

TASTE FOR LIFE



THE SCHÄR MAGAZINE FOR A TASTEFUL LIFE

your life

XVth Year - 2/2009 - Schär USA Nr. 1



Gluten-Free
School Guide

Introducing
Oscar

Pasta -
Everyone's favorite dish!

Our credo: innovative solutions for enhanced quality of life

Providing innovative solutions which continually contribute towards improving the lives of those with celiac condition has been Schär's strategy for more than 25 years.

As pioneers and undisputed European market leaders in the area of gluten-free food, the South Tyrolean company chose to focus on research and development very early on. Today, just as has always been the case, Schär stands for high-quality solutions to problems.



The fact that it has also been possible to pay special attention to taste can be attributed to sophisticated manufacturing processes along with stringent demands in terms of safety and quality. Innovative product ideas ensure that there is variety in the daily diet of people with celiac condition. The product portfolio, which is by far the most comprehensive in the gluten-free market,

includes gluten-free flours, an extensive range of pasta and bread and a variety of bread substitute products, biscuits, snacks and much more. The range is rounded off with our own selection of organic products.

High safety standards require a flawless quality assurance system, which begins with rigorous inspection of raw materials and continues right through to the monitored transportation system.

Consumer requirements are our prime motivation

Your needs are our most important incentive for optimisation and innovation. We have hundreds of meetings with consumers every year so that we can keep up to date with your needs. Consumer consultations, market research and our complaints handling process let us know exactly what we have to do in order to improve. As people continue to advance, we make sure that we do too.

Research and development allow us to constantly provide new, improved solutions

Our research & development team, which deals with product development, ensures that our range is sufficiently varied. Cooperation with research institutes and universities and participation in specialist forums and working groups means that Schär always keeps a finger on the pulse of the celiac community. Our principles are quality, enjoyment and safety – innovation is what we need to ensure that we are always able to offer new, improved solutions.

I hope that you enjoy our North American premier edition of Your Life!

Ulrich Ladurner



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Schär Family

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Cooking

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Ten reasons to put your trust in Schär

- 25 + years of experience and leadership in the European market
- Setting the standards for taste and quality as the gluten-free industry leader
- Uses highest standard for testing and monitoring of ingredients and final product
- Naturally Gluten Free
- Most products are lactose free
- Freshness without preservatives
- No hydrogenated or trans fats
- Quality oils: sunflower seed or olive
- Uses whole flours naturally rich in nutrients rather than starches
- In addition to being gluten-free, some products are also casein free

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Wellbeing

Pasta!



Parents

When children travel alone

TASTE FOR LIFE



Schar USA
 1050 Wall Street West
 Suite 203
 Lyndhurst, NJ 07071
www.schar.com

introducing our newest products

Bread crumbs

We are introducing gluten-free bread crumbs to our US line of Schär products. These fine gluten-free bread crumbs will make your mouth water. They add the perfect taste and crunch that everybody loves!



Fusilli

The fusilli shape pasta is a fabulous base for a main course. Toss with sautéed vegetables or top with your favorite sauce and voila - dinner is a success!



Multigrain Bread

Hearty gluten-free multigrain slices with whole grain goodness. The perfect tasty and heart healthy loaf.



Italian Breadsticks

This traditional Italian breadstick made with extra virgin olive oil is the perfect snack or accompaniment to any meal.

www.schar.com

Everything at the touch of a button: new Schär website with information on gluten-free living and download center in 19 languages!

We would like to introduce you to Schär's web page.

We would like to introduce you to Schar's web page. In addition to great information, new feature articles each month, and world famous recipes, we have some other very exciting features.

The image shows a screenshot of the Schär website with several callout boxes pointing to different sections. The website has a navigation bar with links for HOME, ABOUT SCHÄR, NEWS & EVENTS, NEWSLETTER, CONTACT, and ONLINE STORE. Below the navigation bar are tabs for Cooking & baking, Gluten-free products, Celiac Disease & nutrition, and Gluten-free life. The main content area features articles like 'Summer on a plate', 'Avoiding the school blues', and 'Oscar's recipe collection'. There are also sections for 'Product finder', 'Points of sale around the world', and 'Just diagnosed?'. At the bottom, there are promotional banners for 'The success of very dish', 'Eating is a celebration', 'Sweet temptations', and 'Be creative with your seasoning'. The callout boxes provide detailed information about each of these features.

News and events
Under the news and event tab you will find an updated list of lectures, vendor fares, meetings and other related gluten-free news.

Gluten-free life
This section offers tips and information on gluten free dining out, travel, school etc.

Newsletter
In our newsletter section you'll find new articles each month covering a wide range of topics.

Contact
The contact us tab is just that – please contact us for any questions you may have or if there is a topic you would like to see us address in the newsletter section..

Online Store
Our newest feature is the on line store. Here you can order your favorite products and have them delivered directly to your door. Watch for new items as we expand our US line to include more of the favorites from our European line of products.

Just diagnosed?
This section has great information for the person who has just been diagnosed or for the person who may have a question or two.

Store Locator
On the bottom of the page under points of sale you can locate the store nearest you using our store locator. This list will be updated as we add more chains and stores to our current list of retailers.

Cooking and baking
Please check out our cooking and baking section for mouth watering dishes. Recipes include everything from appetizers to desserts - even seasonal favorites!

Gluten-free products
Our list of gluten free products will continue to expand. Check here for the latest updates.

Celiac Disease & Nutrition
Here is the information you need to be not only gluten-free but healthy too!

Avoiding the school cafeteria blues

The slight brisk feel to the early morning air ushers in the month of September. Whether your child is in preschool or college, the month of September means it is back to school time. From novice to veteran starting a new school year brings with it a certain amount of trepidation. Starting the school year gluten free can present its own unique challenges. However, with careful planning, getting the right information to key people will make the process as easy as any first day of school.

No matter what grade level your child is entering, the most important aspect of getting ready for school is being positive and planning. Open dialogue with the classroom teachers, school nurse, and cafeteria workers is vital. Although the issues of cross contamination, label reading, and maintaining a strict gluten free diet are of ultimate importance, emphasizing the ease of using naturally gluten free foods, the health benefits of less processed foods, and the focus on good hand washing are a benefit to all.

In preschool and grade school snacks and crafts are probably the biggest hurdles. Check with the classroom teacher as well as the art teacher that your child has access to wash their hands after each activity. Although the hand sanitizers do a great job on the usual dirt and germs it will not remove any residual gluten found in some craft supplies. For snacks there are really two different issues. The first is the usual planned snack. For these you can supply you child with a wide range of gluten free snacks. Make sure the teacher understands the only one way share policy. This policy of allowing your child to share their snack so they feel involved but

not exposed to gluten in another child's snack. The second issue is the unplanned celebration. For these it is important to have a back up plan. One that allows your child to be empowered is to obtain a shoe box size container. Let your child decorate it and put his name on it. Let him fill it with his favorite snacks - even goodies! Then when there is an unexpected celebration that involves a snack your child can go to the snack box and pick any snack he or she wishes!

In middle and high school the focus is on the group. Students strive to be like their peers. Being different from any perspective is cause for distress. Therefore a lot of background work needs to be done. Check with the cafeteria staff to see if they would offer naturally gluten free items on the menu for everyone. These choices are often healthier options like grilled chicken tenders, taco salad, and a yogurt parfait with fresh berries. If these foods are in the cafeteria in place of the breaded tenders or some other traditional fare it will be easier for your child to make a safe gluten free

selection without appearing different. The other areas to do some background work are the local spots where the kids gather. The local pizza shop, the coffee shops, even the diner. Talk to the managers; ask for their help in either having a few gluten free items on their menus or having naturally gluten free items available. Go to each of these establishments with your child over the summer so they can practice ordering safe gluten free items and enjoy a great snack or meal with the satisfaction of accomplishment!

For college age students the dining halls tend to be somewhat easier. The students are more self assured. There is usually a greater variety of foods offered. Make sure to make an appointment with the food service director part of your usual college tour. Planning ahead with the director will ease the transition from home to school.

We have put together some helpful strategies, a sample letter and a cafeteria survival guide to help you maneuver through the school halls successfully.



School Planning Strategies

Grade Level	Strategies
Pre school	<ul style="list-style-type: none"> ★ provide prewrapped snacks ★ provide a frozen meal for emergencies ★ provide cafeteria staff with list of safe foods ★ make sure the student has access for washing hands with soap and water rather than just a hand sanitizer ★ only one way share rule
Grade school	<ul style="list-style-type: none"> ★ create a snack box with your child ★ make cupcakes to be kept in the freezer for unexpected celebrations ★ provide a frozen meal for emergencies ★ work with cafeteria staff to provide gluten free versions of the usual cafeteria offerings: GF chicken nuggets, pizza ★ check with teachers on a routine basis for upcoming events that may involve food or snacks ★ make sure the student has access for washing hands with soap and water rather than just a hand sanitizer ★ only one way share rule
Middle and High School	<ul style="list-style-type: none"> ★ research cafeteria for naturally gluten free offerings such as grilled chicken, tacos ★ make arrangements with local cafés, diner etc where kids tend to gather, to carry at least a few either naturally gluten free items or prepared gluten free items
College	<ul style="list-style-type: none"> ★ contact the director of dining services <ul style="list-style-type: none"> *check for gluten free meal plan *schedule an appointment with the director for when you are visiting the school *schedule a tour of the dining hall that will be providing your meals ★ check to see if apartment style rooms are available ★ locate local markets and restaurants that provide gluten free options

Gluten Free School Meal Guide

General directions to give the food service staff:

Food needs to start naked/plain.
Please do not marinate, coat, dredge, or bread any of the foods.
No sauces please. Use only olive oil, lemon and plain butter.
No wheat, rye or barley. This includes ingredients like soy sauce and malt.
It also includes oils that have been used to fry other foods.

The smallest amount of crumbs or contamination will make me very ill.
I appreciate all your effort. Thanks!

Main dishes:

- Cheese and fruit platter – No crackers or bread
- Grilled Chicken Caesar salad – No croutons
- Deli meat platter – No bread or crackers
- Grilled chicken breast with oil only – No marinade
- Grilled fish with lemon only - No marinade - No bread crumbs
- Broiled all meat burger – No bun
- Broiled steak or chop – No marinade – No stuffing
- Eggs, omelet, fried, boiled / not scrambled

Safe sides:

Grilled vegetables
Mixed green salad
Fresh fruit cup
Rice; plain brown or white – No pilaf – No fried rice
Baked potato
Roasted potato
Yogurt

Safe Desserts:

Ice cream
Fruit, fresh or canned
Popcorn



Gluten-Free out and about – No worries

Following a gluten-free diet does not mean that your social calendar has to be changed or that you cannot eat out and enjoy care-free visits to your favorite restaurants, cafes and snack-bars. In fact, a gluten free diet often helps us focus on good healthy eating even when we are dining out. To guarantee that the food is safe from cross contamination does mean extra planning.



- Be sure to know what foods are allowed on a gluten-free diet and which to avoid. Knowledge is really power in being able to plan ahead!
- Become familiar with different ethnic cuisines – some ethnic foods are naturally gluten free while others tend to use sauces that may contain hidden sources of gluten. When in doubt plain, naked food is always best.
- Call the restaurant or even stop by at a nonbusy time so you can talk to the manager or chef. Checking with the chef ahead can alleviate questions when it comes time to order. It will also give you the peace of mind that your meal is being handled by someone that you have direct contact with.
- If you did not have the opportunity to speak to the restaurant staff ahead let the waiter know that your meal requires special handling. Then order your meal with exact instructions (grilled salmon with only lemon juice – nothing else, a side of baked

potato and grilled vegetables – the repeat nothing else on the plate or on the food). It may not hurt to let the waiter know that you will get very ill if your instructions are not followed exactly.

- Many support groups also have partnered with their local restaurants and many are now offering complete gluten-free meals and some even have complete gluten free menus. You can find lists of restaurants at www.glutenfreerestaurants.org and by contacting your local celiac support group.
- Many support groups, travel services and internet sites have preprinted cards (often in a variety of languages) that you can bring to a restaurant to be given to the waiter and chef.
- If you plan to travel overseas here are lists of websites that can help you navigate your way gluten-free around the world. A list of tested restaurants in which gluten-free food is served can be obtained, for instance, from numerous European celiac societies, among which are the German celiac society known as Deutschen Zoeliakie Gesellschaft, the Austrian celiac society known as Österreichischen

Arbeitsgemeinschaft Zoeliakie, the celiac society in the German speaking region of Switzerland known as IG Zoeliakie der Deutschen Schweiz, the celiac society in the Italian speaking region of Switzerland known as Gruppo Celiachia della Svizzera Italiana, the Italian celiac society known as Associazione Italiana Celiachia, the British celiac society known as Coeliac UK and the Spanish celiac society known as Asociación de Celiacos de Catalunya.



So a delicious world of good eating awaits you whether it is your local restaurant or a restaurant half a world away. The important thing to remember is to plan ahead, be familiar with the restaurants cuisine, know your alternatives and which foods to avoid. Then sit back, relax and enjoy the meal!
Bon appetite!

Resources for Dining Out and Travel

Gluten Free Restaurant Awareness Program: www.glutenfreerestaurants.org
 Gluten Free Passport: www.glutenfreepassport.com
 Bob and Ruth's Dining and Travel Club: info@bobandruths.com
 Gluten Free Travel Agency: www.glutenfreetravel.com
 Gluten Free travel information: www.celiactravel.com
 Gluten Intolerance Group: www.gluten.net
 Celiac Disease Foundation: www.celiac.org
 Celiac Disease Awareness Campaign: www.celiac.nih.gov
 American Celiac Disease Alliance: www.americanceeliac.org
 National Foundation for Celiac Awareness: www.celiaccentral.org
 Celiac Sprue Association: www.csaceliacs.org
 American Dietetic Association: www.eatright.org

We proudly present, Oscar...

In this issue we would like to introduce you to a new face; actually new for you, but not for us! His name is Oscar. He is one of our very qualified cooks in our test kitchen. He tests every

recipe step by step before we offer it to you.

Oscar is not just experienced but creative as well. In all the years he has worked as a cook with Schar he still takes great pleasure in cooking and experimenting. He has been our consultant for new recipes and products for many years and now his know-how is also available for you.

You will see Oscar very often: here in the Your Life Magazine, in our recipe collections, and at gluten free events. He also has his own column at our remodelled homepage. On the web page you will be able to ask Oscar questions and get tips and recipes. His distinctive outfit white apron, chef's hat, and funny little glasses will let you know you are in for a taste treat.

Plenty of tips and tricks

You can ask him for advice anytime. In all the years he has been with Schar, he compiled an incredible collection of recipes, and gained in-depth experience with our naturally gluten free mixes and pro-

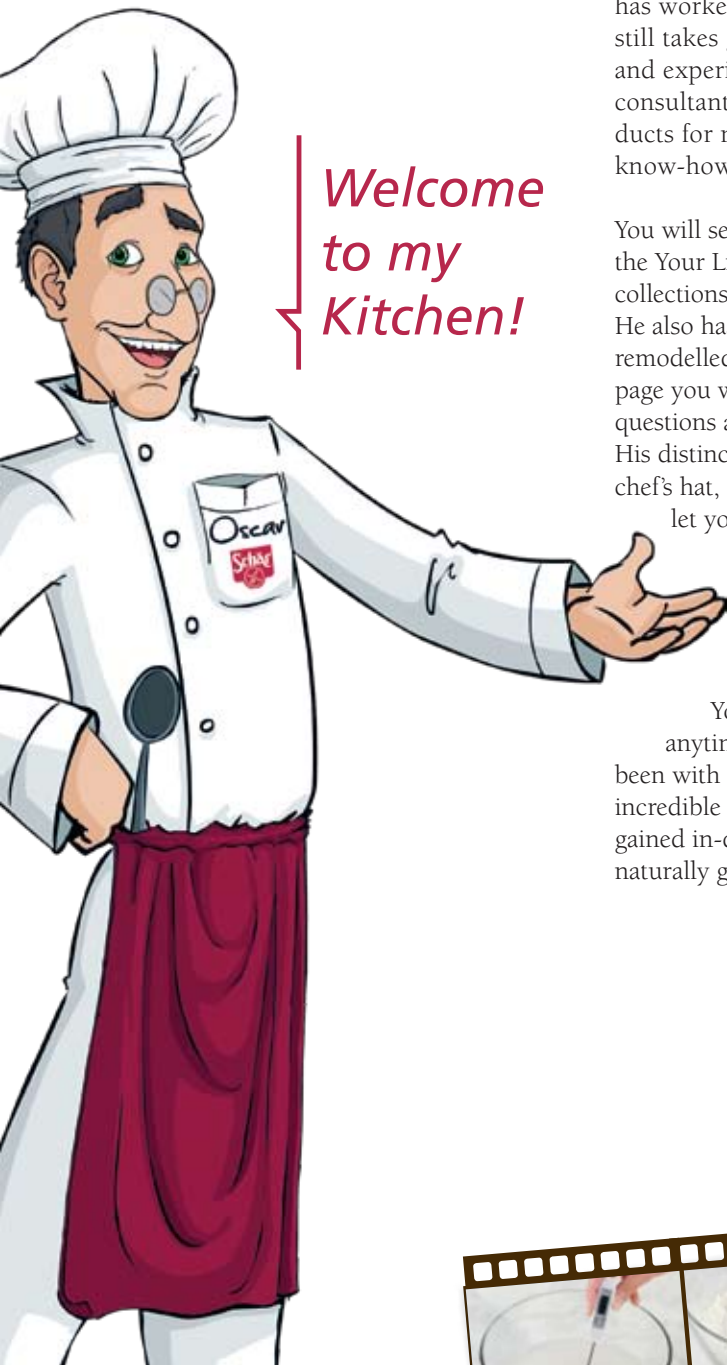
ducts. He can help guide you through all kinds of cooking or baking. His specialty is baking and here he is unbeatable.

He knows answers to all your questions and has a lot of tips, tricks, and even some short cuts that can help your dishes become even more delicious.

Oscar also loves people to look over his shoulder while he is cooking and he really likes talking about his recipes. He would also love to be the contact person between you and our production staff. He looks forward to receiving many questions and suggestions from you which he will refer to our Research and Development department.

In this issue Oscar has four interesting recipes for the late summer early fall cuisine: the time that tomatoes, vegetables and fruit explode with flavor. Focaccia and Quiche, both in sweet and salty versions, with fruit and vegetables and certainly pasta. So you can savour the wonderful flavours of summer and anticipate the crisp textures of fall in your own kitchen.

Welcome to my Kitchen!



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Apple Crisp

Ingredients

6 large apples; skinned, sliced thin, $\frac{3}{4}$ cup sugar, 1 teaspoon cinamon, $\frac{1}{2}$ tsp nutmeg, $\frac{1}{4}$ cup corn stach

Topping

1 cup crushed Schar shortbread cookies, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoon cinnamon

Directions

1. Heat oven to 350 degrees. 2. Prepare apples. Wash, skin, remove core, cut into thin slices. Place in large bowl. 3. Combine corn starch, spices and sugar together. 4. Add to apples, mix well. 5. Place apple mixture into 8 inch baking dish. **Make topping:** 6. Crush cookies, add cinnamon. 7. Mix butter with sugar, combine with cookies, mix until resembles coarse meal. 8. Place topping mixture on top of apples. . Bake for 40 minutes or until apples bubble in 350 degree oven.

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Sweet Focaccia

Ingredients 1 package Schär Bread Mix, 1 package yeast, 1 $\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup butter, 1 egg, 1 pinch of salt, $\frac{1}{2}$ cup low fat cottage cheese, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup raisins

Directions

1. Measure out the bread mix into a bowl and create a hollow in the middle. 2. Add the yeast (dissolve fresh yeast in warm milk with sugar, combine dry yeast with breadmix), milk, margarine, salt, sugar, raisins, cottage cheese and egg. 3. Mix ingredients together well, fold in the flour. 4. Knead the mixture into a smooth, homogeneous dough. 5. Lay out the dough in the desired shape on a floured working surface. 6. Place on a baking tray lined with baking parchment. Let stand for approx 45 mins. The dough should now double in size. 7. Bake in a pre-heated oven at 375°-400°F for 25 mins. Place a water-filled, heat-resistant container on the floor of the oven.

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Savory Quiche

Tasty quiche is one of many things we have gained from French cuisine. In this recipe we have added vegetables for a bit of variety.

Ingredients

Crust:

1cup ground nuts (walnuts, almonds etc), $\frac{1}{2}$ cup all purpose gluten free flour or Schar bread mix, $\frac{1}{4}$ cup butter, 1 pinch of salt

Ingredients for the savory custard:

$\frac{3}{4}$ cup milk, $\frac{3}{4}$ cup cream, 4 egg yolks, 2 ounces grated Parmesan cheese, $\frac{1}{4}$ tsp salt, $\frac{1}{4}$ tsp pepper, $\frac{1}{4}$ tsp nutmeg

Vegetables, choice of:

2 cups chopped broccoli or 1 cup chopped spinach (if using frozen, thawed and drained), 1 cup thinly sliced zucchini and $\frac{1}{4}$ cup diced onion

Directions

Preparing the crust:

1. Chop the nuts into a fine meal. 2. Add the butter and the gluten free flour. 3. Mix well. 4. Press into a pie pan.

For the filling:

5. Chop the vegetables finely. 6. Depending on the vegetables chosen, blanch or sauté briefly. 7. Beat the rest of the ingredients in a bowl. 8. Place the vegetables in the crust, pour over the liquid mixture and then cook for approx. 35 mins in an oven preheated to 350°F.

TASTE FOR LIFE



Chicken Nuggets, Tenders, or Fish Sticks

Ingredients

Chicken breast (or chicken strips or flounder cut into strip), 1 cup Schar bread crumbs, $\frac{1}{2}$ tsp Pepper , $\frac{1}{2}$ tsp Garlic salt, $\frac{1}{2}$ tsp Oregano, crushed, 1 -2 Eggs, beaten

Directions

1. Heat oven to 400 degrees. 2. Lightly coat the bottom of a baking pan with oil. 3. Mix together the dry ingredients. 4. Beat the eggs. 5. Cut the chicken or fish into desired size and/or shapes. 6. Dip the chicken or fish into the egg then into the coating mixture. 7. Place the chicken or fish in the pan. Repeat until all chicken or fish is coated. Bake for 20 – 30 minutes depending on the size and thickness of the pieces.



SWEET FOCACCIA



APPLE CRISP



CHICKEN NUGGETS



SAVORY QUICHE



Pasta! The food of life!

Pasta meals make us think of delicious dinners shared with

In our test kitchens we constantly strive to improve our recipes to

Schar uses only the finest naturally gluten free high quality flours. Not just starches. Many gluten free flours are made from grains in which the grain is dehulled, the germ, or core, is removed. The remaining portion of the grain is predominately just carbohydrate. This is then ground into flour. The hull is rich in fiber, vitamins and minerals, the germ provides essential fats and protein. By removing both of these components the typical gluten free flours offer very little nutrient value.



family and friends. We are often nourished from these meals both in body and spirit. Pasta is a unique food that provides protein, vitamins, and beneficial carbohydrates.

make better tasting and more nutritious products. Our pasta is a good example of how we combine

In addition to using high quality flours we add the protein isolated from peas to ensure that our pasta offers the best nutrition with world class taste. The addition of the pea protein gives the pasta its ability to be cooked al dente as well as provide the protein needed for your body's normal growth and development. Our pasta is also rich in complex carbohydrates to keep your body fueled all day.

Pasta does not just belong to Italy – it is a staple around the world. Pasta's use is only limited by one's own imagination. It can be used as a main dish, as a salad, in soups or casseroles. Noodles can even be baked into a luscious dessert.



Lucky for us that Schar's naturally gluten free pasta not only offers the same delicious taste, texture, and variety of regular pasta – but it also offers outstanding nutrition value.

old world flavor and texture with modern food science.

So whether it is a pasta salad for lunch or mouth watering baked ziti for dinner you can enjoy Schar's gluten free pasta with confidence that you are fueling your body and spirit!

We have developed our pasta from naturally gluten free ingredients. The pasta (and all of our products) is processed in facilities that are dedicated to only making gluten free products. We use the highest testing standards to ensure quality control and safety.



When Children Travel Alone

A pounding heart, butterflies in the stomach, extra worries: Did I pack everything they need? Will everything go as planned?

When your child travels alone for the first time, even if it is only for an overnight trip with the school – every parent shares these concerns. The parent of a child with celiac disease has the additional worry of whether the diet can be maintained while away from home.

Whether it is a school outing, a language trip abroad, summer camp, or even an overnight with friends – all of a sudden you are faced with sending your child away alone for the first time. This moment is an important learning experience - for both the parent and the child. With careful planning, attention to detail and the very difficult part of letting go - the experience will foster self esteem and build confidence.

Sending your child on a trip by themselves or away to camp is a matter of trust. Trust in the school, cafeteria or camp staff that they will care for your child's needs – but also trust in your child. You hope that all those years of encouraging your child to eat their vegetables, drink their milk, and the safe foods on a gluten free diet will be remembered.

We are lucky today there are so many good gluten free products to choose from. Your child can enjoy a variety of gluten free breakfast cereals, cookies, crackers, even pasta and sandwiches – just like the other children!

We have compiled some suggestions to allay your fears and let you both enjoy the experience.

- The first step to contact the trip leaders. They may have experience with the gluten free diet already, but to be sure to send them a packet of information on what foods are safe and which are to be avoided.
- Find out if a meal will be needed on the trip. If so find out the location.
- Determine if the restaurant can provide a gluten free meal – review the menu choices with your child.
- If the planned meal stop is too questionable – pack a picnic for your child. Include a surprise – a note, small toy or even cards that could be played on the trip.
- The second step is to check on the destination.
- Check to see if any of the local stores carry your child favorite gluten free products.
- Then contact the staff at the destination. Again send off a packet of information to them. Include in the packet a list of your child's favorite gluten free

What to pack???

Backpack:

- Breadsticks
- Shortbread cookies

Hazelnut bars

Chocolate dipped cookies

Lunch on the road

- Sandwich made with classic white roll

Luggage

- Loaf of classic white bread
- Box of pasta
- Pizza Crusts

To send:

- Pasta
- Bread
- Pizza Crust
- Cookies, breadsticks and crackers

products, where they can be purchased locally, or which companies can ship the product to them.

- Offer to send some products to them so they will have them on hand when your child arrives.
- Make sure to send a few extra supplies (cookies, breadsticks, or crackers) that your child can share with the other children on the train or bus. Be sure to tuck an extra box of pasta and loaf of bread into their luggage as a security measure. In that way if they get delayed enroute there will be additional foods the child can have.

Most important remember that the trip, overnight, or camp experience is the experience we want the child to enjoy. It is hard to believe but it is not all about the food – but rather all about the child and their growing up.

So grab the box of tissues – don't worry - you have planned well and wish your child Bon Voyage !



Walk in the Park

A walk usually conjures up ideas of a relaxing time spent outdoors. Well not for Colin Leslie. He not only walked, but organized, planned and generally managed about 1200 to 1500 walkers on Sunday September 14, 2008.

Colin Leslie is not your typical teenager in many ways. He is quiet and reserved but underneath there is an amazing young person with spirit and compassion. There is something else that makes Colin unique. He has celiac disease.

Colin was diagnosed with celiac disease at the age of 13. He was diagnosed relatively quickly. It took only four months. Not everyone is so lucky. In the United States it can take up to eleven years for someone to be properly diagnosed. Colin's symptoms are not the typical presentation of celiac disease either. The most common symptoms include gastrointestinal symptoms, abdominal pain, bloating, gas, and diarrhea. Other people, like Colin, present with symptoms of joint pain and swelling, headaches and fatigue.

Colin's symptoms progressively worsened until he was diagnosed and began the gluten free diet.

"I have celiac but I was very lucky, it only took me four months to be diagnosed," Colin emphasized. "We were going to specialists two to three times a week and we're in and out of the emergency room but it takes some people years to be diagnosed."

After a few months on a strict gluten-free diet Colin recovered and was able to resume an everyday normal lifestyle, yet in doing so he decided that he wanted to help people who weren't as fortunate as him. "It was something I wanted to go and do to try and help other people."

That is how the annual Colin Leslie Walk for Celiac disease began. In 2008 over 700 people participated in the walk in Rye New York. The walk has now grown to include a vendor fair and even educational sessions. For 2009 Colin is hoping to break the 1000 person mark. The money that is raised goes

to celiac disease research and awareness. Colin said he wanted to raise awareness but he also wanted people to enjoy the day, feel that they are part of a strong supportive community.

These are important issues. Many people, when they are diagnosed with celiac disease, feel isolated and find it difficult to talk about the diet and the disease. The walk provides support for individuals and families with celiac disease as well as to raise the awareness in the community.

Another important note on this young man and his walk is that he is actually walking the walk – yes, he does walk the four mile walk – but he does so much more. He is the one who contacts the vendors, organizes the parking, buses, electric and, yes, he even got a local radio station to send one of the kids favorite DJ's. Colin is now entering his junior year of high school - it makes one wonder what lies ahead. We know with Colin on our side it will be good for celiac disease.



ENJOY WITH CONFIDENCE



Enjoy a new generation of **gluten-free** breads!



We at Schär have been producing gluten-free breads for over 25 years, constantly enhancing the texture, taste, aroma and appearance while ensuring that we provide the best nutrient value by using whole grains and flours to meet the daily needs of your active gluten-free lifestyle.

We are proud to present a new generation of gluten-free white and multigrain sliced breads in state of the art packaging allowing you to enjoy our breads anywhere, anytime. No toaster? Don't worry! Our breads are delicious right out of the package!



**NEW
Recipe**

Schär is Europe's #1 gluten-free manufacturer:

- Naturally gluten-free < 20 ppm
- Extensive product range
- Leading in product innovation
- Highest standards in quality
- Over 25 years of experience
- Raising awareness of celiac disease

www.schar.com – info@schar.com