

Ice Cream

August 2010

Always be sure to read ingredients! The item you have been purchasing right along may have had some changes. One that was mentioned was an ice cream that now has malt (barley malt) added. And if you find one of your favorite foods now has some type of gluten added, take a moment to contact the company to let them know your need for foods that do not contain gluten. Companies are listening and the more they hear from us, the more changes we will see in the future.

July 2009

Well, we had some great ice cream and toppings at the meeting Monday evening. Thanks to all that came and welcome to those who are new. Ice cream seems to be a favorite summertime treat, and fresh fruit too. We enjoyed tasting some flavors of Edy's brand ice cream, and there was also a dairy free ice cream to try. We had Hershey's Chocolate Syrup and nuts to put on top, along with Meijer brand whip cream in a can to squirt on top. Popsicles too!

A lot of ice cream is gluten free, just watch for wheat, barley, barley malt flavoring on the ingredients list. Any questions on ingredients on ice cream (or any product) just call the toll free number on the item's label to ask the company if their product contains gluten.

If you are out at an ice cream stand or restaurant you would want to ask if the server would use a clean or new scoop and open a new container of ice cream to avoid cross contaminations. Or get a dish of soft-serve ice cream. One thing to remember is the difference between a milk shake and malt. Milk shakes are OK. Malts contain barley malt - Not ok.