

CRAWLEY GLUTEN FREE GROUP NEWSLETTER 17 AUGUST 2008

1. We are still on our Summer break, until we re-start on the 20th September

2. Our web site has now been opened by another 5 countries, the Philipines, Saudi Arabia, Portugal, Bulgaria, Indonesia, so it has now been seen in 48 countries, with thousands of pages accessed.

3. WHATS HAPPENING, THE REST OF THE CURRENT YEAR 2008

3.1 Speaker on the 20th September will be from a GF Supplier Pure Flavour, so there should be lots of tasties.

3.2 On the 18th October we have a speaker from another GF Supplier Fayrefree Foods.

3.3 Speaker on the 15th November will be from Kate's Cakes.

3. NB. PLEASE CONTACT ME IF YOU WANT ME TO BOOK THIS XMAS LUNCH, I WILL NEED A £5 DEPOSIT P/P TO CONFIRM.

Proposed date is for Wednesday 17th December 2008, at 12.00 noon.

Xmas Lunch -- we have been contacted by the Europa Hotel, offering us another Xmas Luncheon as last year, namely:- Soup, Turkey, Vegetable Bake, Christmas Pudding, with a sherry on arrival, hats, crackers and decorations, for £8.95 pp, if we agree then a deposit will have to be paid in August/September.

The sherry would be served around 12.00noon followed by the meal at 12.30.

PLEASE LET ME KNOW ASAP IF YOU WILL BE ATTENDING OR NOT!

4. Dates for 2009 as in newsletter 16

January 17th, February 21st, March 21st, April 18th, May 16th

Summer Break till the 19th September 2009

September 19th, October 17th, November 21st

Xmas

5. What's happening in the world around us.

5.1 Have you heard of Quinoa whole grains, from an article in the US Livejournal it quotes 5 reasons why it should be tried:-

i) Price- Quinoa is inexpensive ii) Quinoa is gluten free iii) Quinoa is a good source of protein iv) Quinoa is loaded with minerals v) Quinoa is easy to cook

5.2 There are major changes in the US FDA Labelling for gluten-free items, which begin in August 2008. Gluten-free may be displayed if the content contains less than 20 parts per million (ppm) of gluten. It warns that small quantities of gluten, less than the established threshold may be present, so individuals must make their purchasing decision based on their individual sensitivity.

Issued by the Crawley Gluten Free Group, www.glutenfree-crawley.org.uk

Tel/Fax UK 01293 402862 or Cell 07950 118599