



TIGER BITES

NEWS BITES FOR THE SPECIAL DIETARY NEEDS ADVISORY COUNCIL

Winter will soon be here – when the temperatures drop, it's time for comfort foods. What are your favorite gluten-free and allergy friendly comfort foods?



Enjoy your Christmas Break! Let's plan to get together again late January/early February. See page 2 to share your preferences.

There are a gazillion gf websites out there – but many of the blogs haven't been touched since 2009! Here are some articles that you might find interesting: (see next page for info on a few blogs). Inclusion here does not imply endorsement by the university.

<http://www.news-herald.com/lifestyle/20131022/the-best-gluten-free-comfort-foods-at-your-supermarket> is an article that rates gf comfort foods using 0-4 stars.

[http://gfreek.com/Best Gluten-Free Comfort.html](http://gfreek.com/Best_Gluten-Free_Comfort.html) this site features the 4th Annual Award-winning GF foods

<http://www.examiner.com/article/gluten-free-comfort-foods> this is an older article that rates gf comfort foods in a fun, informative way

<http://www.befreeforme.com/> Want **gluten and allergy free coupons and samples?** This is the site for you! This website also offers info, recipes and advice for all different types of food sensitivities.

The Special Dietary Needs Advisory Council (SDNAC) will be meeting again, and we need your input, please!

When is the best day/time/place to meet?

How often would you like to meet (monthly/quarterly)?

What topics should be discussed?

Would you like guest speakers?

Who would you like to see/hear?

What is the best way to keep in touch – a facebook group/page? Blog? An Auburn SDNAC website?

Please send your preferences to us at: gmw0002@auburn.edu



NEW AND EXCITING: Stop by Lupton Hall this Spring semester to try a new dining option on campus. The emphasis will be to serve fresh, local, and wholesome foods in a totally delicious way. The menu will include many Made Without Gluten choices!

Useful campus resources for you:

Nutrition Services: Jessica-Lauren Newby, jzr0014@auburn.edu

Website: <https://cws.auburn.edu/CampusRec/cm/Nutrition/FoodForThought>

Check out her newsletter – lots of good info!

Health and Wellness: Eric Smith, ecs0012@auburn.edu

Website: <http://auburn.edu/healthandwellness> Take a look at the Health Headlines (toward the bottom) "Tips for Managing Stress During Finals Week"

Here are some blogs that address gluten intolerance and other special dietary needs: (Again, these are not endorsed by the university)

<http://simplygluten-free.com/> - The "Recommends" tab on this site lists a LOT of gf products, and the "Communities" page has links to a community of global bloggers who discuss health, diet and living well.

<http://www.elanaspantry.com/> Elana has many options under her "special diets" tab. This is a clean page – easy to navigate.

<http://www.glutenfreeislife.com> This blog has a lot of information – including a weekly menu plan.