gluten with very few exceptions.
- Use parchment paper, foil, or cupcake liners for all baking if you do not have dedicated gluten-free baking pans/tins.
- Several cup-for-cup products are now available that allow you to use grandma's recipe and be unrecognizable to the rest of your family, such as Pamela's and Authentic Foods.

Flavors of the Season: Cinnamon, peppermint, and nutmeg

- **Cinnamon**
Natural antioxidant
Simple addition: Add cinnamon to your oatmeal
- **Peppermint & Nutmeg**
Peppermint may be helpful for GI distress (i.e. nausea and heartburn)
Nutmeg may be useful for insomnia
Simple addition: Add ground nutmeg to your peppermint tea

For more information and to view additional recipes, please visit celiac.org and choose 'Gluten-Free Recipes' under the 'Live Gluten-Free' tab.

Holiday Recipes

Gluten-Free & Vegan Pumpkin Bread



Ingredients

2 cups **Authentic Foods Gluten-Free**

Flour Blend

2 tsp baking powder

1/2 tsp salt

2 tsp pumpkin pie spice

1 cup pumpkin puree

3/4 cup sugar

1/2 cup coconut oil, melted

1/4 cup maple syrup

1/4 cup apple cider or apple juice

1 tsp pure vanilla extract

Directions

Preheat oven to 350°F and grease a loaf pan. In large mixing bowl, sift together flour, baking powder, salt, and pumpkin pie spice. Set aside. Mix together the pumpkin puree, sugar, melted coconut oil, maple syrup, apple cider, and vanilla. Add the pumpkin mixture to the flour mixture. Stir until combined.

Pour batter into prepared loaf pan. Bake for 40-45 minutes, until golden brown and center is set. Leave bread in pan to cool for 15-20 minutes. Remove from pan and allow to cool on rack.

Serves: 12

Continued page 15



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Carrot Soufflé



Ingredients

For the soufflé:

20 oz carrot puree (can be found in frozen section)
 1 cup **Dole Carrot Ginger Soup**
 3 eggs
 1/3 cup sugar
 3 tbsp **Hodgson Mill Gluten-Free Flour**
 1 tbsp vanilla

1/2 stick butter (or non-dairy alternative), melted
 dash nutmeg

For the topping:

2 packets **Chex Gluten-Free Maple Brown Sugar Oatmeal**
 3 tbsp butter (or non-dairy alternative), melted

Directions

Preheat oven to 350°F and grease a loaf pan. Put carrot puree and eggs in a blender, Vita-Mix, or food processor, and blend until thoroughly combined. Add remaining ingredients and blend until combined. Pour into prepared loaf pan and bake for 45-60 minutes.

To make the topping: Mix together the oatmeal and butter. Spread on top of the baked soufflé and bake an additional 10 minutes. Serves: 6-8

Zucchini & Sweet Potato Latkes



Ingredients

3 cups shredded zucchini
 3 cups shredded sweet potato
 3 eggs, beaten
 3 tbsp **Bob's Red Mill Gluten-Free All Purpose Baking Flour**

1 1/2 tsp garlic powder
 1 tsp ground cumin
 1 tsp dried parsley
 salt & pepper to taste
 oil for frying

Directions

Combine the zucchini, sweet potato, and egg in a bowl. In a small bowl, mix the flour and spices together. Add the dry ingredients to the zucchini mixture and stir until fully combined. Heat the oil in a medium nonstick pan. Drop equal sized portions of the mixture into the pan, pressing down with a fork until a 1/2 inch thick pancake is formed. Cook on medium heat until golden and crisp, then flip carefully and cook the other side. Remove to a plate lined with paper towels to drain. Season with an additional sprinkle of kosher salt. Serve hot. Serves 10

Brunch Casserole

(Adapted from Pamela's Products)



Ingredients

1-1/2 lbs. **Jones Dairy Farm Sausage**
 1/2 cup onions
 3 slices gluten-free bread
 3 cups **Pamela's Gluten-Free Bread Mix**
 1 tsp dry mustard

6 eggs, beaten
 2 cups milk, or non-dairy alternative
 1 lb. cheddar cheese, or non-dairy alternative, grated

Directions

Cook and drain sausage and onions. Mix all ingredients except cheese. Pour into 11x17-inch pan or two smaller pans. Top with cheese. Bake at 350°F for 40 minutes. Cut into squares and serve warm. Store leftovers in refrigerator for up to one week, or cut into squares and freeze. Serves 8-10

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Debuting early 2015. For more information visit celiac.org/marketplace



CDF Gluten-Free Allergy-Free Marketplace has merged products and services into one source, the Marketplace, for the convenience of those with alternative dietary needs. Whether you're looking for gluten-free allergy-free products or want to visit and learn about a gluten-free restaurant/company that caters to dietary needs, visit the Marketplace.

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BLENDER GIRL'S CREAM OF CAULIFLOWER SOUP

Blender Girl Tess Masters is a long-time fan of Massel gluten-free bouillon and recommends it in her soup recipes. This delicious soup is her most requested recipe.

METHOD

Sauté garlic, leeks, and ¼ tsp salt until soft. Add cauliflower and sauté for another minute. Add vegetable broth, increase heat, and bring to boil. Reduce heat to medium, simmer for about 30 minutes, until cauliflower is completely tender. Remove from heat and allow soup to cool slightly. Stir in the nuts. Blend until smooth and creamy, and salt to taste. Garnish with chives or nutmeg.

Recipe adapted by kind permission of Tess Masters.



For where to buy and delicious gluten-free recipes visit www.massel.com

INGREDIENTS

7 CUPS VEGETABLE BROTH MADE USING MASSEL VEGETABLE BOUILLON

- 2 TBSPS olive oil
- 2 TSPS chopped garlic (2 cloves)
- 2 CUPS chopped leeks (2-3 leeks)
- Celtic sea salt
- 1 head cauliflower, chopped
- 1/4 CUP raw unsalted cashews or 1/4 CUP blanched slivered raw almonds, soaked
- 3 TABLESPOONS chopped chives or a grating of nutmeg to garnish



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Holiday Gift Guide: Staff Selections

The gift giving season has begun, and our staff at the National Office has compiled an assortment of some of our favorite products to inspire your holiday gift exchanges. If you are invited to a party or are in need of some fun and unique gift ideas, check out our CDF Staff Selections and get creative with your giving!

Chief Executive Officer, Marilyn G. Geller, enjoys having time to relax and read during the holidays. Two of her book recommendations are: **Gluten Freedom**, written by Alessio Fasano, MD, and **Going Gluten-Free**, written by Joseph A. Murray, MD, both members of CDF's Medical Advisory Board. Magazines geared toward gluten and allergen-free living are also great options. These magazines provide tips, recipes, and up-to-date news on gluten-free living. Some of Marilyn's favorite magazines include: **Delight Gluten-Free**, **Gluten-Free Living**, **Living Without**, and **Simply Gluten-Free**.



Living gluten-free can be challenging when you want to eat healthier and have quality time for yourself. This is especially true during the holiday season, when making home-cooked meals for yourself or your family may not be at the top of your priority list.



Chief Development Officer, Deborah Ceizler, suggests **Freshology** (www.freshology.com), which delivers nutritious, hand-crafted meals to your door with a gluten-free option. Order your meal plan today, or send to a friend or family member as a special holiday gift.

Gillian Entin, Development Coordinator, is also the CDF Team Gluten-Free liaison. Naturally, her gift of choice would be some fun CDF Team Gluten-Free swag. Show your gluten-free pride with a TGF hat or t-shirt. This season, we are happy to announce that there is a new v-neck design! 100% of proceeds go directly to Celiac



Disease Foundation. Purchase your very own t-shirt and hat at the **CDF Shop** online today (celiac.org/shop)!

Talia Hassid, Community Coordinator, is a gluten-free foodie and loves trying all the new gluten-free products. Gluten-free subscription boxes are a great gift option for newly diagnosed individuals, or anyone looking to try the latest and greatest gluten-free food. **Cuisine Cube** (www.cuisinecube.com) delivers artisanal, hard-to-find products right to your door each month! Use Promo Code, **CDF100FF**, by 12/31/14 to get \$10 off your order and donate an additional \$5 to CDF. Sign up for a subscription as a gift to yourself, or surprise a loved one with this unique and creative idea.





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Does the Introduction of Gluten During Specific Periods of Infancy Affect the Development of Celiac Disease?

by Saul Geller

Celiac disease remains one of the most common autoimmune diseases, affecting approximately 1% of the population in the United States. Celiac disease is genetic; having a first degree relative with it means you are about ten times more likely to develop the disease. However, almost one third of the U.S. population has the genetic components of the disease, indicating that there are other factors involved with the development of the disease. A common hypothesis for one of these factors is the time of introduction of gluten into the diet as an infant. Previous studies have suggested that the risk of developing celiac disease is decreased if gluten is introduced into the diet around the time of 4-6 months. This hypothesis primarily resulted from the 1980's epidemic of celiac disease in Sweden. Two research groups tested out this potential window of opportunity in an effort to better understand why celiac disease develops in some children but not in others.

Both studies were published by the *New England Journal of Medicine* on October 2, 2014. The first was titled "Introduction of Gluten, HLA Status, and the Risk of Celiac Disease in Children," and had contributions from 19 authors, including Dr. Alessio Fasano, one of the members of Celiac Disease Foundation's Medical Advisory Board. The second article, "Randomized Feeding Intervention in Infants at High Risk for Celiac Disease" had 33 contributing authors.

The first article took several hundred infants with a high risk for developing celiac disease based on their genetics and family

history, and divided them into two groups. The first group received gluten in their diet starting at six months, while the second group had gluten introduction delayed until 12 months. The primary outcome measured in the experiment was the incidence rate of celiac disease in the children, measured at multiple years of age.

The authors found that there was no significant increase in risk of developing celiac disease in either group after five



years had passed. Children in group A (the group that had gluten introduced at six months) initially had a higher rate of celiac disease, but it leveled out as time went on in the experiment. The only factor that was associated with developing celiac disease was having two copies of the HLA-DQ2 allele.

The second group of researchers took a different approach to the problem. Instead of separating the children by diet, the authors exposed certain children to small amounts of gluten between the ages of four and six months, while other children were given a placebo. The experimental group was given 100 mg of gluten daily for eight weeks. The primary outcome again was the development

of celiac disease later in life. Over 1,300 children were initially selected, but after exclusions and dropouts, the experimental group included 475 children, while the placebo group contained 469. At the end of the study, 80 children were diagnosed with celiac disease.

Once again, the authors found no protective effect resulting from the introduction of gluten in the hypothesized window of opportunity at 4-6 months of age.

Both the experimental and placebo groups had similar incidence rates of celiac disease. Interestingly, when the researchers categorized the children by gender, there was a difference between the experimental and placebo group for girls. The authors suggest that this may simply be due to chance, as there were more girls with the higher risk genotype in the placebo group.

The group also recorded data on breastfeeding and found no link between breastfeeding and developing celiac disease. Breastfeeding, exclusively or supplementary, did not increase the risk of developing celiac disease, nor

offer any protection from it.

This study was randomized, double-blinded, and placebo-controlled, and showed no association, negative or positive, between gluten introduction into the diet, and developing celiac disease. This finding agrees with the previous experiment mentioned in this article, and together, these studies present strong evidence against the hypothesis of a potential protective effect caused by introducing gluten in the suggested window of opportunity at 4-6 months. Though these papers did not find an answer to why certain genetically susceptible people develop celiac disease and others do not, they still progress the search for a cure.

Support Group Facilitator Training Workshop Recap

Celiac Disease Foundation offers a nationwide network of Chapters and Support Groups to help you and your loved ones live a gluten-free life. Chapters deliver community education programs and operate support groups. Support groups are led by trained volunteers, and generally meet monthly to provide those living with celiac disease and other gluten-related disorders peer-to-peer support, information, and encouragement.

This past October, CDF held its first quarterly Support Group Facilitator Training Workshop at the National Office in Woodland Hills, CA. Current and incoming Support Group Facilitators participated in a day long training session exploring different leadership methods to encourage people to adhere to a strict gluten-free diet. Attendees shared ideas on how to provide a

comfortable learning environment to help members develop the best coping strategies to reduce the stress that often accompanies living with this chronic illness. Not only did the workshop provide educational information, leadership skill training, and ideas to incorporate into

Support Group meetings, but it was also an opportunity for Support Group Facilitators in the Southern California area to meet and network with one another. The training was a valuable learning experience for everyone. CDF is fortunate to have such enthusiastic and dedicated volunteers to help further our mission and increase awareness of our cause.

If you are interested in getting involved in a Support Group or becoming a Support Group Facilitator, please visit our website for more information (celiac.org/chapters).



From Left: Tenaya Custer, Janelle Smith, Kris Ledesma, Katrina Rubin, Karoliina Nauha, and Christine Cho

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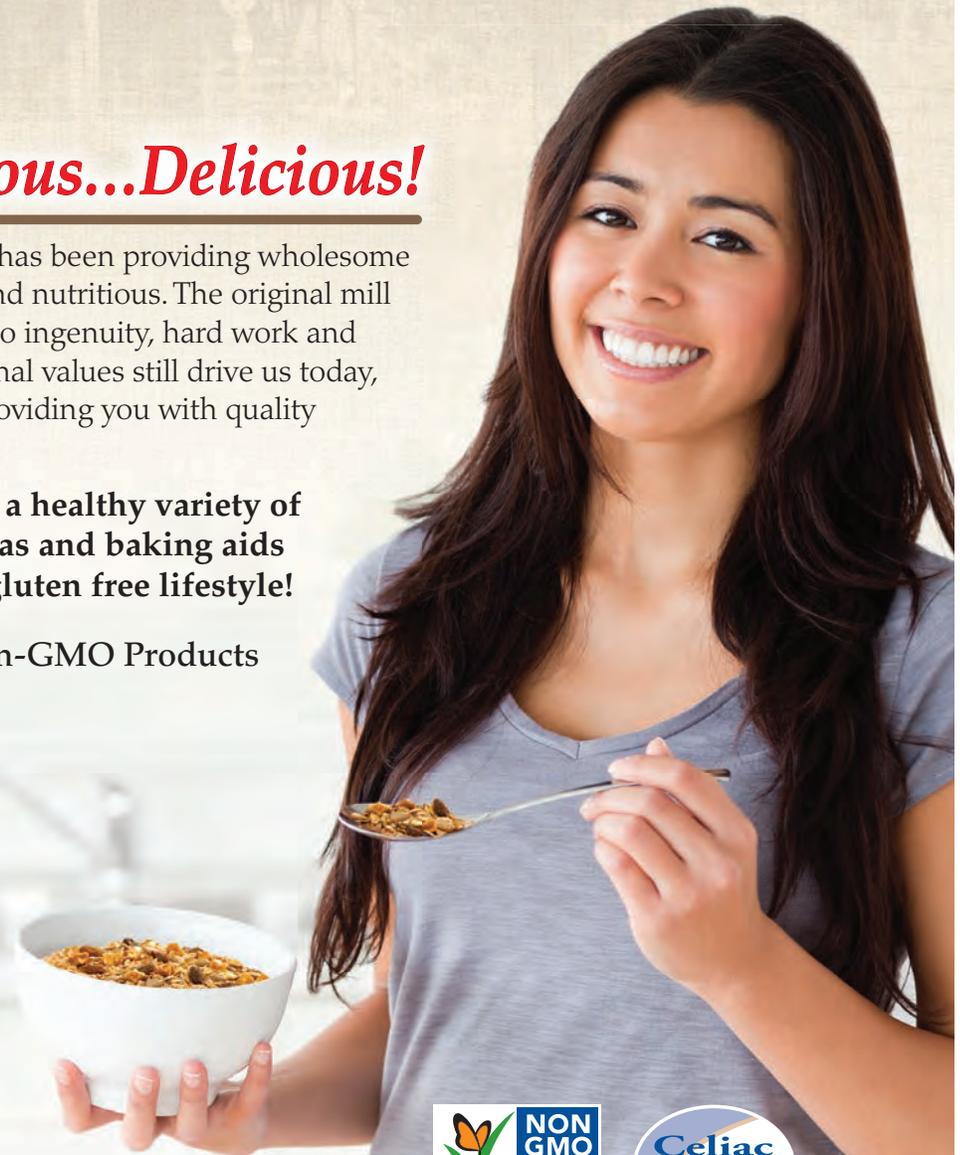


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2014 CDF Team Gluten-Free Year in Review

2014 was a great year for CDF Team Gluten-Free! This year, TGF Members from across the country hosted and/or participated in some amazing events. Celiac Disease Foundation knows how hard our CDF Team Gluten-Free Members work to raise donations, and we are so grateful to have them as part of our Celiac Disease Foundation family. Looking back at the past 12 months, we want to acknowledge some of our members whose commitment to TGF have really inspired us this year.

Chris Holland

spearheaded the **Week Without Wheat Challenge**, where he encouraged everyone to raise awareness for celiac disease by pledging to give up gluten for 7 days. What started as a May Celiac Disease Awareness challenge is now continuing year-round. The challenge gives non-athletes an opportunity to tackle a challenge from the comfort of their own homes by pledging to support a loved one with celiac disease by giving up gluten for seven days or more.



Chris and his son

Adrienne Bender

hosted her third annual CDF Team Gluten-Free Fundraising Lunch in Shrewsbury, New Jersey this September with wonderful results! She then went on to partner with Chloe + Isabel, an online jewelry boutique. Twenty percent of the proceeds using a special benefit link went back to Celiac Disease Foundation in October and November!



Adrienne Bender's kids

Alex is a 12-year old girl with celiac disease from a Chicago suburb. She is an avid long distance runner who takes ballet class, plays defense on her soccer team, and goes for long walks with her dog, Hermosa. Last year, she was diagnosed with celiac disease. She combined her love of running with her strong desire to help find a cure for celiac disease. On June 8, 2014, Alex held a 5K race in her town to raise money for Celiac Disease Foundation Team Gluten-Free!



Alex with her father

Laini Golden learned that her young daughter, Mia, had celiac disease, and she sprung into action. Laini first started in Mia's classroom at her school near Sacramento, California by educating Mia's classmates and teachers about what celiac disease meant for Mia. Laini then went on to create a TGF Walk-A-Thon so that each child in their community could get involved and support Mia. They have raised over \$6,000!



Laini Golden and her daughter Mia

It's Your Turn! Team Gluten-Free is CDF's community fundraising program that provides a simple way for athletes and non-athletes alike to get involved and raise awareness and funds for Celiac Disease Foundation's programs for advocacy, education, and advancing research. Fundraising efforts may include any event — from marathons to bake sales, movie nights to wedding favors — any way that you can have fun while raising funds. The possibilities are endless.

We are so grateful to have such amazing CDF Team Gluten-Free members. Next year is YOUR chance to join! Visit the TGF page at celiac.org/tgf to learn about other events and to find out how you can get involved!



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Year in Review *Continued from page 9*

and to sample the latest and best in gluten-free products.

Keynote speakers included world renowned experts and members of CDF's Medical Advisory Board, Dr. Alessio Fasano, author of *Gluten Freedom*, and the founder of Boston's Center for Celiac Research, and Dr. John Zone, Chairman and Professor of Dermatology at the University of Utah. In conjunction with the Conference, Dr. Fasano and Dr. Zone conducted Grand Rounds at Cedars-Sinai and UCLA Medical Centers, educating 300 medical staff and residents about the diagnosis and treatment of celiac disease.

Chapters & Support Groups

Through its Chapters and Support Groups, CDF provided education and support to more than **60,000 individuals** with celiac disease and other gluten-related disorders, and trained more than **5,000 school health personnel** in recognizing pediatric celiac disease.

At the National Office in Los Angeles, California, CDF staff responded to more than **40,000 email, web, and telephone inquiries** from people looking for information and support. CDF also provided direct education and support to tens of thousands of people through its monthly INBRIEF eNewsletter and quarterly INSIGHT print magazine.

CDF continued its vigorous outreach efforts to increase public understanding of celiac disease through national public awareness campaigns, speaking engagements, media appearances, and online and social marketing. Some of our accomplishments include:

- 4,000,000 visitors (and counting) educated at celiac.org — a 4-fold increase from 2013
- Continued #1 Google ranking as the leading source for information about celiac disease
- Tripled email subscribers
- Doubled Facebook and Twitter followers

CDF Gluten-Free Allergy-Free Marketplace

Next year will bring the debut of the CDF Gluten-Free Allergy-Free Marketplace, which

merges products and services into one source for the convenience of those with restricted diets. The Marketplace will be a one-stop-shop for gluten and allergen-free needs; it will allow consumers to add products to their shopping cart and either print out a shopping list or purchase the items on Amazon with one click. Consumers will also be able to learn about services offered by companies who directly support Celiac Disease Foundation's mission of timely diagnosis, treatment, and one day, a cure for celiac disease. The Marketplace is set to debut in early 2015 as an innovative and valuable resource to the gluten-free community.

25th Anniversary

For CDF's 25th Anniversary and in conjunction with May Celiac Awareness Month, the National Education Conference & Gluten-Free EXPO will again be held in Pasadena, CA. This year's National Conference will include a special Anniversary Banquet to recognize those who have played a key role in CDF's growth these past two decades.

Research

Celiac Disease Foundation continues to expand our efforts to improve the quality of life for all people affected by celiac disease and other gluten-related disorders. CDF is the trusted source for evidence-based medical information, with a commitment to providing summaries of scientific and clinical publications in easily comprehensible language. CDF actively supports vital initiatives to aid in the diagnosis and treatment of celiac disease.

In 2014, CDF continued its support of research at Olive View-UCLA Medical Center surrounding the incidence of celiac disease in low-income populations, and partnered with Alvine Pharmaceuticals to promote patient recruitment for its CeliAction study, a clinical trial of an oral treatment for celiac disease.

CDF also partnered with Quest Diagnostics in its CeliacAnswers campaign to encourage patients to request and doctors to order celiac disease testing for symptomatic patients and first-degree relatives of those with celiac disease. For May Celiac Awareness Month, CDF joined forces with LabCorp to promote genetic testing and screening

for celiac disease through an international campaign.

Furthermore, CDF provided a comprehensive didactic seminar at the National Education Conference this past June when Medical Directors from Alvine Pharmaceuticals, Quest Diagnostics, and LabCorp joined together for a biopharma panel to provide a unique and inspiring presentation of information about advances in the screening and treatment of celiac disease.

Celiac Disease Foundation has also been actively involved in the legislative process surrounding screening for celiac disease. This year, the U.S Preventive Services Task Force (USPSTF) was charged with drafting a research plan for the screening of celiac disease. The CDF Medical Advisory Board, together with the National Board of Directors, submitted a letter to USPSTF supporting and upholding the comments made by the North American Society for the Study of Celiac Disease (NASSCD) regarding the Task Force's draft research plan. Among other commentary, the NASSCD encouraged the USPSTF to focus on high risk individuals (those who are symptomatic, have associated diseases, or a family history) in their research.

Team Gluten-Free

Through a special gift from the Simon Family Foundation, CDF has been able to expand Team Gluten-Free, our community-based fundraising program. CDF Team Gluten-Free members help fund CDF's life-changing programs by racing, walking, hosting events, and supporting others in their community service endeavors. As funds raised doubled those of 2013, it is our pleasure to recognize our top Team members: Christopher Holland, Adrienne Bender, Alex Morris, Laini Golden, and Kaila Ryan.

We thank you for your continued support of and involvement with Celiac Disease Foundation, and with your help and commitment, we look forward to closing the diagnosis gap and assuring that all people with celiac disease and other gluten-related disorders receive the timely treatment they deserve.



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