

GFCFSF Diet on a Budget[®] and GFCFSF Diet on Food Stamps[®]



Who I am

- Mom to Jeff (ASD – age 14) & Lauren (typical & fabulous – age 28)
- Wife to Glen
- Founder of TACA
- Educational background: stretch marks & the road of hard knocks



Agenda

- **GFCFSF Diet on a Budget**
- We will cover tried and true tips and tricks on how to do the GFCFSF Diet on a Budget, saving money, time and headaches.
- **GFCFSF Diet on Food Stamps (Yes, you can!)**
- Whether your family gets foodstamps or you are just looking to save money on your grocery bill, this will teach you how you can feed a family of four on the diet for as little as \$318 a month (almost HALF the monthly amount of food stamps for a family of four!). On our website we include a menu, recipes, shopping list, the criteria we used and much more.
- **Resources & other presentations this weekend**
This other presentation will fill in the rest of the "Autism on A Budget" Series.



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GFCFSF On A Budget

- So, you've chosen to start your child on the GFCFSF (gluten-free, casein-free, soy-free) diet but wondering which bank you will have to rob to be able to pay for the special foods needed, right? Before you get out your ski mask, here is help.
- There are several approaches to a special diet:
 - ✓ **\$\$\$** – This is when you buy everything pre-made & arrives on your doorstep.
 - ✓ **\$\$** – This is when you buy mixes and such but bake the products yourself.
 - ✓ **\$** – This is the easy and cheap "grandma's method."



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Budget Plans Overview

- **\$\$\$** – Let's start with the expensive method. There are so many places where you can buy everything pre-made for you nowadays. When I started the diet with my son more than a decade ago, there was almost nothing. Now, you can find companies that deliver all pre-made meals, and online retailers like:
 - GlutenFreeMall.com that carries products from a wide variety of manufacturers, pre-made and mixes.
 - Some companies sell premade meals, ready to deliver, such as www.nulifefoods.com and desserts from <http://shabtai-gourmet.com>
 - If you can afford to purchase all pre-made foods, this presentation is not for you.



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Budget Plans Overview (cont.)

- **\$\$** – This is the category most people fall into. You don't have time or the recipes to make all your own breads, muffins, cakes, pie crusts, etc. so you buy mixes and some pre-made things like cookies or sandwich bread, pasta and hot dogs. You also spend a good chunk of time comparison shopping and making sure all the products fit your child's allergies.



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Budget Plans Overview (cont.)

- **\$** – Finally, this is the "grandma method". I'm going to take you back in time for this one. Think about the way your great-grandmother used to cook before food came in boxes and was heated in microwaves. She made a meat, a vegetable and a starch for each meal and that was all. No muss, no fuss.
- It's a healthy, simplification of cooking that uses little to no pre-made ingredients. That's the whole process and you'll find meal ideas and more in GFCF Diet on a Budget Meal Plans at <http://www.tacanow.org/family-resources/gfcf-diet-on-a-budget-meal-plans/>.
- I found this method actually even saved me money compared to the way I used to cook before GFCFSF. I wasn't paying \$5 a box anymore for his favorite pre-made junk food of which he ate 3 boxes a day, because he was addicted to them.



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What is GFCFSF?

- **Gluten** is more than just wheat – it's grains like wheat, barley, oats and rye. Gluten-free also includes things that do not have gluten in them but are either grown near them or processed in a facility with them, contaminating them, such as millet and oats.
- **Casein** is the protein found in all things dairy – more specifically, anything juiced from a mammal – including cow's milk, sheep, goat and human breast milk.
- **Soy** needs to be removed, too. Not only does research show it reacts the same as gluten and casein in the ASD body, but it's GMO and linked to cancer. Research and parents also say soy-protein-free is not enough.
- Labels that say "wheat-free" do not necessarily mean gluten-free and certainly not GFCFSF. Dairy-free isn't casein-free. Lactose is milk sugar. Lactose-free isn't casein-free either. Organic doesn't mean GFCFSF. Organic milk still comes from a cow and organic wheat is still wheat.
- Reading labels and understanding the difference is crucial.



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How do we decipher labels?

- <http://www.tacanow.org/family-resources/how-to-read-food-labels/>
- The Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) (or Title II of Public Law 108-282) is a law that requires food manufacturers to list the ingredients in their products and disclose allergens.
- Food labels in the US must list these 8 allergens – milk, egg, fish, Crustacean shellfish, tree nuts, wheat, peanuts, soybeans.
- The law requires that food labels identify the food source of all major food allergens. Unless the food source of a major food allergen is part of the ingredient's common or usual name (or is already identified in the ingredient list), it must be included in one of two ways.
 - ✓ The name of the food source of a major food allergen must appear:
 - ✓ In parentheses following the name of the ingredient.
Examples: "lecithin (soy)," "flour (wheat)," and "whey (milk)"
 - ✓ – OR –
 - ✓ Immediately after or next to the list of ingredients in a "contains" statement.
Example: "Contains Wheat, Milk, and Soy."
- Not perfect, but a HUGE step and will knock out 95% of doubts about foods based on labeling.
- When in doubt, call the manufacturer on the label and ask!



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What is organic?

- Organic foods are produced according to certain production standards determined by the United States Department of Agriculture (USDA), specifically, its National Organic Program (NOP). For crops, it means they were grown without the use of conventional pesticides, artificial fertilizers, human waste or sewage sludge, and that they were processed without ionizing radiation or food additives. For animals, it means they were reared without the routine use of antibiotics and without the use of growth hormones. In most countries, organic produce must not be genetically modified.
- Reading labels for produce. Remember this: 1 hate B (GMO). 4 is a bore (NOT organic). 9 is fine (ORGANIC). Think of that every time you read the labels in the produce section. **9 is FINE!**
- Read more in the Toxins In Food and Environment article at <http://www.tacanow.org/family-resources/toxins-in-foods-the-environment/>
- <http://www.tacanow.org/family-resources/going-organic-not-just-gcf/>



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Where to buy organic food and meats

- Your nearby Health Food Store will carry organic meats and vegetables. Your local grocery store may too. Ask the butcher and check for labeling.
- Here are websites that you can find local farmers and growers with organic products:
 - ✓ LocalHarvest.org (they have a co-op and local CSAs too)
 - ✓ <http://buylocalfood.org>
 - ✓ <http://www.farmfresh.org>
 - ✓ <http://www.diamondorganics.com>
 - ✓ <http://www.cowboyfreerangemeat.com>
 - ✓ <http://wildforsalmon.com>



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- **Tip: Cut out the middleman.** Buy directly from farmers rather than through a retailer/reseller who marks up the products.



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Where Can You Buy GFCFSF Products?

- There are many great stores, retail and online, to choose from now. Please note that most places also sell things that are NOT GFCFSF, so please carefully read the ingredients before you buy. This is just a small sampling of the online retailers:
 - Amazon.com
 - NaturalFeast.com
 - GlutenFreeMall.com
 - FoodAllergyGourmet.com
 - BobsRedMill.com
 - Ener-g.com
 - ReallyGreatFoods.com



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- **Tip: In a hurry?** Cook everything in big batches and freeze in individual servings so when you need a quick meal, you can just grab, heat, and go.



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Where Can You Buy GFCFSF Products?

- **Health Food Store Finder**
 - ✓ www.allstays.com/c/health-food-store-locations.htm
 - ✓ www.greenpeople.org/healthfood.htm
 - ✓ www.organicconsumers.org/foodcoops.htm
- **Your local grocery store.** You can buy a lot of GFCFSF items in your local grocery store. And remember, if there is something you would like your local store to carry, ask the store manager to see if he/she can order it for you.
- Stock up by asking them to buy a case of something just for you or share it with friends.



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- **Tip: Buy in bulk quantities.** For meats, you can buy half or whole animals (you can join with other families if needed) and have them processed. Or if a store has meat sales, you can stock up the freezer.



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Where Can You Buy GFCFSF Products?

Co-ops are groups who use their bulk purchasing power to get lower prices.

- Co-op Directory - <http://www.coopdirectory.org>
- Organic Consumers - <http://www.organicconsumers.org/state/greenbiz.cfm?all=NaturalFood>
- Cooperative Grocer - <http://www.cooperativegrocer.coop/coops/>
- Sustainable Table - <http://www.sustainabletable.org/shop/co-ops/>



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- **Tip: Share the load.** Have a few families get together to cook multiple dishes in big batches and swap dishes so everyone goes home with several different complete meals.



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Go Prepared

Meal Plans Help You Save Money

- Ever walk into a grocery store hungry and without a list? You will likely spend double what you should have and still not walk out with everything you need to feed your family.
- Check out our Meal Plans at <http://www.tacanow.org/family-resources/gfcf-diet-on-a-budget-meal-plans/>



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- **Tip: Stock up!** Get a big stand-alone freezer so you can buy and cook in bulk.



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Recipes

- Get free recipes off the web. Here are just a few great sites for free recipes.
- TACA Recipe Database at <http://www.tacanow.org/family-resources/recipes-database/> and TACA's Facebook page features a new recipe DAILY <https://www.facebook.com/pages/Talk-About-Curing-Autism/112714484666>
- health.groups.yahoo.com/group/GFCFrecipes
- health.groups.yahoo.com/group/GFCFKids
- www.danasview.net/recipe.htm
- gfcfrecipes.blogspot.com
- gfcfrecipes.tripod.com
- www.pecanbread.com (for SCD)



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- **Tip: Join a co-op (or start your own).** If you can join with a few other families to buy food in bulk, you can save considerable amounts of money. You can do this with meats if you buy whole animals too (the farmers will still process them into smaller portions).



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School Days

- If your child is in public school, federal law says the public schools must provide nutritional meals that fit a special needs diet while special needs children are on campus, at NO additional cost to the families! All you have to do is have your doctor write a letter that states your child's allergies and include it in the IEP in the medical section. The school must create meals to accommodate those allergies. While you may assist them if you wish, you do not have to provide the food or help the school shop in any way. You may want to still confirm that the foods are GFCF/SCD before allowing your child to eat them. You can learn more at these sites:
- **Must the School Provide GFCF Foods if Parents Request It?**
<http://www.tacanow.org/family-resources/must-schools-provide-caseln-and-gluten-free-foods/>
- **USDA Accommodating Children with Food and Nutrition Service: Special Dietary Needs in the School Nutrition Programs (PDF)**
<http://www.tacanow.org/wp-content/uploads/2010/07/usda-special-dietary-needs-school.pdf>
- **An Essential Handout For Teachers & Aides**
<http://www.tacanow.org/family-resources/an-essential-handout-for-teachers-aides/>



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- **Tip: Frequent Buyers.** Ask if a store has loyalty or bulk discounts, or participates in local co-ops that you might join. If your store has a Senior Citizen discount, take Grandma shopping too.



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Cooking Equipment:

What to Buy and Where to SAVE YOUR MONEY!

- Before you go crazy at Macy's Home Store, Best Buy, or Wal-Mart buying cooking equipment and supplies—step away from the credit card! Here are the basics I have bought and use a lot:
- Muffin pans
- Kitchen Aid mixer (This is an expensive item but I have to stress it that it was well worth it!)
- Bread pans (I do NOT recommend buying a bread maker)
- Good measuring cups & spoons
- Good cookie sheets and parchment paper
- If your child is a fan of nuggets and fries, then get a deep fryer
- And if you can afford it—a small food processor is great for chopping up veggies and other items used in the recipes. It is recommended that you buy one that can be easily cleaned in the dishwasher.
- **THAT IS IT!** All other cooking gadgets are cool, but they are just gadgets. I went out and bought everything and ended up putting most of them away or giving them away. Save your money!



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- **Tip: Invest in a good vacuum food sealer.** Package food into individual servings to save yourself time when you need a meal fast, so you can just grab, heat, and go.



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Babies, Babies, Babies!

- Want to feed the whole household GFCF but also have an infant?
- Always consult with your pediatrician or pediatric dietitian to ensure your baby is receiving adequate nutrition in their formula.
- Here are formulas that are GFCF:
 - Metagenic's UltraCare for Kids
 - Neocate
 - Duocal
 - Ross Pediatrics' EleCare
- Some people with ASD children with either feeding issues or failure to thrive also supplement their diets with these. If your doctor prescribes these, your medical insurance should pay for most of them.



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- **Tip: Make your own mixes.** Order flours in bulk quantities and mix up all the dry ingredients for multiple mixes at a time and seal. Then when you need a mix, you just grab it off the shelf and add the wet ingredients.



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- **Tip: Need dedicated appliances?** If you need a second toaster due to cross contamination issues, a separate freezer or a bread machine (for foolproof bread), make sure you check your local Goodwill or another second-hand store. A lot of these appliances can be found in great condition and for the right price.
- Good rule to remember: if it goes in the dishwasher it's OK to share. If it doesn't – have two.



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- **Tip: Track your purchases.** Use one credit card for all things treatment-related. I buy all of my kid's food, books related to autism and special diets, books about medical-related travel such as trips to an out-of-state doctor, office co-pays, therapy equipment, vitamins, etc. on the same card so when tax time comes, all I have to do is hand my tax preparer the credit card statements.



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- **Tip: The special foods required for your child are partially tax-deductible.** Save all of your food receipts. The write-off is the difference in cost between regular and diet – *i.e.*, if a regular loaf of bread costs \$1 and your diet bread costs \$4, then you can write off \$3 per loaf.
- More tax strategies: <http://www.tacanow.org/family-resources/tax-strategies-for-parents-of-kids-with-special-needs/>



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- **Tip: Hungry for more?** There are some great places on the web to watch FREE nutritional seminars and presentations from the best in the field.
- www.autismmedia.org
- www.autism.com
- www.autismone.org



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Autism on Public Assistance Overview

We have an article on our website in detail but the diet-related portions are below:

- SSI
- State Medicaid
- Medwaiver/Autism Waiver
- TANF – Temporary Assistance for Needy Families
- **Food Stamps – SNAP****
- **WIC – Women, Infants and Children****
- State Children's Insurance Programs
- Head Start
- **Free and Reduced Breakfast and Lunch Programs****
- Low-Income Home Energy Assistance Program (LIHEAP)



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Food Stamps – SNAP

- www.fns.usda.gov/FSP
- SNAP – Supplemental Nutrition Assistance Program – helps low-income people and families buy the food they need for good health. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores, and even some health food stores. A family of four can get as much as \$588 per month in Food Stamp subsidies. You apply for this program at your local Medicaid office.



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WIC – Women, Infants and Children

- www.fns.usda.gov/wic
- WIC provides nutritious foods, nutrition education, and referrals to health and other social services to participants at no charge. WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk. You apply for this program at your local Medicaid office. Children with Autism Spectrum Disorder under 5 qualify for WIC.
- **WIC on food allergies/intolerances**
- The WIC Program works hard to serve a large population that has various nutritional needs, including food allergies/intolerances. However, the foods eligible for the WIC food packages must meet nutritional requirements set by Federal regulations. If a participant has food allergies, WIC staff may tailor food packages to better meet the participant's individual needs. Types and quantities of foods in the food package may be adjusted to meet individual dietary needs. For example, if a child on WIC is allergic to peanut butter, dried beans/peas may be substituted for the peanut butter. If a pregnant woman on WIC is lactose-intolerant, the food package can be adjusted to include more cheese and/or issue lactose-reduced milk. If an infant on WIC has a medical condition requiring an exempt infant formula, the participant may receive such a formula with appropriate medical documentation.



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Free and Reduced Breakfast and Lunch Programs

- www.fns.usda.gov/cnd
- Breakfast Program – Any child at a participating school may purchase a meal through the School Breakfast Program. Children from families with incomes at or below 130 percent of the Federal poverty level are eligible for free meals. Those with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals. (For the period July 1, 2008, through June 30, 2009, 130 percent of the poverty level is \$27,560 for a family of four; 185 percent is \$39,220.) Children from families over 185 percent of poverty pay full price, though their meals are still subsidized to some extent. Apply for these programs at your child's school.



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Free and Reduced Breakfast and Lunch Programs

- Lunch and Snack Programs – Any child at a participating school may purchase a meal through the National School Lunch Program. The financial requirements are the same as the Breakfast Program. Local school food authorities set their own prices for full-price (paid) meals, but must operate their meal services as non-profit programs.
- Afterschool snacks are provided to children on the same income eligibility basis as school meals. However, programs that operate in areas where at least 50 percent of students are eligible for free or reduced-price meals may serve all their snacks for free.
- You can have the school prepare GFCFSF meals under these programs at no additional cost to you. Read <http://www.tacanow.org/family-resources/must-schools-provide-casein-and-gluten-free-foods/> for more information.

Daily Living Core Needs

- **Food**
 - ✓ GFCFSF on Food Stamps <http://www.tacanow.org/family-resources/gfcfsf-diet-on-food-stamps/>
 - ✓ Angel Food Ministries (877) 366-3646. Low price food options, accepts food stamps, local pickup. <http://www.angelfoodministries.com>
 - ✓ Strength.org (800) 969-4767 National Food Bank Locator <http://www.strength.org>
 - ✓ WIC (Women, Infants and Children (under age 5)) <http://www.fns.usda.gov/wic/>
 - ✓ WIC Farmer's Market Program <http://www.fns.usda.gov/wic/FMNP/FMNPfaq.htm>
 - ✓ Farm Gleaning 800-333-4597 http://www.endhunger.org/our_locations.htm
 - ✓ Food Bank referrals <http://feedingamerica.org>
 - ✓ Food Bank Locator 800-771-2303
 - ✓ Head Start Program – If your child is under 4 years, two meals are provided through Head Start 866-763-4481 <http://eclkc.ohs.acf.hhs.gov/hsls/hsa-system/family/Fac%20Parents>
 - ✓ School Free and Reduced Price Breakfast and Lunch programs <http://www.fns.usda.gov/cnd/>
 - ✓ Summer Food Programs 703-305-2286 <http://www.fns.usda.gov/cnd/summer/>
 - ✓ After-school care snacks and suppers <http://www.fns.usda.gov/cnd/AfterSchool/default.htm>
 - ✓ The Emergency Food Assistance Program <http://www.fns.usda.gov/fda/programs/efap/default.htm>

GFCFSF on Food Stamps (YES, you can!)

- As the cornerstone of biomedical treatment, the Gluten-, Casein- and Soy-Free (GFCFSF) diet has resulted in tremendous progress for more than 90% of children with ASD who've tried it. The diet can be done many different ways, ranging from VERY expensive to very cheap – it all depends on how much pre-made food you buy versus making your own meals.
- We wanted to find out if all of our families could afford this basic treatment so we did an investigation. What we found out surprised us all and we are thrilled to offer this information to the autism community so more families will know they have access to such a vital treatment to help their children.
- **This presentation is NOT just for those who receive food stamps, but for anyone who wants to save money on the diet.**

GFCFSF on Food Stamps

- **Criteria We Used**
- According to the USDA's SNAP program, a family of four can get up to \$588 per month of food subsidy funding. Of course, not every family gets that much so we aimed at the median family of four subsidy of \$396 per month. However, we did it in just \$319! (Technically, the food needed only cost \$282.05, so the \$319 includes the leftovers.)
- We only included foods that were free of gluten, casein and soy. We based the menu on the USDA's Nutrition program for quantity and food groups to make sure the diet was healthy, not merely inexpensive.
- Once we had a monthly menu and a shopping list, we compared costs for the same products in three states to get a national average cost.



- **Tip!** Want to save a bundle? Plant a garden! Even a small patio can grow plenty of money-saving and healthy food, plus it's great for the kids to learn! If you have room for a tree, make it something that fruits and feeds your family. Start with one bucket planter & go from there. Also, buy food in season because it's cheaper when it's abundant.

GFCFSF on Food Stamps

- Please note that the menu, shopping list and recipes are for FOUR people for each meal and all four people are on the GFCFSF diet. It will be even CHEAPER if you use non-GFCF things like pasta, bread and pancake mix for those who don't need it but we wanted to make sure that the diet COULD be done on this budget with the most ease when cooking for a whole family. If you do this, you should cook the non-GFCF pasta or pancakes in a separate pot/pan.
- We did include a VERY few things that were premade like a box of cereal or pancake mix but remember that everything you buy premade, the more money it costs per pound/serving. Changing your mindset to 'make it all yourself' is the fastest road to doing the diet cheap!
- <http://www.tacanow.org/family-resources/gfcfsf-diet-on-food-stamps/>
 - ✓ Sample Monthly Menu
 - ✓ Sample Monthly Menu Cost Sheet (PDF)
 - ✓ Grocery Store Food Shopping List

More Food Resources

- **Food Stamps** <http://www.ssa.gov/pubs/10100.html> and <http://www.gettingfoodstamps.org/help.htm>
- **Gleaning Resources** (going to local farms at the end of their seasons to pick for free)
 - www.gleaning.org
 - [EndHunger.org](http://endhunger.org)
- **A Citizen's Guide to Food Recovery** www.usda.gov/news/pubs/citizen/content.html
- **Food Recovery State Resource List** www.usda.gov/news/pubs/citizen/state.html
- **Food Banks** (aka Food Pantries)
 - **Feeding America** <http://feedingamerica.org/foodbanks/results.aspx>
 - If you need food, we can help you locate emergency food assistance services in your community. Every food recipient is treated with dignity and respect. The call is free. The food is free. Please note that many food banks do not provide direct food assistance to families and individuals, but do provide food to soup kitchens, food pantries and shelters. Your local food bank can refer you to soup kitchens and food pantries in your area. These community agencies provide direct food assistance. Please call 800-771-2303 or use our food bank locator online to find the food bank nearest you.
 - **Food Pantries Locator** <http://foodpantries.org>
 - **Database of Food Bank Programs** http://www.dmoz.org/Society/Philanthropy/Hunger_Relief/
 - **GF on a Budget info**
 - <http://glutenfreecooking.about.com/od/glutenfreecookingbasics/ht/utafoodcosts.htm>

Nutrition Information

- Healthy Cooking Classes
 - ✓ <http://www.operationfrontline.org>
- Can Low-Income Americans Afford a Healthy Diet?
 - ✓ <http://www.ers.usda.gov/amberwaves/November08/Features/AffordHealthyDiet.htm>
- Are Lower Income Households Willing and Able To Budget for Fruits and Vegetables?
 - ✓ <http://www.ers.usda.gov/publications/err54/>
- Who Has Time To Cook? How Family Resources Influence Food Preparation
 - ✓ <http://www.ers.usda.gov/publications/err40/>
- USDA's Recipes and Tips for Healthy, Thrifty Meals
 - ✓ <http://www.cnpp.usda.gov/Publications/FoodPlans/Misc/Pubs/FoodPlansRecipeBook.pdf>
- USDA's Healthy Eating Index
 - ✓ <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>



- **Tip!** I travel to see a lot of specialists for my child. Can I do the diet on the road?

YES!

- Best store
www.containerstore.com
And www.target.com
- Some favorites



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TAKING ACTION FOR COMMUNITY ASSISTANCE

REAL HELP NOW

Ideas for Traveling

- Call ahead to hotel/family/friends of where you are visiting.
- Have food sent in advance, waiting for you
- Shop the day you arrive or ASAP
- Have some staples on hand (cereal, crackers, treats, etc.)
- Invest in various size coolers – Soft-pack coolers are wonderful for traveling!
- Check restaurants to see if they accommodate your request to re-heat GFCSF food.
- Some national chains / restaurants have GFCSF menu options.
- Nulife Foods has a sample pack that can help with a two day trip – www.nulifefoods.com

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REAL HELP NOW

What next?



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REAL HELP NOW

Support:

Remember TACA is here to help

- We have developed an entire “On A Budget” series for you which includes:
 - ✓ Health insurance
 - ✓ Biomedical
 - ✓ Public Assistance
 - ✓ This presentation – “GFCSF diet on food stamps”
 - ✓ More articles are being produced
- <http://www.tacanow.org/family-resources/autism-on-a-budget-series/>

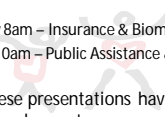


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REAL HELP NOW

This is part one of three

- Please see Holly for more “On A Budget” series:
 - ✓ Saturday 8am – Insurance & Biomed
 - ✓ Sunday 10am – Public Assistance & Who Pays for WHAT!
- Each of these presentations have much more resources and ways to save money on the autism journey.




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REAL HELP NOW

Close

- NOW IT IS YOUR TIME!
- Questions & Answers



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