Doin' it easy Blog

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- home
- tags
- search
- feed

08 Jan, 2012

The Road with my kids who have Autism and Celiac

I went hiking today with my fiance, Scott and our dog Payton. At the end of our hike, I told Scottie about a conversation Jesse Cooper and I had the day before. Jesse and I were disagreeing about something that happened on one of the Disney shows(that he's really too young to watch.) Finally, he realized I wasn't going to agree with him and he sauntered up to me with a smug look on his face and said to me, "Mommy. I've seen this twice already today and this is just your first time." Jesse then concluded his declaration with a look that said, "That settles it, move on Mama." I told Scott i wished he could have seen Jesse Cooper 4 years ago when I realized something was terribly wrong. The next 2 years were spent programming everything into him like a computer that crashed and all of the files were nowhere to be found. We've been through countless Speech therapists, Behavior Therapists, and therapists to keep our family together. These people spent countless weeks, months and years in our home and I don't even remember all of their names. I do remember back to a night of one of my first Autism Speaks events. It was a book signing at Barnes & Noble with Dr. Barbara Firestone who wrote Autism Heroes. I sat in the front row feeling paralyzed as I listened to Dr. Firestone speak about her journey that led her to want to do this project. I sat there with tears uncontrollably running down my face. My mind was consumed with worries for my son's future now. Would he ever speak? Would he be with me the rest of my life? What if I die? Will anyone ever love him? Will my daughter get lost in all of this and end up searching for attention in all the wrong places? The tears would not stop. At the end of her talk, Dr. Firestone walked up to me and asked me, "Are you ok?" I don't even remember if I answered her. So to all of the above questions, I say, "Yes, Jesse Cooper, you win this one and you can watch this age inappropriate show again because that is what Asante wants to watch."

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13 Oct, 2010 **Tailgating never tasted so good!**

It's football season! And you can't cheer on your favorite team on an empty stomach!

Whether you're preparing for a tailgating party or you want to make Sunday Night Football with the family a little more special, GFCFDoneEasy.com is helping you put together a menu fitting for the next excitement-filled game!

Join us Wednesday, October 13 at Whole Foods Market's Arroyo location for a cooking class you won't want to miss. We'll be making a gluten-free sandwich, party dip, salad and dessert - all sure to SCORE BIG with your family and friends!

DETAILS

Where: 465 South Arroyo Parkway, Pasadena, CA 91105
When: Wednesday, October 13, 2010 at 6:30 p.m.
Cost: $10
RSVP: Reserve your spot by signing up at the customer service desk or at sparr.marketing@wholefoods.com .
Remember to put 'GFCF' in the subject line.

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- *Untagged*

13 Oct, 2010 **Back-to-School Tips: How to Stick to GFCF at School**

One of the primary challenges GFCF families face when it's time to head back to school is planning gluten-free lunches and snacks.

Here are a few tips to help make sticking to GFCF at school a little easier for you and your kids:

- Formally notify your school of your child's dietary restrictions.
- Attain a copy of the school's lunch menu and determine what can be made GFCF and duplicated in a sack lunch.
- Purchase a thermos to keep food warm.
- Udi's sandwich bread is great and doesn't need toasting.
- Have your child assist with creating their lunches - they'll be more likely to eat it.
- Remind your child that their food is made especially for them and that it's important that they not trade or share.

Gluten-Free On the Go: GFCFDoneEasy.com Now on Twitter

Looking for a way to get great tips, resources and recipes quickly and simply? Follow us on Twitter! We'll be sharing lots of great bite-sized information that you and your family will love. So follow us at @gfcfdoneeasy today! **FEATURED RECIPE:** Crispy Rice Squares T his GFCF version of a classic American treat makes a great addition to your child's lunchbox. They're also perfect for classroom parties and other school events!

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Categories:

- *Untagged*

16 Jun, 2010 **Every Step Counts**

This Spring and Summer, thousands of people are joining the fight against Crohn's disease and

ulcerative colitis by participating in **CCFA's Take Steps Walk**. These diseases affect millions of people and CCFA is working hard to raise money and awareness and find cures.

This year on June 13, GFCFDoneEasy.com participated in the Take Steps walk in Los Angeles. We made corn dogs and cupcakes, and had a great time meeting everyone that came out to support this important cause.

We hope that you'll find a walk site in your area and get involved. If you live in California, the Orange County Take Steps for Crohn's & Colitis walk will take place on June 27.

- Read More »

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- *Untagged*

13 May, 2010

Family Wellness Month

Did you know that May is Family Wellness Month?

While we all strive to keep our families in the best physical, emotional and mental shape on a daily basis, it doesn't hurt to take some time to reflect on how we can do more to ensure that our families are healthy and happy.

Looking for some ideas you can implement this spring and summer? Here are a few simple tips:

- Read More »

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Categories:

- *Untagged*

03 May, 2010 **Gluten Free Olive Garden**

It's always exciting to add a restaurant to the list of places to go with the family. While working the other night, a co-worker excitedly told me there was a gluten free page in the menu. So of course, we went the following evening. It wasn't an extensive menu, but covered pretty much everything from pasta, chicken, steak and fish. What more could one ask for? Oh yeah, dessert!!! Seems we always get jipped in the gfcf dessert department, but our day will come. Until then, I don't mind making an extra stop to get it!

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Categories:

- *Untagged*

26 Mar, 2010 **COOKING CLASS: Gluten Free & Vegan Desserts!**

Looking for a way to satisfy your sweet tooth? Join us this Saturday, March 27 at 10am at Whole Foods Fairfax!

By popular demand, GFCFDoneEasy.com and Whole Foods are excited to bring to you a cooking class that delves into the deliciously sweet world of gluten-free and vegan cooking.

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Categories:

- *Untagged*

24 Mar, 2010

Cooking Tonight

The topic tonight: CHEESE! Did you think you had to give up that cheesey flavor? No way! With the help of Daiya Cheese and Nicci's culinary cleverness, you won't miss the cheese. Daiya cheese melts like the real thing, and tastes better!

The class is $10 and will take place at 6:30 p.m. Can't wait to see you there!

Our classes take place at Whole Foods Market Arroyo. The store is located at 465 South Arroyo Parkway, Pasadena, CA91105.

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Categories:

- *Untagged*

08 Feb, 2010 **Happy New Year**

I hope your New Year is off to a healthy start! My family enjoyed a wonderful holiday season filled with lots of delicious gluten-free and casein-free recipes, and we're excited about everything that's in store for us in 2010.

I'd like to express my heartfelt thanks for all of your support in 2009 and for being a vital part of the launch of our site. This year, we remain committed to you and your family's health and to helping make the gluten-free/casein-free journey a simple one.

Trouble Sticking to Your Resolutions?

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07 Dec, 2009 **GFCF Christmas Cookies**

It is the most wonderful time of the year...usually. Last year I had intended to attempt recreating all of my Christmas Cookie recipes into Gluten Free/Casein Free wonders. Well, before I knew it, Christmas had come and gone with no cookies to speak of. This year, that was not the case. This past Saturday, a few wonderful friends joined us to be the first taste-testers and it was a great treat indeed! The recipes will all be on the site by End of Day tomorrow. The favorites were as follows: Monster Cookies, Rum Balls, Butter Cookies, Meringue Cookies and Buried Cherry Cookies all Gluten Free! If you get the chance to try one

or two of these recipes, you won't regret it. The Monster Cookies are my kids' favorite this year and there was no mention of the missing M&M's.

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«StartPrev**1** **2** **3** Next End »