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Contact: Whitney Ehret
NFCA Communications Director
(215) 325-1306 x.103
whitney@celiaccentral.org

Bay Area hosts 2nd Annual San Francisco Gluten-Free Cooking Spree

San Francisco Gluten-Free Cooking Spree Brings Medical Professionals and Top Chefs into the Kitchen to Compete for the Best Gluten-Free Dish.

Ambler, Pennsylvania- (September 23rd, 2009) Join the excitement on October 30, 2009 as the National Foundation for Celiac Awareness (NFCA) brings San Francisco Area premier chefs, top doctors and members of the media together to raise awareness of celiac disease and gluten intolerance plus celebrate the gluten-free lifestyle! Treasure Island, which boasts spectacular views of the city and the Bay Area, will play host to this exciting annual Gluten-Free Cooking Spree.

Event Information

Date: Friday, October 30, 2009

Time: 6:30 pm - 9:00 pm

Place: Treasure Island Building 1 (Administration Building), San Francisco, CA

NFCA's Gluten-Free Cooking Spree will feature ten top San Francisco area chefs, paired with renowned area doctors and media representatives, in a gluten-free challenge. Narsai David, popular television and radio personality, author, restaurateur and host of KCBS radio's *'In the Kitchen with Narsai David'*, will emcee the evening's main event, as teams compete for the evening's 'Best Gluten-Free Dish' award, while providing delicious fare for guests to sample. Guests also will enjoy a buffet of hearty hors d'oeuvres, a light buffet, desserts, beer and wine—all gluten-free.

Participating local restaurants include: One Market Restaurant, Pacific Catch, Park Place Cupertino, Sol Foods, Three Senses Gourmet, And Pica Pica Maize Kitchen. For complete listing visit NFCA's website, www.celiaccentral.org

The San Francisco Gluten-Free Cooking Spree will also feature some of the best gluten-free products on the market. A dynamic Marketplace will have vendors providing product samples, and coupons. Attendees receive a fabulous goodie bag filled with treats from a variety of gluten-free vendors with admission.

A silent auction and bevy of raffle prizes provide guests additional opportunities to take home fantastic prizes and gluten-free goodies!

NFCA's evening of gluten-free food and fun seeks to raise awareness of celiac disease, an autoimmune disorder affecting approximately 1% of the population. Almost 3 million Americans with celiac disease remain undiagnosed, resulting in a fourfold increase in the risk of early death and numerous debilitating conditions including infertility, neuropathy and even cancer.

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NFCA will honor Dr. Chaitan Khosla of Stanford University and the Celiac Sprue Research Foundation at the 2009 San Francisco Gluten-free Cooking Spree for their outstanding leadership in celiac research and awareness efforts. 2008 honoree Dr. Gary Gray, emeritus professor of medicine at Stanford University School of Medicine, will present the award. Drs. Vikki and Richard Petersen will be signing their book, *The Gluten Effect*, and Dr. Angela Wu will be on hand to sign her best-selling book, *Fertility Wisdom*.

Tickets and registration for the 2009 San Francisco Gluten-Free Cooking Spree is available online through NFCA's website, www.CeliacCentral.org Admissions fees are: \$50 in advance, \$75 at the door, \$35 for students and children (12&Under). Admission for children 5 and under is FREE, but a \$5 donation is suggested. Interested Media should contact NFCA Director of Communications Whitney Ehret, (215) 325-1306 x.103 or whitney@celiaccentral.org, to be added to the press list.

About Celiac Disease

Celiac Disease is an autoimmune digestive disease that damages the small intestine and interferes with absorption of nutrients from food. An estimated three million Americans have celiac disease yet 95% remain undiagnosed, resulting in a fourfold increase in the risk of early death and numerous debilitating conditions including infertility, neuropathy and even cancer. The only treatment is a lifelong gluten-free diet.

Celiac is triggered by consumption of the protein called gluten, which is found in wheat, barley and rye. Left untreated, people with celiac disease can develop further complications such as other autoimmune diseases, osteoporosis, thyroid disease, and some cancers. An estimated three million Americans have celiac disease, but about 1 in every 4,700 with the disease receives an accurate diagnosis.

About the National Foundation for Celiac Awareness

The National Foundation for Celiac Awareness (NFCA) is a non-profit organization dedicated to raising awareness and funding for celiac disease that will advance research, education and screening amongst medical professionals, children and adults. Visit www.celiaccentral.org for more information.

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