

We are fast approaching our 3 month anniversary. We have been so overwhelmed by the tremendous response that we have had for our little venture. Thank you all so very much for supporting us and allowing us to be your gluten-free solution.

If you happen to drive by and see that our sign is gone, have no fear, we are still here - sign just fell down.

See you at the store for all your gluten-free needs.

The Bell Family

New at the store this month

Nature's Path - Mesa Sunrise cereal
And 26 oz. corn flakes,

If you have a certain product that you love, let us know and we will try our very best to get it for you.

Recipe of the Month

Sugar Cookies

1 cup shortening
1 cup sugar
2 eggs
5-6 cups GF flour blend
1 tsp. salt
1 tsp. baking soda
1 tsp. vanilla
1 cup sour cream or 1 cup milk or other non-dairy liquid and 1 Tbs. vinegar.

Cream shortening and sugar. Add Eggs and beat until smooth. Add Salt, baking soda, and vanilla. Alternately Add sour cream and flour. Roll out with Plenty of flour so cookie won't stick to Roller. Bake at 350 for 8-10 minutes.

Do not allow the top of the cookie to Brown, they will be overdone. Allow to Cool before frosting, or eat plain.

How to Successfully Read Labels 101

This was provided by the American Celiac Disease Alliance and was modified.

Step 1 - is wheat in the ingredient list or is it listed in an allergen statement beneath the ingredient list?

If yes - **STOP!** - this product is not gluten-free.

If no, proceed to Step 2.

Step 2 - in reading the ingredient list, is there barley, rye, malt or oats listed?

If yes - **STOP!** - this product is not gluten-free.

If no - proceed to Step 3.

Step 3 - is there modified food starch, caramel coloring, artificial or natural flavor, artificial color, or starch listed in the ingredient list with no statement as to the source, i.e., modified food starch (corn).

If yes - **STOP!** - this product may not be gluten free. Call the manufacturer for clarification and confirmation as to the source. Remember - When in doubt, do without!!

If no - this product is gluten free and safe.

Kraft, Conagra and Unilever voluntarily list whether their products contain gluten.

January coupon is an extension of the December coupon as many of the December Newsletters did not get mailed out.
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