

Celiac Disease Digest Newsletter

October 2010

Welcome

Welcome to the October edition of the Celiac Disease Digest Newsletter, a publication from the Celiac Disease Program at Children's National Medical Center. Our program is growing everyday and we are constantly expanding the programs and services we offer to patients to help support a gluten-free lifestyle.

In this month's newsletter, you'll learn all about how to manage Halloween on a gluten-free diet to ensure that all of the candy that you or your child eats is 100% safe. Also, be sure to take note of upcoming Gluten-Free Dinner Parties and how to cook up some delicious gluten-free meals. Happy reading!

Upcoming Events for the Celiac Program

Celiac Disease Challenge Grant

- Two very generous donors have agreed to donate \$5,000 to support the Celiac Disease Program at Children's National Medical Center if the program can raise an additional \$5,000 from the public. We encourage you to give as little as \$5 or \$10, which will be extremely beneficial and helps us reach the goal. Contribute today by visiting: <http://www.firstgiving.com/ceciac>.

Gluten-Free Dinner at Maggianos

- Monday November 22 at 7:30 pm
- Location: 5333 Wisconsin Ave. NW, Washington, DC (Friendship Heights Metro)
- Register at: <http://maggianosglutenfree.eventbrite.com>

Note From Lennie Clore, Celiac Program Coordinator

Fall is hands down my favorite season. I love pulling sweaters out of storage, admiring the fall foliage, and carving pumpkins. But if you are the family of a child who is newly diagnosed with celiac disease, some of fall's simple pleasures, like making pumpkin bread and trick-or-treating can become infinitely more complex and confusing. But before you hang up your plastic pumpkin bucket, rest assured we can help you and your little trick-or-treaters find your way back to enjoying everything fall has to offer!

The Celiac Disease Program at Children's National Medical Center is proud to present our new Parent Volunteer Program. The goal of this program is to provide a mentor for newly diagnosed families (who are interested in this type of guidance), to help them navigate life on the gluten-free diet. Volunteers will be paired with families based on the similarities of their lives (i.e. age of the child with celiac disease, family's location in the area, etc.) in an effort to create the best possible match.

Our volunteers are all "veterans" of gluten-free living, and can be an invaluable resource to you and your family! They receive a comprehensive training manual created by our program to ensure that they are up to date on the latest and most accurate information about celiac disease, and they are of course passionate about helping newly diagnosed families find their way!

If you are interested either in being paired with a volunteer or becoming one, please contact Lennie Clore at eclore@cnmc.org. Happy gluten-free trick-or-treating!



In this Issue:

- [Welcome](#)
- [Upcoming Events for the Celiac Program](#)
- [Note From Lennie Clore, Celiac Program Coordinator](#)
- [Volunteering for the Celiac Disease Program](#)
- [Safe Halloween Candy](#)
- [Recipe of the Month: Grandma's Old Fashioned Meatloaf](#)

Volunteering for the Celiac Disease Program

Volunteering for the Celiac Disease Program at Children's National can be both a rewarding and fulfilling experience. You'll meet lots of other families managing celiac disease, pass on your own wisdom, and hopefully learn even more about the gluten-free diet in the process.

There are several ways that our patients, their families, and community members can become involved with the Celiac Disease Program. Here's a brief glimpse at some of the opportunities.

1. Grocery Shopping Mentor Program
2. Gluten-Free Dinner Party Fundraisers
3. Washington DC Gluten-Free Vendor Fair
4. Bite Back at Celiac: A Gluten-Free Gala to Benefit the Celiac Disease Program
5. NBC4 Health & Fitness Expo
6. Gluten-Free Pajama Party and Gluten-Free Pizza Party
7. Celiac Disease Newsletter
8. New Patient Gluten-Free Baskets

If one of these opportunities interests you, contact Vanessa Maltin Weisbrod at vanessa.weisbrod@gmail.com or Ellen Clore at eclore@cnmc.org for more details. You'll receive a full manual explaining each opportunity in detail. We look forward to working with you!

Safe Halloween Candy

Courtesy of www.Celiac.com

As always, be sure to double check labels as ingredients change often in packaged foods.

3 Musketeers fun size

3 Musketeers Mint with dark chocolate

A

Act II Popcorn Balls

Albert's Gummy Eyeballs

Albert's Iced Halloween pops (lollipops)

Almond Joy fun size bars

Amanda's Own Confections

Chocolate shapes and chocolate lollipops

Annie's Organic Bunny Fruit Snacks

Applehead, Grapehead, Cherryhead,

B

Baby Ruth

Bazooka Big Mix (includes bubble gum, bubble gum filled candy, candy chews, and bubble gum filled lollipops)

Betty Crocker Fruit by the Foot

Wicked Webs Berry Wave mini feet

Betty Crocker Halloween fruit flavored snacks – "Gluten Free"

Bit•O•Honey

Butterfinger fun size

Big Blow bubblegum

Black Forest Gummy Tarantulas

Black Forest Gummy Fun Bugs

Juicy Oozers

Bubbly lollipop + gum

C

Candy Checkers (made for Target)

Caramel Apple Pops (lollipops made by Tootsie Roll)

Charleston Chew fun size

Mini Mentos

Mini Sour Dudes Straws

Monstaz Pops (jack-o-lantern lollipops)

Monster Hunt plastic monster eggs filled with candy bones, skulls and pumpkins (made for Target)

Mounds dark chocolate fun size bars

Mr. Goodbar

N

Necco's Sky Bar 4 in 1 chocolate bar

Nestle Milk Chocolate fun size bars

Nestle Raisinets (milk chocolate) fun size

Now and Later

O

Operation Gummy Candy

P

Palmer Peanut Butter Cups

Pay Day peanut caramel bar snack size

Peanut M&M's

Pearson's Bun candy - maple and roasted peanuts

Peeps Jack-o-lanterns, Ghosts and Chocolate

Mousse Cats – "Gluten Free"

Pez candy – "Gluten Free"

Pop Rocks

Pixie Stix

R

Charms Blow Pops
 Charms Candy Carnival
 Package (Blow Pops, Sugar
 Babies, Zip a Dee mini pops,
 Sugar Daddy, Pops, Sugar
 Mama Caramel, Tear Jerkers
 sour bubble gum, Blow Pop
 Bubble Gum)
 Charms Fluffy Stuff Spider Web
 cotton candy
 Chewy Atomic Fireballs
 Chewy Lemonheads and
 Friends
 Child's Play
 Colombina Scary Eyeballs
 bubblegum
 Colombina Fizzy Pops
 Comix Mix Candy Sticks (Tom
 and Jerry, Flintstones, Scooby
 Doo, Teenage Mutant Ninja
 Turtles, Popeye) – "Gluten Free"
 cracker Jack caramel coated
 popcorn and peanuts
 Disney Halloween Candy Mix
 (jelly beans, gummies, candy
 bracelets and candy characters
 from Cars, Tinkerbell and Toy
 Story)
 Dove pieces (Dark Chocolate,
 Milk Chocolate, Peanut Butter
 Milk Chocolate, Caramel Milk
 Chocolate)

D

Dots Gumdrops – including
 Candy Corn Dots (candy corn
 flavored), Ghost Dots (assorted
 fruit flavored), and Bat Dots
 (blood orange flavored)
 Dubble Bubble bubblegum
 Dum Dum Lollipops (including
 Shrek Pops) – "This product
 does not contain peanuts, tree
 nuts, milk, eggs, wheat or
 gluten. It has been
 manufactured on dedicated
 equipment."
 Dum Dum Chewy Pops – "This
 product does not contain
 peanuts, tree nuts, milk, eggs,
 wheat or gluten. It has been
 manufactured on dedicated
 equipment."

F

Farley's Kiddie Mix (includes
 Smarties, SweetTarts, Now and
 Later, Jaw Breakers, Super
 Bubble and Lolli-pops)
 Ferrara Pan Caramels
 Ferrara Pan Lemonhead &
 Friends candy mix (includes
 Applehead, Cherryhead,
 Grapehead, Chewy Lemonhead
 & Friends, Chewy Atomic
 Fireball, and Red Hots)
 Florida's Natural Healthy Treats
 Nuggets, Sour String, Fruit
 Stiks – "Gluten Free"
 Fright Fingers Popcorn Kit
 Frankford's Bugs Gummy
 Candy
 Frankford's Gummy Body Parts
 Frankford's Marshmallow Pals
 Fun Dip
 Fun Dip Sour

G

Game Night boxes of candy
 game pieces (includes

Rain•Blo Bubble Gum Eyes of
 Terror
 Raisinets
 Red Hots
 Reese's Fast Break candy
 bars and snack size
 Reese's Peanut Butter Cups
 snack size and miniatures
 Reese's Peanut Butter
 Pumpkins
 Reese's Pieces
 Reese's Select Peanut Butter
 Cremes
 Reese's Select Clusters
 Reese's Whipps
 Rolo chocolate covered
 caramels

S

Sixlets
 Skeleton Pops (lollipops)
 Skittles fun size – "Gluten
 Free"
 Skittles Crazy Cores fun size
 – "Gluten Free"
 Skittles Sour fun size –
 "Gluten Free"
 Smarties – the small pastel-
 colored candies sold in rolls,
 not Nestle's chocolate
 version) – "Contains none of
 the following: gluten (from
 wheat, barley, oats and rye),
 milk, egg, fish, crustacean
 shellfish, tree nuts, wheat,
 peanuts, or soy beans."
 Snickers
 Snickers Fudge bar
 Sour Patch
 Starburst Fruit Chews fun size
 – "Gluten Free"
 Starburst Gummibursts and
 Sour Gummibursts – "Gluten
 Free"
 Sugar Babies
 Sugar Daddy Caramel Pops
 Super Bubble bubble gum
 Swedish Fish treat size
 Sweethearts conversation
 hearts Forbidden Fruits
 (candy packaging of The
 Twilight Saga, New Moon the
 movie)
 Sweet's Candy Corn Taffy –
 "This product is Gluten Free"

T

Tootsie Pops (original and
 miniatures)
 Tootsie Rolls midgies and
 snack bars
 Transformers Candy Mix –
 gummy shields, fruit chews,
 candy shields, gum rocks

W

Warheads – Extreme Sour
 hard candy and Sour QBZ
 chewy cubes
 Wonka Bottlecaps
 Wonka Chocolate Laffy Taffy
 Wonka Giant Chewy Nerds
 Jelly Beans
 Wonka Giant Pixy Stix
 Wonka Gobstopper
 Everlasting
 Wonka Gobstopper Chewy
 Wonka Laffy Taffy Ropes
 Wonka Mix-Ups
 Wonka Monster Mix-Ups –

Operation, Sorry!, Monopoly,
Life, and Clue)
Grave Gummies (Yummy
Gummies)
Gummy Pirate Choppers

H

Heath milk chocolate English
toffee bar snack size
Hershey's Kisses - Milk
Chocolate Only!!
Hershey's Milk Chocolate snack
size bars
Hershey's Milk Chocolate with
Almonds snack size bars
NOTE: As of September 2010,
the only candies Hershey's
considers gluten-free are plain
milk chocolate Hershey's
Kisses, Hershey's Milk
Chocolate bar in the 1.55 ounce
snack size and Hershey's Milk
Chocolate with Almonds bar in
the 1.55 ounce snack size.
Hot Tamales – "Gluten Free"
Humphrey Popcorn Balls

J

Jolly Rancher hard candy and
Doubles Candy
Jolly Rancher lollipops and
sticks
Jr. Mints fun size
Jujyfruits

K

Kellogg's Spongebob
Squarepants fruit flavored
snacks
Kraft Jet-Puffed Boo Mallows
marshmallows

L

Lemonheads
LiveSavers Gummies

M

M&M's – original, peanut,
peanut butter
Mallo Cup
Marvel Heroes Candy Sticks
(Hulk, Spiderman, Wolverine) –
"Gluten Free."
Melster Peanut Butter Kisses
Milk Duds
Mike and Ike – "Gluten Free"

SweetTarts Skulls and Bones,
Spooky Nerds, Howlin' Laffy
Taffy
Wonka Nerds – carry a cross
contamination warning on the
Spooky Nerds orange and
fruit punch flavors
Wonka Pixy Stix
Wonka Runts
Wonka Runts Chewy
Wonka SweetTarts
Wonka Sweetarts (regular)
Wonka Sweetarts Chew
Wonka Sweetarts Giant
Chewy
Wonka Sweetarts Mini Chew
Wonka Sweetarts Chewy
Twists
Wonka Sweetarts Shockers
Wonka Tart N Tinys,
Wonka Tart N Tinys Chew
Wonka SweetTarts Boo Bag
Mix (SweetTart Chews were
OK, but other packages in the
bag were labeled with a
cross-contamination warning.
See list below.)

X

X-scream Mouth Morphers
Fruit Gushers – "Gluten Free"

Y

York Peppermint Patties
Pumpkins

Z

Zed Candy Skulls and Bones
(fruit flavored hard candy)

Recipe of the Month: Grandma's Old Fashioned Meatloaf

*Recipe from Vanessa Maltin Weisbrod
Makes 6 servings*

There's nothing like sitting down to a warm and hearty fall meal and this is one of my favorites! I remember being a little girl visiting my grandparents in Indiana and always looking forward to biting into my grandmother's sweet and savory meatloaf. This recipe is simple to prepare and cooks up in just about an hour. Your family is sure to love it and after one try, it will become a fall dinnertime favorite.

Grandma's Old Fashioned Meatloaf:

Yield: 6 servings

1 cup quick cooking Bob's Red Mill gluten-free oats
½ cup milk
2 pounds lean ground beef or ground turkey
1 cup diced onion
1 cup ketchup
2 eggs, lightly beaten

2 tablespoons Worcestershire sauce
2 tablespoons minced garlic
1 teaspoon salt
1 (14 ounce) can tomato sauce
1 tablespoon sugar
1 tablespoon Italian seasoning
½ teaspoon salt

1. Preheat oven to 350 degrees.
2. In a small mixing bowl, combine oats and milk. Stir together to wet the oats and let sit for 5 minutes.
3. In a large mixing bowl, combine milk-soaked oats, ground beef or turkey, diced onion, ketchup, eggs, Worcestershire sauce, garlic, and 1 teaspoon salt. Mix together well with your hands.
4. Lightly grease two loaf pans and gently press half the meat mixture into each pan.
5. In a clean mixing bowl, combine tomato sauce, sugar, Italian seasoning, and salt. Drizzle half of the sauce over each pan of meatloaf.
6. Bake for 60 to 75 minutes until the meatloaf reaches 170 degrees internal temperature or the middle is no longer pink.

Are you searching for gluten-free recipes? If the answer is yes, email your recipe needs to Vanessa Maltin Weisbrod at vanessa.weisbrod@gmail.com and check back in the next newsletter to see your recipe.

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