

**CRAWLEY GLUTEN FREE GROUP**  
**NEWSLETTER 20** **NOVEMBER 2008**

**What's happening now and for the rest of this year.**

1. We had a great meeting on the 18<sup>th</sup> October 2008, unfortunately Fayrefree could not attend, so really at the last minute we contacted DROSSA Ltd and Sheona agreed she could come along, give a talk and do some cooking. It turned out to be a really interesting meeting., with some unusual tasties. GF hot and spicy products, Dodie ran the raffle and Angela made the tea/coffee, (see a picture of Angela working in the kitchen, under this newsletter), thanks to you both, we couldn't exist without your help, also thanks to the others for helping in the kitchen.
2. On the 15<sup>th</sup> November we will be having a talk by Kates's Cakes, this should be very interesting, finding out their range of products and we hope tasting a few samples.
3. On November 14 till the 16<sup>th</sup>, there is a BBC Good Food Show being held in London, with a special area for Gluten Free foods, for more information call Sheona Tel:020 7431 9382.
4. Xmas lunch booked for Wednesday 17<sup>th</sup> December 2008, if there are people who haven't booked, but wish to come, please let me know, but unfortunately now you will have to pay the full amount, we currently have 19 people.  
**Final payment due for the Xmas lunch is the 26<sup>th</sup> November 2008.**
5. For your information, next year our Saturday meeting dates have nearly all been filled by speakers, we still have just 3 dates available
6. Plans for our second Anniversary Feb 2009 are now published on our web site under Future Events 2009.

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

7. It will come as no surprise to us, that Gluten Free Food is considerably more expensive than non-gluten free. A USA study by the Dalhousie Medical University, on 56 GF Products found that dollars per gram, the GF Foods were 242% more expensive than regular products. We could have told them that couldn't we!.
8. Canada has released an approved, simple yet accurate, method to determine if someone is susceptible to the Coeliac disease. Its called the Biocard Celiac Test Kit, an at home test that measures IgA antibodies from a fingertip blood sample. This test proves whether a person has the celiac disease or is developing the disease, one then still needs to see a doctor. According to their survey of over 5,000 members, the average time to be diagnosed was 12 years.

Issued by The Crawley Gluten Free Group  
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