



*"Learning to Live a **Gluten-Free** Lifestyle."*

Welcome to TCCSG's 2nd Zoom Call Quarantine Edition

April 20, 2020

Have a question?
Either ask or write it in
the chat



Agenda:

1. Board Introductions
2. A Few TCCSG Announcements
3. What's Open Right Now? - GF Bakeries & Restaurants
4. GF Survey (Quarantine Survey)
5. Open Forum – Questions & What Would You Like to See on Next Zoom Call?

Questions? Either ask or write in the chat

TCCSG Membership

For any new memberships right now:

1 year – expires 9/1/2021

3 year – expires 9/1/2023

GOOD NEWS!

If you have a current TCCSG membership (doesn't expire before 9/1/2020), we are extending all memberships 1 year

We've had a lot of bad luck with snow, speaker & facility cancelations, & COVID-19. We are here to support you!!



TCCSG's 2020 Beat the Wheat

Planning for an awesome event in
2021!



TCCSG Annual GF Picnic

- Currently Planned as scheduled
- Fun picnic – 2020 Baseball Theme
- TCCSG provides GF Hot Dogs & Buns & some fun other treats
- Heritage Park has a fun Splash Pad for the kids
- RSVP at <https://bit.ly/2PBBLJj>
- Stay Tuned for more info.

AUGUST
15
Saturday

TCCSG
Tri County Celiac Support Group
"Learning to Live a Gluten-Free Lifestyle."



Wear your favorite Baseball Team Apparel

Baseball Themed Games, GF Snacks and of GF Hot Dogs!!

TCCSG'S PICNIC GLUTEN FREE!!

Heritage Park North Pavilion
24915 Farmington Rd
Farmington Hills, MI
11am - 2pm

We will be stoking up the grill for GF Hot Dogs & Buns. Have the kids bring their swimsuits & towels for the splash pad. TCCSG provides GF hot dogs & buns, drinks, chips, condiments & more. Bring your own side dishes for your family. Fun for adults & kids of any age! New this year: Games for kids!

Members: Free **Guests:** \$10/family or \$5/person whichever is cheaper

RSVP: <https://bit.ly/2PBBLJj>

Bakeries

Bakeries:	Location(s)	Info	Special Hours
Heavenly Cake Balls	Metamora	4/2-Temporarily closed until further notice	Closed
Rumi's	Plymouth	4/2 - Store is open for walkin or call ahead for curbside pick up.	Tuesday - Friday 10am - 3pm, Saturday 9am - 3pm
Gluten Free Specialties (Formerly Celiac Specialties)	Rochester Hills	4/2 - Open for retail or curbside pickup; will deliver now too. \$5 for delivery within 10 miles; \$10 for delivery up to 25 miles	T-F 10-4, Sat 10-3 Closed Sun/Mon
Sweet Bree's		4/5 - Closed.	Closed
Goldie's Gluten Free	Lincoln Park	4/19 - Open - see website for details on when/how to order: https://www.goldiesglutenfree.com Baker's Choice Boxes Only – different every week.	Pick up on Friday's by scheduled appointment from 10am-8pm.

Please ALWAYS never take a recommendation for a GF location blindly. Please always ensure that the establishment can provide food which meets your medical requirements.

Check the website of each location for the latest up to date information.

Also posted on www.tccsg.net

There may be other locations which are open – these are the locations we've been able to check.

Restaurants (Page 1)

Restaurants:	Location(s)	Info	Special Hours
Renee's Gourmet Pizzeria	Troy	4/2 - Open for carryout and delivery. Delivery is \$4 within 7 mile radius only	11am - 9pm 7 days a week
B21 - Novi	Novi	4/19 - Open	Call for hours
Sedona Tap House	Novi & Troy	4/2 - Novi location closed. Troy location open for take out orders only.	11am - 9pm daily
Cheesecake Factory	Novi	4/19 - Open for take out orders curbside or Door Dash Delivery	11am - 9pm daily
Chic-fil-A	Troy & Various	4/20 - Drive thru open and delivery may be available - check website for more details. https://thechickenwire.chick-fil-a.com/inside-chick-fil-a/our-same-commitment-to-you-with-new-changes-to-our-restaurants . Sommerset location is operating out of a food truck - but cannot verify if it is still open.	10am - 7pm Monday - Saturday, Closed on Sundays
California Pizza Kitchen	All	4/2 - Temporarily Closed	Closed
Maggianos - Troy	Troy	4/20 - Open for Take Out and Delivery	11am - 9pm Monday - Friday, 10:30am - 9pm Saturday & Sunday
Bonefish Grill	Novi, Troy, Grand Rapids	4/20 - Open for Take Out and Delivery	Mon - Thurs 12pm - 9pm, Friday - Saturday 12pm - 9pm, Sunday 11am - 8pm

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Restaurants (Page 2)

Restaurants:	Location(s)	Info	Special Hours
Anna's House	All	4/2 Temporarily Closed as of 3/17	Closed
Buddy's	Multiple	4/2 - All 16 locations offering Curbside Pickup or delivery via Doordash.	SUNDAY-THURSDAY 11AM-8PM, FRIDAY-SATURDAY 11AM-9PM
Bravo!	Livonia & Troy	4/20 - Open for pick up or Grub Hub delivery	Monday - Thurs 11:30am - 10pm, Friday & Saturday 11:30am - 11pm, Sunday 11:30am - 9pm
BJ's Brewery -	Livonia	4/2 - Carry out is available	
Shimmy Shack	Plymouth	4/20 - Carroy out and Door Dash Delivery	Closed Monday, Open Tues - Saturday 12pm to 2pm and 5pm to 7pm, Sunday 12pm - 2pm
Rusty Bucket	All	Closed	Closed
Mr. Mike's	Westland	4/2 - Carry out and Local delivery available	Daily 9am-7pm, delivery until 6pm
Hidalgo Mexican Restaurant	Belleville	4/3 - Curbside pickup	Monday - Thursday. 11:00 - 8:00 Friday 11:00 - 9:00 Saturday 12:00 - 9:00 Sunday 12:00 - 8:00

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Celiac Shelter In Place Survey Findings

Before we Begin...

- A total of 138 people took the survey.
- The survey results were separated based on whether the person has Celiac Disease or not.

The Questions that were Asked:

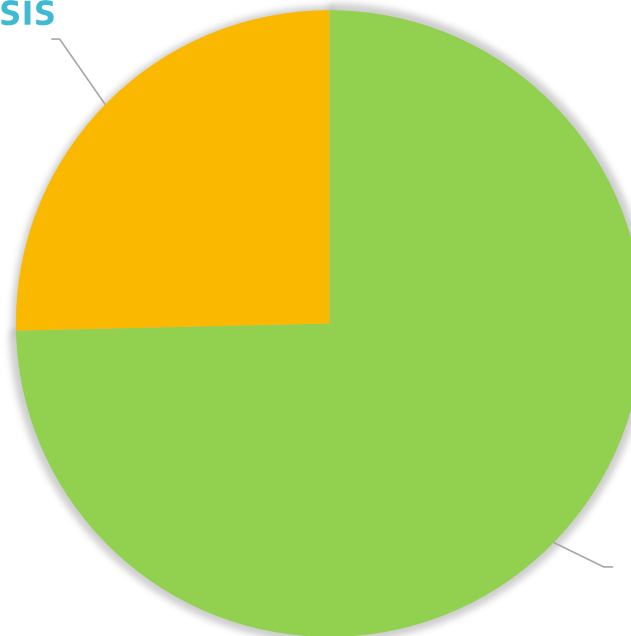
1. Have you been diagnosed with Celiac Disease or DH?
2. Are you in a location where you must "Shelter in Place" for COVID-19?
3. Do you follow a strict GF Diet?
4. During Shelter in Place – How many meals per week are you getting GF Take Out from Restaurants?
5. Is this more or less than normal (before COVID-19 Shelter in Place)?
6. How do you feel (Celiac/DH symptoms) since shelter in place began?
7. Is your household 100% Gluten-Free?
8. Do you cheat on your Gluten-Free Diet?

(People with
Celiac Disease)



OF PEOPLE WITH CD

No Diagnosis
25%



Celiac Diagnosis
75%

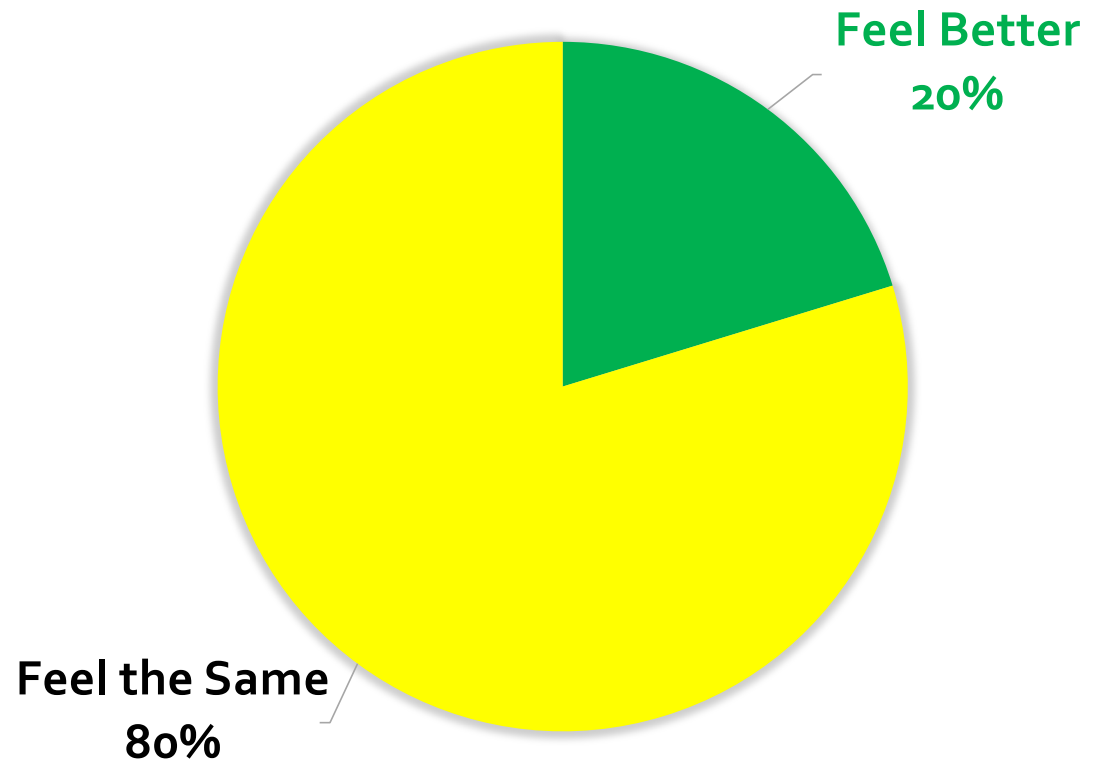
The first set of slides
pertain to the
findings from people
with Celiac Disease.



(People with
Celiac Disease)



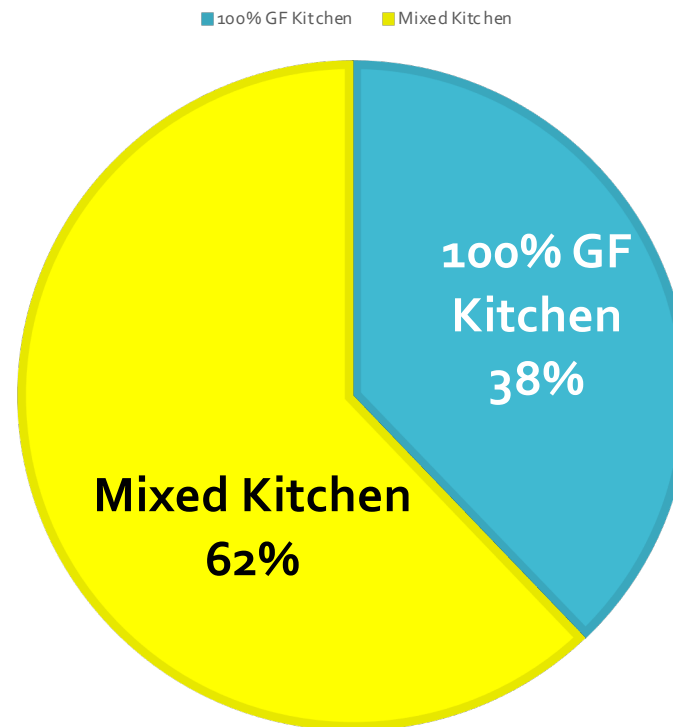
PEOPLE EATING OUT LESS



(People with
Celiac Disease)



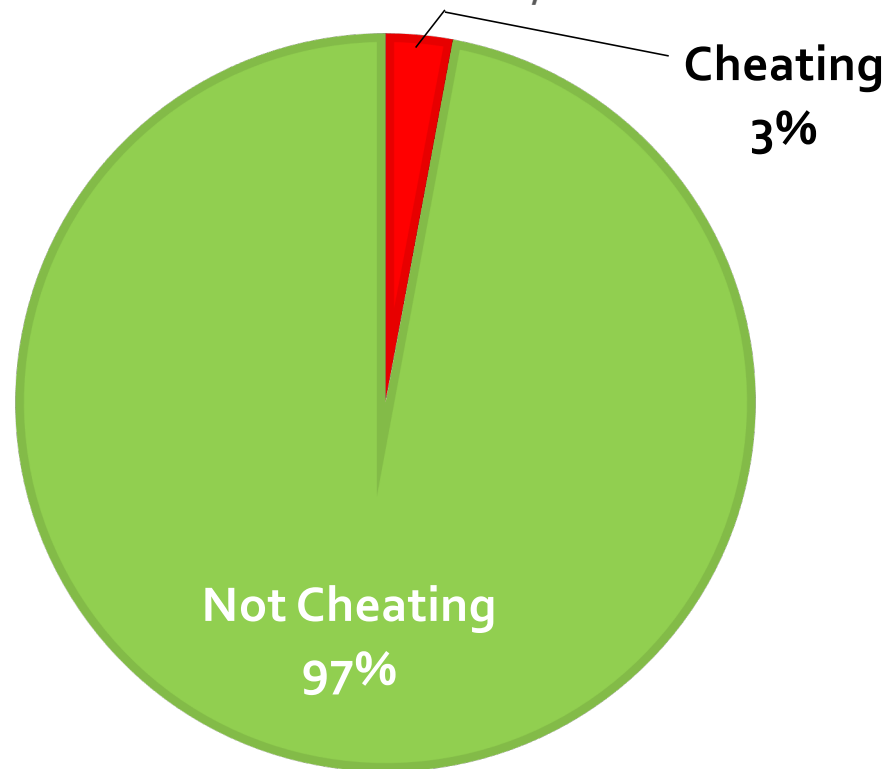
KITCHENS AT HOME FOR PEOPLE WITH CD



(People with
Celiac Disease)



OF PEOPLE WITH CELIAC DISEASE, # CHEATING



(People with
Celiac Disease)



Celiac Disease - Eating out during COVID-19



The next set of slides
pertain to the findings
from people **without**
Celiac Disease.

TCCSG

Tri County Celiac Support Group

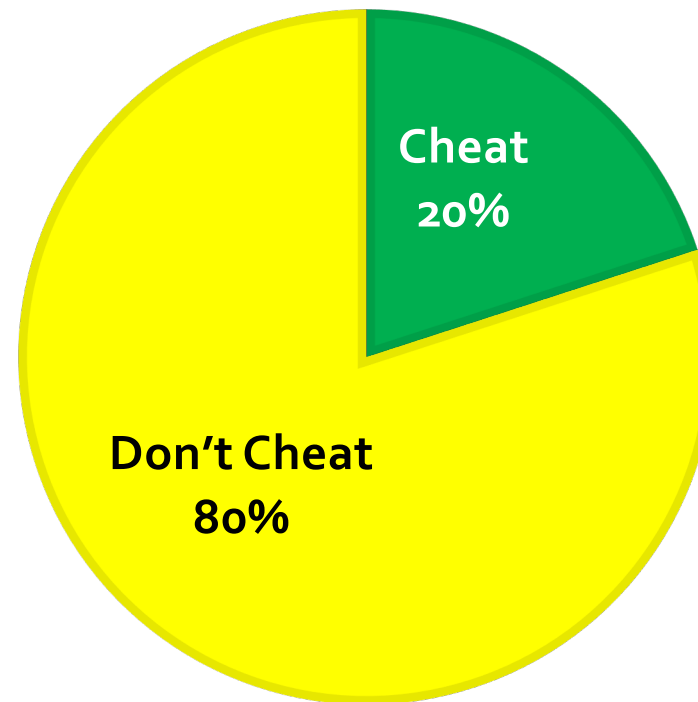
*"Learning to Live a **Gluten-Free** Lifestyle."*



(People without
Celiac Disease)



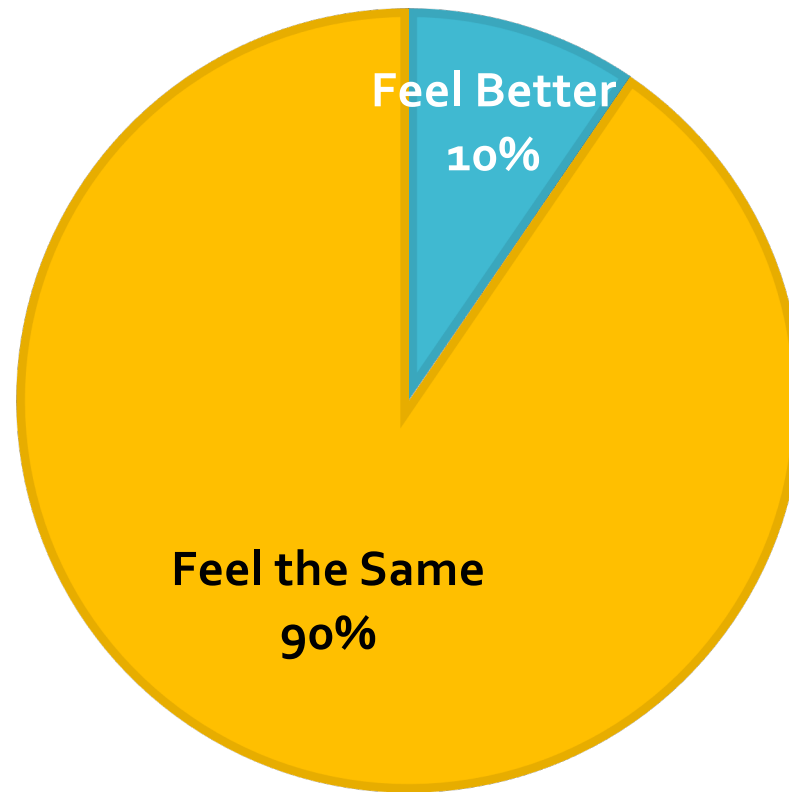
NUMBER OF PEOPLE WITHOUT CD AND CHEATING ON GF DIET



(People without
Celiac Disease)



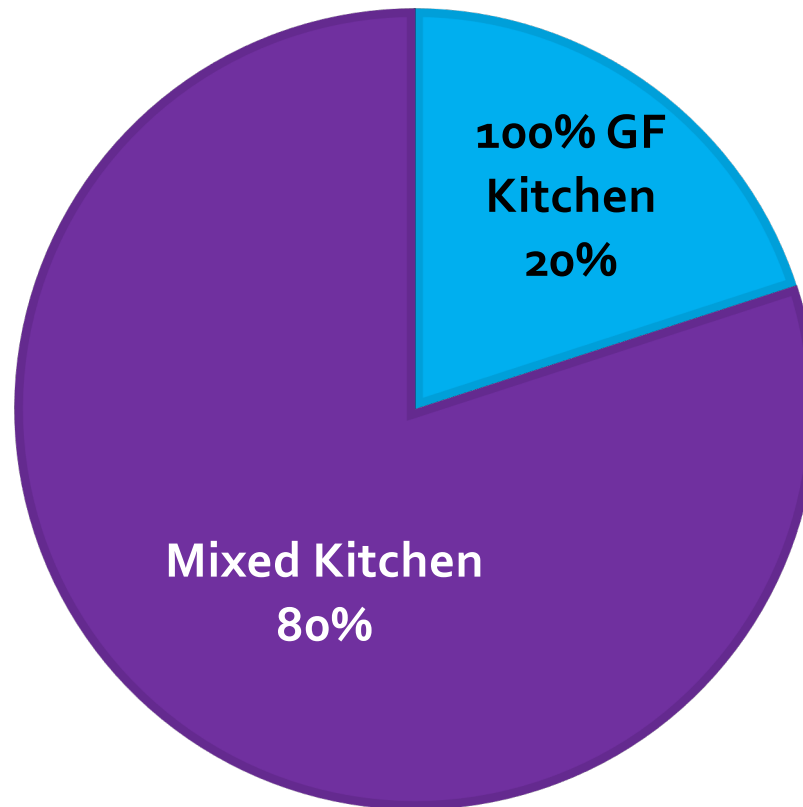
NUMBER OF PEOPLE WITHOUT CD AND EATING OUT LESS



(People without
Celiac Disease)



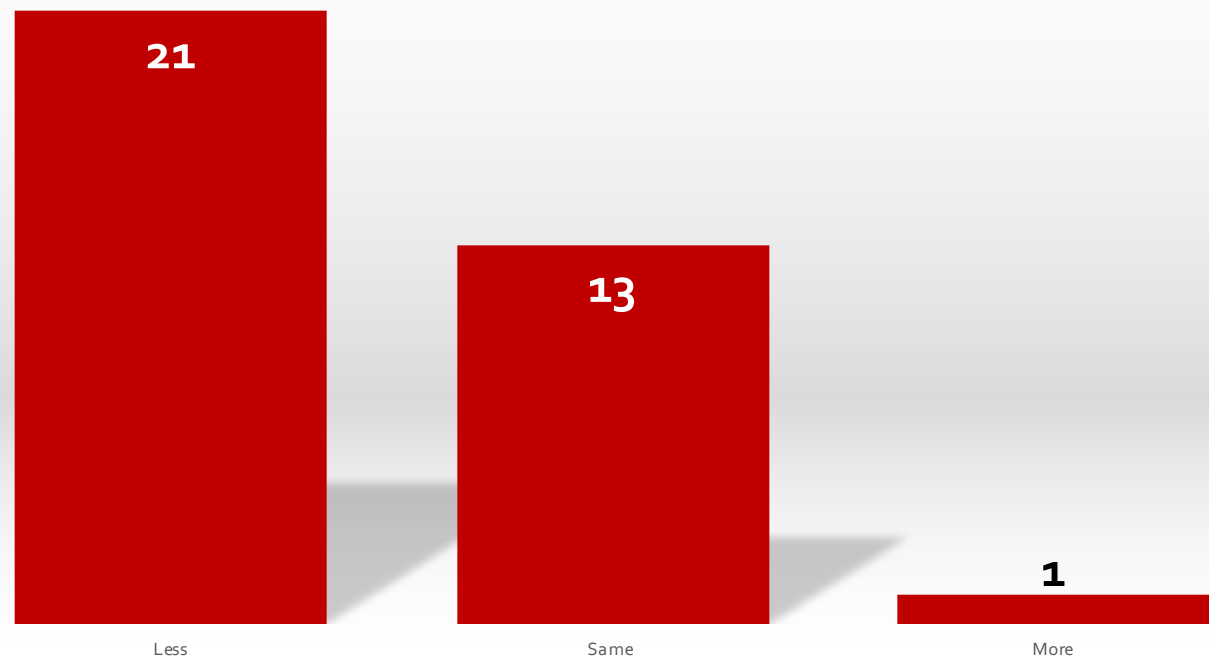
NUMBER OF PEOPLE WITHOUT CD AND HAVING DEDICATED GF KITCHEN



(People without
Celiac Disease)



No Celiac Diagnosis and Dining during COVID-19



**These data points prove that
we need better restaurant
legislation in place!**

20% of people eating out less feel better
than they normally do. This is proof that
we need better restaurant legislation!

How can you
help with this
legislation?

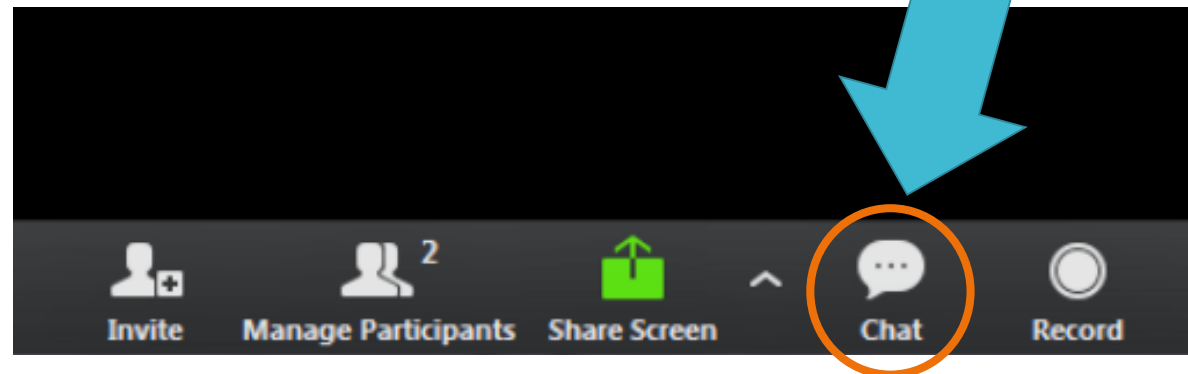


Follow:

"Gluten Free Restaurant Legislation in Michigan" on Facebook

(the link will be posted in the Zoom chat)

<https://tinyurl.com/ydalhg9ge>



Any Questions?

Feel free to say it out loud or
type it into the chat!