

Celiac Disease Resource Guide

Organizations

| Organization | Contact Information | Features |
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| American Celiac Disease Alliance | <p>www.americanceliac.org</p> <p>American Celiac Disease Alliance 2504 Duxbury Place Alexandria, VA 22308 Phone: (703) 622-3331 Email: info@americanceliac.org</p> | <ul style="list-style-type: none"> • General information about celiac disease • Gluten-free diet information • Research • Information on the Food Allergen Labeling and Consumer Protection Act • Advocacy efforts |
| Celiac Disease Awareness Campaign | <p>www.celiac.nih.gov</p> <p>Celiac Disease Awareness Campaign c/o National Digestive Diseases Information Clearinghouse 2 Information Way Bethesda, MD 20892-3570 Phone: (800) 891-5389 E-mail: celiac@info.niddk.nih.gov</p> | <ul style="list-style-type: none"> • Educational materials and resources • Celiac Disease E-newsletter subscription • Listing of other celiac disease organizations |
| Celiac Disease Foundation | <p>www.celiac.org</p> <p>13251 Ventura Boulevard, #1 Studio City, CA 91604 Phone: (818) 990-2354 Fax: (818) 990-2379 Email: cdf@celiac.org</p> | <ul style="list-style-type: none"> • Cause, symptoms, diagnosis, treatment, studies, links, and research about celiac disease • Diet & lifestyle information • “Kids Korner” • Book recommendations • Support groups • Resources such as articles and celiac centers and experts |
| Celiac Sprue Association | <p>www.csaceliacs.org</p> <p>PO Box 31700 Omaha, NE 68131-0700 Toll Free Phone: (877) 272-4272 Phone: (402) 558-0600 Email: celiacs@csaceliacs.org</p> | <ul style="list-style-type: none"> • General information on celiac disease • Gluten-free diet information • CSA’s Cel-Kids Network • Information on CSA chapters and resource units • Awareness and news |

Organizations, Cont.

| Organization | Contact Information | Features |
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| Children’s Digestive Health and Nutrition Foundation | <p>www.cdhnf.org www.celiachealth.org</p> <p>1501 Bethlehem Pike P.O. Box 6 Flourtown, PA 19031 Phone: (215) 233–0808 Email: cdhnf@cdhnf.org</p> | <ul style="list-style-type: none"> • General information • Patient and parent resources • Gluten-free Guide for Families in English and Spanish • Gluten-free drug guide • PowerPoint “treatment” information slides |
| Gluten Intolerance Group of North America | <p>www.gluten.net</p> <p>31214 124th Avenue SE Auburn, WA 98092–3667 Phone: (253) 833–6655 Email: info@gluten.net</p> | <ul style="list-style-type: none"> • Gluten-free Restaurant Awareness Program • Gluten-free recipe exchange • Educational materials on topics such as diet, recipes, students with celiac disease, and eating out • Support groups |
| National Foundation for Celiac Awareness (NFCA) | <p>www.celiaccentral.org</p> <p>P.O. Box 544 Ambler, PA 19002-0544 Phone: (215) 325-1306 Email: info@celiaccentral.org</p> | <ul style="list-style-type: none"> • General information about celiac disease • Resources such as gluten-free food, recipes, school lunch information, food manufacturers, and support groups • News and events |
| North Bay Celiacs | <p>Northbayceliacs.org</p> <p>Jennifer Iscol, Sonoma County Phone: (707) 824-5830 Email: info@northbayceliacs.org</p> | <ul style="list-style-type: none"> • Gluten-free shopping in the North Bay • Restaurants in the North Bay with gluten-free menu options • News and resources • Support groups |
| The University of Maryland Center for Celiac Research | <p>www.celiaccenter.org</p> <p>University of Maryland School of Medicine Center for Celiac Research 20 Penn Street, Room S303B Baltimore, MD 21201 Pam King Director of Operations pking@ped.s.umaryland.edu</p> | <ul style="list-style-type: none"> • Educational videos • Education and support • News stories • Research publications • General information about celiac disease |

Additional Websites

| Website | Web Address | Features |
|--|--|--|
| Canadian Celiac Association | www.celiac.ca | <ul style="list-style-type: none"> • General information about celiac disease and the diet |
| Celiac.com | www.celiac.com | <ul style="list-style-type: none"> • General information about celiac disease • Listing of safe and unsafe foods and ingredients • Gluten-free food reviews • Newsletters • Support group information |
| Coeliac Society of Ireland | www.coeliac.ie | <ul style="list-style-type: none"> • General information about celiac disease • Gluten-free food options • Manufacturers of gluten-free foods, websites, and travel resources |
| Columbia University GI Department | http://cpmcnet.columbia.edu/dept/gi/celiac.html | <ul style="list-style-type: none"> • Cause, diagnosis, and treatment of celiac disease |
| Gluten-Free Restaurant Cards | www.sci.fi/~keliakia/tiedote/kielet.htm www.dietarycard.com | <ul style="list-style-type: none"> • Provides gluten-free restaurant cards in many different languages |
| Mayo Clinic | www.mayoclinic.com/health/celiac-disease/DS00319 | <ul style="list-style-type: none"> • General information about celiac disease |
| National Institutes of Health | www.health.nih.gov/topic/CeliacDisease | <ul style="list-style-type: none"> • General information about celiac disease |

Support Groups

| Support Group | Contact Name | Contact Information |
|--------------------------|--|--|
| Berkeley | James Schinnerer | (510) 524-3774 jamesoutwest@yahoo.com |
| Danville | Ann Reigelman Raising Our Celiac Kids (R.O.C.K.) | areigelman@yahoo.com |
| Mid-Peninsula | Daniela Magozzi | (650) 215-8715 dmagozzi@gmail.com |
| North Bay Celiacs | Jennifer Iscol | (707) 579-9683 iscol@aol.com |
| Oakland | Ellen Switkes | (510) 655-0215 ellen.switkes@ucop.edu |
| Sacramento | Joan Leforestier | (916) 487-3459 Oscar368@sbcglobal.net |
| San Francisco | Lisa Palmer Raising Our Celiac Kids (R.O.C.K.) | palmer@smccd.net |
| Salinas | Adriana Morga | (831) 758-3040 amorga@netzero.net |
| Santa Clara Kaiser Group | Barbara Dodson | Barbara.dodson@kp.org |
| Santa Cruz | Pam Newbury | (831) 423-6904 pknewbury@earthlink.net |
| Solano County | Crystal Elizabeth North Bay Celiacs | (415) 828-5574 solanocountyceliacs@gmail.com www.solanocountyceliacs.org |
| South Bay ROCK | Kelly Velez | (650) 303-8409 bayareaceliacROCK-subscribe@yahoogroups.com |
| Stanford/Palo Alto | Kelly Rohlfs | (650) 625-1708 (evenings only) |
| Walnut Creek | Walter Moeller Gluten-Free Discussion Group (Rossmoor Community) | (925) 979-0060 glutenfreeWC@yahoo.com |

- **R.O.C.K. (Raising Our Celiac Kids)**

www.celiackids.com

www.celiac.com/articles/563/1/ROCK-Raising-Our-Celiac-Kids---National-Celiac-Disease-Support-Group/Page1.html

R.O.C.K. is a support group for parents, families, and friends of children with celiac disease or gluten intolerance. They address unique challenges such as finding “fun” gluten-free treats for kids, menu ideas, helping kids learn to read food labels, and how to prepare for food-oriented activities away from home.

Contact R.O.C.K. via e-mail at info@celiackids.com.

Companies that Offer Gluten-Free Products

- Alpine Aire Foods: www.aa-foods.com, TyRy, Inc., P.O. Box 1799, Rocklin, CA 95677, Phone: (916) 624-6050, Toll Free: (800) 322-6325
Email: info@aa-foods.com
- Bob's Red Mill Natural Foods: www.bobsredmill.com, 13521 SE Pheasant Court, Milwaukie, Oregon 97222, Phone: (800) 349-2173
- DeBoles: www.deboles.com, DeBoles Consumer Relations, The Hain Celestial Group, 4600 Sleepytime Dr., Boulder, CO 80301, Phone: (866) 595-8917
- Ener-G Foods, Inc.: www.ener-g.com; Ener-G Foods, Inc., 5960 First Avenue South, P.O. Box 84487, Seattle, WA 98124-5787, Phone: (800) 331-5222
Email: customerservice@ener-g.com
- Food-for-Life Baking Co., Inc.: www.foodforlife.com, P.O. Box 1434 Corona, California, 92878, Customer Service: (951) 279-5090, Toll Free: (800) 797-5090
- Gluten Free Pantry: www.glutenfree.com, P.O. Box 840, Glastonbury, CT 06033
Phone: (800) 291-8386, Email: pantry@glutenfree.com
- Gluten Free Gourmet: www.canbrands.ca, Canbrands Specialty Foods, P.O. Box 117, Gormley, Ontario L0H1G0, Phone: (905) 888-5008
- Harvest House: www.harvesthouse.com, 2395 Monument Blvd. Concord, CA 94520; Phone: (888) 655-0728
- Kinnikinnick Foods, Inc.: www.kinnikinnick.com, Phone: (877) 503-4466
Email: info@kinnikinnick.com
- Mendocino Gluten-Free Products, Inc.: www.sylvanborderfarm.com, Mendocino Gluten-Free Products, Inc., DBA: Sylvan Border Farm, P.O. Box 277, Willits, CA 95490-0277, Phone: (800) 297-5399, Email: sylvanfarm@pacific.net
- Miss Roben's Dietary Foods: www.allergygrocer.com, Allergy Grocer, 91 Western Maryland Parkway, Unit #7, Hagerstown, MD 21740
Phone: (800) 891-0083, Email: Info@allergygrocer.com
- Shiloh Farms: www.shilohfarms.com, Shiloh Farms Customer Service, 191 Commerce Drive, New Holland, PA 17557, Phone: (800) 362-6832
Email: info@shilohfarms.com
- Specialty Food Shop: www.specialtyfoodshop.ca, Specialty Food Shop, The Hospital for Sick Children (Main Floor), 555 University Avenue, Toronto, Ontario, M5G 1X8, Phone: (800) 737-7976
- Additional websites with gluten-free food: www.food4celiacs.com, www.glutensolutions.com, www.glutenfreemail.com, www.glutenfreeinfo.com

Locally-Owned Markets with Gluten-Free Food

San Francisco

- Mollie Stone's: www.molliestones.com
 - 2435 California Street, Phone: (415) 567-4902
 - 635 Portola Drive, Phone: (415) 664-1600
- Rainbow Grocery & General Store: www.rainbow.coop, 1745 Folsom Street
Phone: (415) 863-0620 or (877) 720-2667
- The Real Food Company: www.realfoodco.com
 - 2140 Polk St, Phone: (415) 673-7420
 - 3060 Fillmore St, Phone: (415) 567-6900
 - 1023 Stanyan, Phone: (415) 564-2800

East Bay

- Draeger's Markets: www.draegers.com
Draeger's offers a wide variety of gluten-free foods and carefully prepared gluten-free items at the deli. They will also make special order foods.
 - 4100 Blackhawk Plaza, Cir., Danville, CA 94506 Phone: (925) 648-5800

South Bay

- Draeger's Markets: www.draegers.com
Draeger's offers a wide variety of gluten-free foods and carefully prepared gluten-free items at the deli. They will also make special order foods.
 - 222 E. 4th Ave., San Mateo, Ca 94401, Phone: (650) 685 3700
 - 1010 University Dr., Menlo Park, Ca 94025, Phone: (650) 324-7700
 - 342 First St., Los Altos, Ca. 94022, Phone: (650) 948-4425
- Mollie Stone's: www.molliestones.com
 - 22 Bayhill Shopping Center, San Bruno, CA 94066
Phone: (650) 873-8075
 - 1477 Chapin Ave., Burlingame, CA 94010, Phone: (650) 558-9992
 - 49 West 42nd Ave., San Mateo, CA 94403, Phone: (650) 372-2828
 - 164 S. California Ave., Palo Alto, CA 94306, Phone: (650) 323-8361

Marin County

- Mollie Stone's: www.molliestones.com
 - 100 Harbor Drive, Sausalito, CA 94965, Phone: (415) 331-6900
 - 270 Bon Air Shopping Center, Greenbrae, CA 94904
Phone: (415) 461-1164
- Oasis Natural Foods: 2021 Novato Blvd, Novato, CA 94947
Phone: (415) 897-4706

Sonoma County

- Andy's Produce Market: www.andysproduce.com, 1691 Gravenstein Hwy N Sebastopol, CA 95472, Phone: (707) 823-8661
- Big John's Market: www.bigjohnsmarket.com, 1345 Healdsburg Avenue (at Dry Creek Road), Healdsburg, CA 95448, Phone: (707) 433-7151
Email: moreinfo@bigjohnsmarket.com
- Fircrest Market: www.fircrestmarket.com, 998 Gravenstein Highway South, Sebastopol, CA 95472, Phone: (707) 823-9171
- Molsberry's Market: 522 Larkfield Shopping Center, Santa Rosa, CA 95401
Phone: (707) 546-0307
- Oliver's Market: www.oliversmarket.com
 - 546 East Cotati Ave., Cotati, CA 94931, Phone: (707) 795-9501
 - 560 Montecito Center, Santa Rosa, CA 95409, Phone: (707) 537-7123
 - 461 Stony Point Road, Santa Rosa, CA 95409, Phone: (707) 284-3530
- Pacific Market:
 - 550 Gravenstein Hwy. North, Sebastopol, CA 95472
Phone: (707) 823-9735 ext. 111
 - 1465 Town & Country Drive, Santa Rosa, CA 95404
Phone: (707) 546-3663
 - 901 Golf Course Drive, Rohnert Park, CA 94928
Phone: (707) 585-9643 ext. 311

Napa County

- Brown's Valley Market: 3263 Browns Valley Rd, Napa, CA 94558
Phone: (707) 253-1873
- Nob Hill Foods, Inc.: 611 Trancas St, Napa, CA 94558, Phone: (707) 224-8583
- Optimum Natural Foods & Products: 633 Trancas St, Napa, CA 94558
Phone: (707) 224-1514
- Vallergas Market: www.vallergas.com, 301 First Street, Napa, CA 94559-2793
(Located in Redwood Plaza near Highway 29 in Napa), Phone: (707) 253-2621

National Chains with Gluten-Free Products

- Trader Joe's: www.traderjoes.com
- Whole Foods Market: www.wholefoodsmarket.com

NOTE: Many retailers will carry an item upon request. Just ask the manager.

Local Manufacturers of Gluten-Free Products

- Amy's Kitchen, Inc.: www.amyskitchen.com, P.O. Box 449, Petaluma, CA 94953
Phone: (707) 578-7270
- Brazilian Cheese Bread Company: www.braziliancheesebreadco.com
161 Craven St., Vallejo CA 94590, Phone: (707) 643-1241
Email: cheesebreads@gmail.com
- Grindstone Bakery: www.grindstonebakery.com, P.O. Box 1391, Santa Rosa, CA 95402, Phone: (707) 284-2016, Email: info@grindstonebakery.com
- La Tortilla Factory: www.latortillafactory.com, 3300 Westwind Blvd., Santa Rosa, CA 95403, Phone: (707) 586-4000 or (800) 446-1516
Email: info@latortillafactory.com
- Mayacamas Fine Foods: www.mayacamasfinefoods.com, 20590 Palmer Ave., Suite A, Sonoma, CA 95476, Phone: (707) 291-3024
Email: info@mayacamasfinefoods.com
- Pamela's Products, Inc.: www.pamelasproducts.com, 200 Clara Avenue, Ukiah, CA 95482, Phone: (707) 462-6605, Email: info@pamelasproducts.com

Newsletters, Magazines, and Publications

- Celiac/Diabetic Newsletter: To join the recipe exchange, email celiac1@juno.com
- CSA Cooperative Gluten-Free Commercial Products Listing
(A CSA/USA publication): www.csaceliacs.org/cgi-bin/store/store.cgi?loc=33,0,0,0&ref=details&prodid=749
CSA, P.O. Box 31700, Omaha, NE 68131-0700, Phone: (877) 272-4272
- Gluten-Free Living by Ann Whelan: <http://www.glutenfreeliving.com/index.php>
P.O. Box 375, Maple Shade, NJ 08052, Phone: (800) 324-8781
Email: info@glutenfreeliving.com
- Good Food Gluten-Free by Manitoba Chapter of the Canadian Celiac Association: <http://www.celiac.mb.ca/index.html>, Canadian Celiac Association (Manitoba Chapter), 825 Sherbrook Street, Winnipeg, Manitoba R3A 1M5, Canada, Phone: (800) 363-7296
- Sully's Living Without Magazine: www.livingwithout.com, Phone: (800) 474-8614
- The Clan Thompson Celiac Newsletter: Go to the website www.clanthompson.com/news_subscribe.php3 and enter your email address

Cookbooks

- *Creative Rice Baking – Bread (video)*- Donna Renneke
- *Cuisine Facile sans Gluten*- Paulette Mercier
- *Easy Breadmaking for Special Diets: Wheat-Free, Milk-And-Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High to Low Fiber*- Nicolette M. Dumke
- *Gluten-Free Anytime*- Joyce Friesan and Donna Wall
- *Gluten-Free Baking: More Than 125 Recipes for Delectable Sweet and Savory Baked Goods, Including Cakes, Pies, Quick Breads, Muffins, Cookies, and Other Delights*- Rebecca Reilly
- *Gluten-Free Cookery: The Complete Guide for Gluten-Free or Wheat-Free Diets (Beginner's Guides)*- Peter Thomson
- *Gluten-Free Gems: A collection of tested gluten-free recipes*- Noreen Moses
- *Going Against the Grain: Wheat-Free Cookery*- Phyllis Potts
- *No-Gluten Solution: Children's Cookbook*- Pat Cassady Redjou
- *Special Diet Celebrations: No Wheat, Gluten, Dairy, or Eggs, Special Diet Solutions-Healthy Cooking Without Wheat, Gluten, Dairy, Eggs, Yeast, or Refined Sugar, and Wheat Free Recipes & Menus: Delicious Dining Without Wheat or Gluten*- Carol Fenster, Ph.D
- *The Allergy Cookbook*- Ruth R. Shattuck
- *The All Natural Allergy Cookbook: Dairy-Free, Gluten-Free*- Jeanne Marie Martin
- *The Complete Food Allergy Cookbook: The Foods You've Always Loved Without the Ingredients You Can't Have*- Marilyn Gioannini
- *The Gluten-Free Cookbook: Over 50 Delicious and Nutritious Recipes to Suit Every Occasion (The Healthy Eating Library)*- Anne Sheasby
- *The Gluten-Free Gourmet: Living Well without Wheat, More From the Gluten-Free Gourmet Delicious Dining Without Wheat, The Gluten-free Gourmet Cooks Fast and Healthy -Wheat-Free With Less Fuss and Fat, and The Gluten-Free Gourmet Bakes the Staff of Life: Bette Hagman's Better Breads --Wheat-Free, Gluten-Free, and Wonderful*- Betty Hagman

Cookbooks Cont.

- *The Sensitive Gourmet: Imaginative Cooking Without Dairy, Wheat or Gluten-* Anoinette Savill
- *The Wheat Free Kitchen: A celebration of good food-* Jacqueline Mallorca
- *Wheat-Free Cooking: More Than 100 Gluten Free Recipes-* Ruby M. Brown
- *Wheat-Free Gluten-Free Dessert Cookbook-* Connie Sarros

Books

- *Against The Grain: The Slightly Eccentric Guide to Living Well Without Gluten or Wheat-* Jax Peters Lowell
- *Can a Gluten-Free Diet Help? How? (A Keats healthbook)-* Lloyd Rosenvold, MD
- *Celiac Sprue (A Guide Through the Medicine Cabinet)-* Marcia Milazzo
- *Coping with Celiac, the Great Masquerader-* Aileen Bennet
- *Gluten-Free Grocery Shopping Guide-* Matison & Matison
- *Gluten-Free Kids!-* Vikki Lawrence
- *Gluten Intolerance (The American Dietetic Association)-* Merri Lou Dobler
- *Gluten Intolerance (Good Health Guides)-* Beatrice T. Hunter
- *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy, Gluten-Free Children-* Dana Korn
- *On the Celiac Condition: A Handbook for Celiac Patients and Their Families-* Leon H. Rottmann
- *The Essential Gluten-Free Restaurant Guide-* Triumph Dinings

Note: Information accurate as of March 2009

Disclaimer: While we have made every effort to include only valid and reputable resources on this list, UCSF cannot vouch for the accuracy or safety of all of the information and products provided by these resources. Please ask your dietitian and doctor if you have specific questions about your gluten-free diet.