



Gluten-Free Trading Co.

Customer Update

April 2003



Gluten-Free Trading Co. • 604A W Lincoln Ave • Milwaukee WI 53215 • 1-888-993-9933 • 414-769-7107 • info@gluten-free.net

Bionaturae Pasta Sale: 12 oz Bags Just \$2.99!



Bionaturae is a premium-quality organic pasta from the Tuscany region of Italy. This month you can try it at exceptionally low price! Bionaturae cooks and tastes like traditional wheat-based pasta. Unlike many gluten-free pastas, it requires no rinsing after cooking. Choose from four shapes:

- 1 Elbows.
- 2 Spaghetti.
- 3 Fusilli (Spirals).
- 4 Penne Rigate (Tubes).

Ingredients: Rice flour, rice starch, potato starch, and soy flour.

WF GF Organic 12 oz Bag ~~\$4.09~~ SALE \$2.99



Let's Do Gummi Bears \$2.09

The Easter Bunny has been thinking about these yummy gummi bears every day. We offer four varieties. All of them are organic, vegan and made without gelatin!

- 1 **Classic Gummi Bears (Purple Box)**
Ingredients: Corn malt syrup, dehydrated cane juice, fruit & vegetable juice concentrates (lemon, apple, red beet, apricot, carrot), spinach powder, apple pectin, citric acid, natural fruit flavors, carnauba wax (from palm trees), expeller-pressed sunflower oil.
- 2 **Jelly Gummi Bears (Yellow Box)**
Ingredients: Corn malt syrup, dehydrated cane juice, apple pectin, fruit juice concentrates (apple, pineapple, apricot, elderberry, lemon), spinach powder, citric acid, natural fruit flavors.
- 3 **Super Sour Gummi Bears (Green Box)**
Ingredients: Corn malt syrup, dehydrated cane juice, apple pectin, fruit juice concentrates (apple, pineapple, apricot, elderberry, lemon), spinach juice concentrate, citric acid, malic acid.
- 4 **Black Licorice Bears (Red Box)**
Ingredients: Corn malt syrup, dehydrated cane juice, beet syrup, licorice powder, agar agar, natural flavors, salt, carnauba wax, expeller-pressed sunflower oil.

WF GF Milk-Free Organic 3.5 oz Box ~~\$2.49~~ SALE \$2.09

Update On Our Move

The bulletproof glass was removed in March, but the interior work fell behind schedule. It looks like we will have to delay the move until June.

STORE & CATALOG HOURS (CHJDT)

Monday Closed
 Tues-Fri 10-1 & 2-7
 Saturday 10:00-5:00
 Sunday 11:00-4:00

Copyright 2003 Gluten-Free Trading Company, LLC

Easter Features: Hot Cross Buns, Bunny Cakes & Easter Cookies

Look for these traditional holiday favorites in our freezer (El Peto items shippable in the one-day zone):

- 1 **El Peto Hot Cross Buns**
Bun Ingredients: Gluten-free flour mix (potato starch, potato flour, white rice flour), water, raisins, mixed fruit, brown sugar, sunflower oil, eggs, whey powder, xanthan gum, salt, gluten-free yeast, gluten-free spice mix. Topping ingredients: Rice flour, water, sunflower oil.
WF GF 17 oz Package (8 Buns) \$4.59
- 2 **El Peto Easter Cakes with Bunny Decorations.**
Ingredients: Almond paste, whole eggs, gluten-free flour mix (potato starch, potato flour, white rice flour), milk-free margarine, ground filberts (hazelnuts), sugar, guar and/or xanthan gum. Icing: White fondant. Bunnies: Royal icing (egg white, icing sugar, color). Egg-shaped decorations: Sugar, glucose, invert sugar, lemon juice, flavor, color, cocoa powder.
WF GF Milk-Free 10.5 oz Cake \$5.29
- 3 **Gluten-Free Delights Spring Cookies.** This month's shapes include eggs, duckies, butterflies, flowers, and stars. Sorry, not shippable.
Cookie Ingredients: White rice flour, butter, sugar, egg, GF vanilla, xanthan gum, cream of tartar, baking soda, salt.
Frosting Ingredients: Powdered sugar, milk, butter, GF vanilla, GF coloring & topping.
WF GF 5 oz bag \$4.29

New Seasonings in Thai Kitchen Noodles



Thai Kitchen Instant noodles are a tasty substitute for ramen noodles. The recipes for the seasoning packets have recently been changed. *The Thai Ginger & Vegetable and Bangkok Curry flavors now contain milk protein (casein).* All flavors may contain traces of peanut.

- 1 **Spring Onion (Mild).**
Noodle ingredients: Rice flour, water, tapioca. Seasoning packet: Green onions, onion, turmeric, pepper, sugar, salt, natural flavors, soybean oil, citric acid. Oil packet: Soybean oil, chili, garlic, shallot, vitamin E.
- 2 **Garlic & Vegetable (Mild).**
Noodle ingredients: Rice flour, water, tapioca. Seasoning packet: Garlic, ginger, chili, basil, green onions, sugar, salt, maltodextrin, natural flavors, soybean oil. Oil packet: Soybean oil, chili, garlic, shallot, vitamin E.
- 3 **Thai Ginger & Vegetable (Medium).** *Contains casein.*
Noodle ingredients: Rice flour, water, tapioca. Seasoning packet: Gallangal (Thai ginger), garlic, onion, green onion, pure cane sugar, salt, maltodextrin, coconut milk, milk protein powder, natural flavors, citric acid, soybean oil. Oil packet: Soybean oil, chili, garlic, shallot, vitamin E.
- 4 **Bangkok Curry (Medium-Spicy).** *Contains casein.*
Noodle ingredients: Rice flour, water, tapioca. Seasoning packet: Salt, pure cane sugar, coriander, cumin, turmeric, cardamom, chili, pepper, natural flavors, maltodextrin, coconut milk, milk protein powder, soybean oil. Oil packet: Soybean oil, chili, garlic, shallot, vitamin E.
- 5 **Lemongrass & Chili (Spicy).**
Noodle ingredients: Rice flour, water, tapioca. Seasoning packet: Lemongrass, onion, chili, lime, garlic, green onion, salt, pure cane sugar, citric acid, shrimp powder, tamarind, natural flavor. Oil packet: Soybean oil, chili, garlic, shallot, vitamin E.

WF GF 1.6 oz packet \$0.69

Gluten-Free Kids Camp August 5-8 in Minnesota

Get ready for summertime fun! The Twin Cities R.O.C.K. (Raising our Celiac Kids) has announced that the 2003 Gluten Free Fun Camp will take place at Camp Courage near Maple Lake, Minnesota on August 5th through 8th. Previously known as the Friends of Celiac Disease Research *Ben's Friends* summer camp, the event provides an exceptional opportunity for celiac kids and their siblings ages 8-17 to enjoy a wide range of activities, make friends with other young celiacs, and enjoy worry-free, gluten-free summer camp food.

Camp Courage is a barrier-free residential camping facility located on the shores of Cedar Lake. Set on over 300 acres of lakeshore, woods, and fields, the camp offers a variety of age-appropriate recreational activities such as swimming, tubing, canoeing, sailing, fishing, nature hikes, and wagon rides. Trained counselors live with the campers, providing a well-monitored environment for the youngsters, and an on-site medical staff is available in case of emergencies. Bev Lieven, Director of Education for Friends of Celiac Disease Research and the Coordinator of the Milwaukee Celiac Sprue Crew will oversee the preparation of meals to assure that all of the food is completely gluten-free.

The fee is \$235 per camper, with a registration deadline of May 31, 2003. Reservations are on a first-come-first-serve basis and are expected to fill up quickly. For more information please contact Katie Weidner by telephone at 507-263-4254 or e-mail kweidner@cvtel.net.

BOND With FRIENDS At 10 May 2003 Benefit

BOND...James Bond. FRIENDS...Friends of Celiac Disease Research. It's a 007 Night With the Friends Who Love You, Saturday 10 May 2003 at Brynwood Country Club, 6200 West Good Hope Road, Milwaukee, Wisconsin, USA. The motive for this suave, fun-filled operation is no mystery: to raise funds for celiac disease research and awareness promotion. Exchange integral: GF-BANQUET. For further instructions ring Agent Monneypenny on 414-540-6679. This message will self-destruct in 10...9...8...

University of Chicago Celiac Program GF Cocktail Reception April 26, 2003

The University of Chicago Celiac Disease Program will hold its Third Annual Gourmet Gluten-Free Cocktail Reception and awards ceremony on Saturday, April 26, 2003 from 4:00-7:00 pm. The fundraiser will take place at the Gleacher Center in downtown Chicago and will feature scrumptious hors d'ouvres and buffet by Wolfgang Puck Catering. Headed by Dr. Stefano Guandalini, the University of Chicago Celiac Disease Program is the first center in the Midwest dedicated exclusively to celiac diagnosis and treatment. For details call 773-702-7593.

Know Your Ingredients

STARCH, FOOD STARCH and MODIFIED FOOD STARCH. *In its most general sense, "starch" refers to certain carbohydrates that occur naturally in various types of plants such as cereal grains, tubers, and pulses (peas/beans/lentils). Some of the most frequently used edible starches include corn, wheat, rice, tapioca, potato, and pea. All starches form thick pastes when cooked with hot water, but there are significant differences in the texture, viscosity (thickness), and stability of each type of starch paste.*

The term "food starch" includes any starch (or mixture of starches) that is legally permitted for use in foods. There are two categories: "native" (minimally-processed) and "modified." The starches used in home cooking are generally native starches, while those used in processed foods tend to be modified starches. "Modified" means that the starch has been physically or chemically treated to change characteristics such as texture, moisture absorption, binding ability, or freeze-thaw stability. Physical modifications include treatment with heat or moisture, as well as various drying techniques. Chemical-modifications include treatment with acids or enzymes, as well as processing the starch so that it takes on some of the characteristics of related ingredients such as pectins, fats, or sugars. These physical and chemical processes sometimes combine more than one type of starch to create a product that has a unique set of characteristics. Modified starches are often designed for very specific applications; for example the modified starch intended for use in low-fat salad dressing might not be appropriate for use in a frozen dinner (this may help explain why food manufacturers are sometimes reluctant to give out information about the starches they use: they may not want their competitors to figure out the recipe). All native starches are allowed for use in food, but the range of chemically-modified starch for food use is restricted by US and European regulatory agencies.

On US food labels, the word "Starch" by itself is supposed to denote unmodified corn starch. "Food Starch" may be any type of starch, including wheat. On European labels this distinction is not observed. Our advice: if the product is not labeled gluten-free, always check to find out what kind of starch was used.