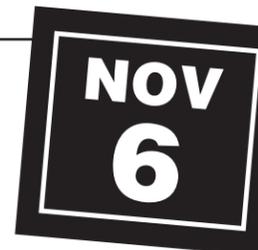


SPRING 2004

PKU Press

A Periodic Newsletter Published By The PKU Organization Of Illinois

LETTER from the Board



SAVE NOVEMBER 6th. Mark it in your calendar. The 35th Annual Meeting is being held at a different venue this year. We are so excited to announce that this year's meeting will be held at Medinah Golf Club. We are still in the planning stages of the meeting, so more information will be in the next Press and the invitation that we send out in August. There will be a dress code.

The 2004 board has met twice and is busy lining up the year's activities along with overseeing the operations of the PKU Organization of Illinois. We have welcomed new board members and have a solid and excited group of individuals serving the Organization this year. We meet approximately every 6 weeks at the Children's Westchester clinic. We have phone conferencing available for those board members who are unable to attend the meeting in person.

We have activities planned, some of which are highlighted in the Calendar of Events. We appreciate all of the support that we get from members that are willing to organize and host events. Without them, the events would not be possible. We also appreciate the support we get from the board members families by allowing each one to attend the meetings and take some of their personal time on planning for and attending meetings.

Feel free to provide input to the board anytime during the year. You can contact us through any board member, our voicemail, email, or regular mail.

Hope to see you at some of the events this year.

KEEP IN MIND... Andrew Craig Scholarship Application

This year the PKU organization will again award two \$1,000 scholarships to two qualifying individuals with PKU. The individuals with PKU have to be enrolled in an accredited college, university, or vocational school in the fall of 2004 and do not need to be newly enrolled. A student may win more than once, but not in consecutive years.

For the application and more information, after July 1st, please visit our website: www.pkuil.org or call Kate Chovanec at 847-854-4778 or write to the PKU Organization of Illinois, P.O. Box 102, Palatine, IL 60078-0102.

Sun, Fun, and a Little Fundraising!

Remember to mark your calendars!

2nd Annual BIG WIG Golf Outing for PKU

WHEN: September 18, 2004
WHERE: Popular Creek Golf Club
Hoffman Estates, IL



Start thinking about your foursome (at least 2 must be women)

More information coming soon!

Sponsored by: www.wiggolf.com www.pkuofil.org

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PKU ORGANIZATION OF ILLINOIS
P.O. BOX 102
Palatine, Illinois 60078-0102

The **PKU PRESS** is published three times a year as a service of the PKU Organization of Illinois. In conjunction with the three Illinois clinics, we are working together to provide information, offer support, highlight achievements, and provide services for the benefit of the PKU community. We welcome your input and ideas. Requests for additional copies or correspondence should be addressed to:

PKU PRESS Editor
P.O. Box 102, Palatine, IL 60078-0102
email: www.pkuil.org

2004 PKU Organization of Illinois Officers

Jim Critchfield - *President* Joseph Annunzio - *Treasurer*
Angela Koster - *Vice-President* Gina Annunzio - *Secretary*

2004 PKU Organization of Illinois Board Members

Patrice Bedenk, Beth and Dan Burke (shared position), Kate Chovanec, James Leaf, Kristen Leaf, Tom Keegan, and Tracy Keegan

2004 PKU Organization of Illinois Honorary Members

Anne Kozek, Hazel Vespa

2004 Ex-Officio

Bruce Kimbrell

Northern Illinois Swim Party... "Leaping into 2004"



It was a fun time at this year's swim party. It was held at the Water Works in Schaumburg on February 29th. Families brought some fabulous PKU and non-PKU food dishes to share, including vegetable pizza, mini pizzas, muffins, pasta salads and chocolate covered marshmallow lollipops with cherries to name a few. Many thanks go out to SHS, Cambrooke Foods and Applied Nutrition for providing additional snack foods for families to sample, including various

cookies, fruit bars, crackers and low-protein chocolates. In addition to providing the snacks, our low protein vendors had various goodies for people to take home, including wafer cookies, fruit bars, pens, recipes and various literature. Once everyone had a chance to fill up on scrumptious foods, it was off to the pool to cool down a bit! Like last year, the PKU Organization of Illinois had a private pool rental, so there was plenty of space for 42 people to splash around and have fun. Thanks to the Egans, Buzzards, Ginters, Gallaghers, Bennetts, Kosters, Irgangs, Thompsons, Leafs, and Annunzios for coming out, bringing food, and making this event so great. It looked like everyone had a wonderful time! Many thanks go to Kristen Leaf for coordinating this year's event!



March 2004

NEWS FROM SHS NORTH AMERICA

SHS North America is offering a new pasta variety. Try our lasagna sheets in great recipe suggestions available through our Nutrition Support Department. The lasagna comes in packs of 250 g, the price is \$5.00/pack.

We also offer new metabolic formula recipes. Check out the simple, mostly one-ingredient recipes as well as the fancy ones and make your daily drink mix more interesting.

Save the date: The SHS Metabolic Conference, in cooperation with Children's Hospital of LA will be held October 1, 2004 in Long Beach. Topics are maternal PKU and other interesting issues. Teleconferencing will again be available.

And don't forget the new addition to the Phlexy-10 System: Phlexy-10 Tablets. Each tablet contains double the amount of amino acids in comparison to one Phlexy-10 Capsule, decreasing the necessary intake of pills by half. Phlexy-10 is designed for a standard PKU diet. It includes drink mixes (blackcurrant/apple and tropical surprise flavor), a bar, capsules and now also tablets. Try it! Ask your dietitian or physician for a sample.

For more information and a complete listing of SHS' products, please visit SHS North America at www.shsna.com or call 1-800-365-7354, Mo-Fr 8:30 am - 5:00 pm EST.

The PKU Organization of Illinois Comparative Results of Operations for the Year Ended December 31, 2003 and 2002 Cash Basis

	2003 Fund Activity					2003 Total	2002 Total		
	General Fund	MPKU Fund	Education Fund	Research Fund	Spec. Assist Fund				
Receipts:									
Fund Raising:									
Jewel Shop & Share	440.67	-	-	-	-	440.67	1.0%	275.24	1.0
Dominick Benefit Days	15.99	-	-	-	-	15.99	0.0%	90.14	0.3
Meijer Give Away Program	-	-	-	-	-	-	0.0%	620.16	2.3
BIG WIG Golf Outing	1,200.00	-	-	-	-	1,200.00	2.7%	-	0.0
Pampered Chef Party	268.56	-	-	-	-	268.56	0.6%	-	0.0
Tastefully Simple Party	250.00	-	-	-	-	250.00	0.6%	-	0.0
Annual Appeal	3,296.00	-	-	-	-	3,296.00	7.5%	1,135.00	4.1
Donations & Grants	6,920.23	-	-	8,100.00	2,000.00	17,020.23	38.5%	8,638.02	31.5
Lapel Pin Sales	525.00	-	-	-	-	525.00	1.2%	-	0.0
T-Shirt Sales	1,395.00	-	-	-	-	1,395.00	3.2%	-	0.0
Hat Sales	140.00	-	-	-	-	140.00	0.3%	-	0.0
Other Product Sales	97.00	-	-	-	-	97.00	0.2%	72.50	0.3
T-Shirt Sponsorship	500.00	-	-	-	-	500.00	1.1%	-	0.0
PKUIL Directory Sponsorship	-	-	-	-	-	-	0.0%	1,225.00	4.5
Annual Meeting Raffle	14,972.00	-	-	-	-	14,972.00	33.8%	10,879.00	39.6
SubTotal Fund Raising	30,020.45	-	-	8,100.00	2,000.00	40,120.45	90.7%	22,935.06	83.6
Event Receipts:									
Annual Meeting Registration	2,000.00	-	-	-	-	2,000.00	4.5%	1,800.00	6.6
Annual Meeting Sponsors	1,000.00	-	-	-	-	1,000.00	2.3%	1,450.00	5.3
PKU Camp Registration	640.00	-	-	-	-	640.00	1.4%	670.00	2.4
SubTotal Event Receipts	3,640.00	-	-	-	-	3,640.00	8.2%	3,920.00	14.3
Other Receipts:									
Bank Interest	379.88	-	-	-	-	379.88	0.9%	590.52	2.2
Honorariums	100.00	-	-	-	-	100.00	0.2%	-	0.0
Subtotal Other Receipts	479.88	-	-	-	-	479.88	1.1%	590.52	2.2
Total Receipts	34,140.33	-	-	8,100.00	2,000.00	44,240.33	100.0%	27,445.58	100.0
Disbursements:									
Annual Meeting 2001	-	-	-	-	-	-	0.0%	4,809.50	17.5
Annual Meeting 2002	1,114.00	-	-	-	-	1,114.00	2.5%	6,754.19	24.6
Annual Meeting 2003	5,002.60	-	-	-	-	5,002.60	11.3%	-	0.0
Donations & Grants	1,202.73	-	2,000.00	1,650.00	1,142.37	5,995.10	13.6%	12,188.55	44.4
PKU Press	3,939.59	-	-	-	-	3,939.59	8.9%	3,087.12	11.2
Northern Illinois Swim Event	537.68	-	-	-	-	537.68	1.2%	399.74	1.5
New Parent Coffees	7.61	-	-	-	-	7.61	0.0%	50.00	0.2
Cooking Club	25.00	-	-	-	-	25.00	0.1%	-	0.0
Discovery Days	-	-	-	-	-	-	0.0%	350.00	1.3
Cooking School	-	-	-	-	-	-	0.0%	149.89	0.5
Southern Illinois Picnic	-	-	-	-	-	-	0.0%	145.00	0.5
PKU Camp	1,886.06	-	-	-	-	1,886.06	4.3%	2,468.20	9.0
Halloween Party	-	-	-	-	-	-	0.0%	459.00	1.7
Fund Raising	2,698.59	-	-	-	-	2,698.59	6.1%	16.91	0.1
PKU IL Directory	-	-	-	-	-	-	0.0%	1,808.00	6.6
New Parent Packets	573.87	-	-	-	-	573.87	1.3%	-	0.0
Administrative/Overhead	1,916.20	-	-	-	-	1,916.20	4.3%	1,905.34	6.9
Total Disbursements	18,903.93	-	2,000.00	1,650.00	1,142.37	23,696.30	53.6%	34,591.44	126.0
Foreign Currency Adjustment	-	-	-	-	-	-	0.0%	(36.16)	-0.1
Transfers Between Funds	(4,000.00)	-	4,000.00	-	-	-	0.0%	-	0.0
Net Surplus/(Deficit) for the year	11,236.40	-	2,000.00	6,450.00	857.63	20,544.03	46.4%	(7,182.02)	-26.2

PKU Organization of Illinois 2004 Central Illinois

Picnic

DATE: Sunday, August 1, 2004
TIME: 1:00 am - 3:30 PM
LOCATION: 16036 Inverrary Lane, Bloomington, IL
 (This is south of Bloomington)
 Directions & Map will be provided upon RSVP

RSVP: If attending – (309) 827-4706 or bakimbrell@aol.com by July 23

HOST: Mary Jane Kimbrell

PROVIDED: PKU and non-PKU main dish, drinks, cups, and tableware.
 We will determine menu as we get responses

BRING: - PKU dish labeled with Phe count per serving
 and non-PKU dish
 - Swimsuit
 (If you would like to swim)

Picnic



Special thank you

The Board would like to extend a special Thank You to Lisa & Martin Irgang. Through the efforts of Lisa & Martin, the Organization received thirty-seven separate Donations and Annual Appeal contributions for a total of \$2,366.00 during 2003!

The Board would like to extend a special Thank You to Board Member Jayne Markham. Jayne single handedly raised \$8,100.00 in research funds from twenty-one separate donors during 2003!

The Board would like to extend a special Thank You our Vice President, Angela Koster for planning and coordinating the Pampered Chef and Tastefully Simple party fundraising events. These two events raised \$518.50 for the Organization in 2003. This is in addition to the Meijer Give Away fundraiser coordinated by Angela in 2002 which raised \$620.16 that year and the Carson's Days event which we expect will raise in excess of \$1,000 in 2004. The Board would like to extend a special Thank You to Steve & Lisa Bennett. Steve & Lisa were responsible for setting up the BIG

WIG golf outing in 2003. This event raised \$1,200 for the Organization. The Board would also like to thank Lori Knaub, Lisa's mom, and Jane Figiel Ford, Kathy Boldt and Ann Lyons of Women In Golf, Inc. (WIG) for including our Organization in this great fundraising event.

The Board would like to again express its appreciation to our top raffle ticket sellers in 2003: Tom & Christine Gallagher, Nelson Herschberger, Tom & Tracy Keegan, Dan & Beth Burke, Steve & Lisa Bennett. Each of these families raised in excess of \$1,000 through raffle ticket sales in 2003.

The Board would like to extend a special Thank You to our President Jim Critchfield for donating the PKUIL logo Baseball Hats to the Organization. We raised \$140 in 2003 with the Baseball Hats and still had 27 left at the end of the year for a \$270 in future fundraising potential.

and acknowledgment

To our PKU Parents, Families, PKU Press Subscribers, and Friends,

I am glad to report that the PKU Organization of Illinois had a stellar fundraising year in 2003. After running deficits in excess of \$7,000 for last two years, the Organization ran a surplus in excess of \$20,000 in 2003. We rose over \$40,000 from our fundraising events in 2003 as compared to less than \$22,000 in 2002. Our development of new fundraising alternatives has been very successful. However, we are still a small organization and need the continuing support of our members. Participation of our members in our fundraising events is crucial to their success. We do not want to grow complacent after a very successful fundraising year. Just a few years of deficits can wipe out the surplus. Support from you has even more importance because it indicates your desire for us to accomplish the goals of our Organization.

Just think of what we're all getting for our donation:

- No subscription fees for the PKU Press, 3 times per year.
- Continuous/on-going educational events for us to attend so that we are up to date with successful diet management ideas.
- Social events to get parents and kids together to share ideas (new parent coffees, swim parties, snack exchanges, picnics, PKU Family Camp, Discovery Days and Cooking Schools).
- Educational grants for our PKU students. (Two \$1,000 grants per year)
- Active involvement by your board members at the State and National levels with legislation and new developments in PKU treatment (Board Members Gina Annunzio & Angela Koster, along with Fundraising Committee Member Lisa Bennett will attend the MACPAD conference in Detroit, MI in June of 2004).

- Our 24-hour voice mail (630) 415-2219 as well as our web site www.pkuil.org.
- Our Annual Meeting, which has attracted national attention for the quality of the presentations on PKU research and treatment, and which is longest continuous running event of its kind in the United States.

YOUR CONTRIBUTIONS ARE FULLY TAX DEDUCTIBLE #. REMEMBER, YOUR PKU ORGANIZATION IS AN ALL-VOLUNTEER PARENT ORGANIZATION. 100% OF ALL DOLLARS RECEIVED GO TO PROVIDE PROGRAMS AND SERVICES FOR PKU CHILDREN AND THEIR FAMILIES.

Many Thanks for helping to keep our Organization strong,

Joe Annunzio, Treasurer

 Cut along line and return the bottom portion with your contribution

REMEMBER OUR CHILDREN AND THE FUTURE OF PKU

Enclosed is my contribution in the amount indicated below.*

[] \$25 [] \$50 [] \$75 [] _____ Other

*Note: Your employer may match your gift. Contact the Personnel or Community Relations Department of your company for details.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

 Thank you for your generosity. All contributions are tax deductible as allowed by law. Please make checks payable to the "PKU Organization of Illinois." Send to: PKU Organization of Illinois, P.O. Box 102, Palatine, IL 60078-0102. We will acknowledge your donation.

2004 Calendar of Events

DATE	EVENT	LOCATION	TIME	HOST/CONTACT
February	Candle Selling Fundraiser	Winter Press Advertisement	Whole Month	Tricia Cox 815-224-1208
February 29	Northern Illinois Swim	Schaumburg Water Works	4-9 pm	Kristen Leaf 847-740-5415
March 13	Cooking Program for Teens	Conant High School and Young Adults	9 am – 3 pm	Hazel Vespa 773-880-4486 Schaumburg
Spring	Metabolic Spring Picnic	Eastern MO/Southern IL	Clayton, MO	Laurie Sprietsma 314-454-6261
April 25	New Parent Coffee	Barrington Hills	1:00 pm	Jayne Markham 847-382-8955
May 17 - 19	Dominick's Benefit Days	Coupons in Spring Press		Joe Annunzio 847-838-2706
May 17 - 19	Jewel Shop-N-Share	Coupons in Spring Press		
July 17	Cooking School Dianne Sullivan	Still in the planning stages Check the website in May for more details		Gina Annunzio 847-838-2706
Summer	St. Louis Metabolic	Clayton, MO Summer Picnic/Swim		Laurie Sprietsma 314-454-6261
August 1	Central Illinois Picnic	Bloomington, IL	1-3:30 pm	Mary Jane Kimbrell 309-827-4706
Sept. 18	BIG WIG Golf Outing, Silent Auction	Poplar Creek Golf Course Hoffman Estates, IL	12:00pm	Jane Figiel Ford 708 226-0878 www.wiggolf.com
Sept. 24-26	PKU Family Camp	Lake Bloomington, Hudson		Michele Kowalski 773-745-4541 Bruce Kimbrell 309-827-4706
October	Halloween Event	Chicago vicinity		
November 6	Annual Meeting & Cookie Exchange	Medinah Golf Club Medinah	9 am	info@pkuil.org or voicemail
Nov. 15 - 17	Jewel Shop-N-Share	Coupons for both in Summer Press and Annual Meeting Folders		Joe Annunzio 847-838-2706
Nov. 15 - 17	Dominick's Benefit Days	Coupons for both in Summer Press and Annual Meeting Folders		
Dec. 6 - 8	Dominick's Benefit Days	Coupons for both in Summer Press and Annual Meeting Folders		Joe Annunzio 847-838-2706
Dec. 13 - 15	Jewel Shop-N-Share	Coupons for both in Summer Press and Annual Meeting Folders		

For more information on these events: - Call our voicemail at (630) 415-2219 - Email us at info@pkuil.org
- Watch for updates in the PKU Press - Check our web site www.pkuil.org

This is an incomplete calendar. As events are scheduled the calendar will be updated and put into the Spring Press.

Survival Cooking for Teens and Young Adults

On Saturday, March 13, 2004 we had our first "Survival Cooking" course for teens and young adults. It was held at Conant High School from 9:00 am to 3:00 pm and our guest chef was Malathy Ramanujam from Taste Connections. Malathy came and demonstrated various scrumptious recipes that can be made from her TC - Low-Protein Bread Mix and TC - Low-Protein Multi-Baking Mix that she formulated. Malathy originally set out to make a good-tasting and lower-priced baking mix because her son has homocystinuria, which requires a low-protein diet, much like PKU, but requires a different medical formula. Malathy is currently continuing her education in nutrition and is writing her thesis paper on ways to improve the taste, texture and color of low-protein breads. We all received a mini-lesson on the differences between low-protein mixes and regular wheat flour and the reasons why they don't work alike.

All in all, 36 people attended the survival cooking class. This included Ann Kozek, Barbara Goss and Mary

Niewinski from the University of Illinois, and Hazel Vespa, Rhoda Papanastassiou and Danielle Hartung from Children's Memorial Hospital. Also included were Gina Annunzio and Angela Koster from the PKU Organization of Illinois and various teens, young adults, their moms and a grandmother. We were split up and each assigned a kitchen to cook in. Each kitchen had two recipes to make.

"We all received a mini-lesson on the differences between low-protein mixes and regular wheat flour and the reasons why they don't work alike."

Some of the recipes made included: drop biscuits, tortillas, chocolate chip cookies, bread, sapodillas, pancakes, low-protein refried beans, cilantro and mint chutney, and fritters. Some of the kitchens had some "technical difficulties" with some of the recipes, but there were many recipes that were very tasty. As many have heard, the bread is very good. As it turns out, most of the "technical difficulties" had to do with the amount of water added to the recipe. Due to the differences in climate, sometimes the water amount

needs to be adjusted. Other than that, everyone seemed to have a good time cooking, then eating.

For those interested in trying out the Taste Connections products, visit the website at www.tasteconnections.com. Or, call 310-371-8861 with any questions or to place an order. The bread mix and the multi-baking mix are each \$13.50 / 5 lb bag (not including shipping). Malathy is currently in the process of developing some new products that are expected to be on the market soon as well, like a versatile mix and cake mixes.

Special thanks go out to Malathy Ramanujam for providing her baking mixes, nutritional knowledge and cooking expertise. Also, many thanks go to Pam Kowalczyk, Linda Kowalczyk, and the clinic staffs at the University of Illinois and Children's Memorial Hospital as well as everyone else who donated their time to make this day possible. Thank you Kelly Reilly for hosting Malathy during her time in Chicago.

The PKU Organization of Illinois would like to acknowledge and thank the following participants in the 2003 Annual Appeal. The 2003 Annual Appeal raised \$3,296 from forty-six contributors.

THOSE WHO CONTRIBUTED \$1,000 OR MORE:

1. Blum-Kovler Foundation c/o Brian Burke

THOSE WHO CONTRIBUTED \$100 TO \$500:

2. Attorney's Liability Assurance Society c/o Mark Galen
3. Mr. & Mrs. Brad & Angela Koster
4. Ms. Loretta Knaub
5. Mr. & Mrs. Robert & Karen Michael
6. Mr. Ronald Yannone
7. Ms. Dora Mazza
8. Mr. & Mrs. Melvin & Anna Weintraub
9. Mr. & Mrs. Martin & Lisa Irgang
10. The John A. Hartford Foundation – matching contribution on b/h of Mr. Samuel Gische

OTHER GENEROUS CONTRIBUTORS IN ORDER RECEIVED:

11. Mr. & Mrs. Joseph & Karen Sadilek
 12. Mr. & Mrs. Travis & Kathy Jerke
 13. Mrs. Marilynne Irgang
 14. Ms. Patricia O'Connor
 15. Mr. & Mrs. Phillip & Katie Dermer
 16. Wolniak Funeral Home
 17. Ms. Hilda Schaffer
 18. Mrs. Ann Speranza
 19. Ms. Alda Descenza
 20. Ms. Lorraine Nodiff Gurtler
 21. Mrs. Mary David
 22. Ms. Gertrude Kahn
 23. Mr. & Mrs. Irwin Klein
 24. Ms. Barbara Birnbach
 25. Ms. Elaine Brownstein
 26. Mr. & Mrs. Maury & Hedy Siegel
 27. Ms. Fanny Yannone
 28. Ms. Ruth Waldman
 29. Mr. Samuel Gische
 30. Mr. & Mrs. Walter & Danielle Landzettel
 31. Ms. Grace Sammarco
 32. Mr. & Mrs. Keith & Julie Youngmann
 33. Mr. & Mrs. Morris & Rea Hause
 34. Ms. Dorothy Shapiro
 35. Mr. & Mrs. Milton & Miriam Lukaczer
 36. Ms. Dorothea Brust
 37. Mr. & Mrs. Kevin & Lori Mendenhall
 38. Ms. Shirlee & Ellen Schwatzman
 39. Ms. Renee Neschis
 40. Ms. Michelle Marzouk
 41. Mr. & Mrs. Jerome & Marla Zimmerman
 42. Ms. Ilse Dellheim
 43. Mrs. Judith Deer Springborn
 44. Mr. & Mrs. Ted & Mary Dec
 45. Ms. Nicole Marzouk
- The Angelina Speranza Trust

APPLIED NUTRITION IS PROUD TO INTRODUCE

A New PKU Formula for Teens and Adults

As a person with PKU grows and develops, their formula and medical foods needs may change. For this reason, Applied Nutrition has created PhenylAde,40.

PhenylAde, 40 is a complete, phenylalanine free PKU formula, designed specifically for older people with PKU. PhenylAde,40 is a low fat, reduced calorie formula. One serving mixes easily with only 4-6 oz of cold water, which allows you to meet your prescribed protein need in less liquid volume. As an added bonus, PhenylAde40® is packaged in easy to use, single serving pouches to make drinking formula easy for the active person with PKU.



Looking for a great tasting formula? PhenylAde40® (teens and adults) is available in two great tasting varieties, Citrus and Unflavored. PhenylAde® Drink Mix (ages 1 and up) is available in Chocolate, Vanilla, Strawberry, and Orange Crème. Try some today!

To request a sample of PhenylAde, 40 or PhenylAde® Drink Mix, speak to your dietitian or call 1-800-605-0410. Please visit our website at www.medicalfood.com for a list of our other PhenylAde, products for the dietary treatment of PKU.

Greetings FROM DIETARY SPECIALTIES!

Dietary Specialties has been serving the low protein community for more than 42 years. We offer a wide variety of baking mixes, cookies, pastas, and sauces. At DS we strive to provide our customers with quality products, easy recipes, and top-notch service to make living with low protein diets more manageable. To place orders, call our toll-free telephone number at 1-888-640-2800 or visit us on the Web at www.dietspec.com.

It was right under our noses!

Creating new low protein recipes can be a challenge. But sometimes you can find the ingredients you need right in your own home! We found a delicious recipe for our Almost Hot Chocolate by combining two staple products with a little "kick". Try this new treat today!

ALMOST HOT CHOCOLATE

- 1 rounded cup Vance's Dari-Free**
- 2 cups warm water**
- 5 tablespoons Dietary Specialties Almost Chocolate Sauce Mix**
- 1 cup cold water**
- 1 teaspoon Vanilla Extract**
- Mini Marshmallows**



In a blender or a container with a secure lid, combine Vance's Dari-Free and warm water. Blend or shake vigorously until thoroughly mixed. Note that stirring alone will not be adequate to combine mixture.

In a saucepan, mix Dietary Specialties Almost Chocolate Sauce Mix with cold water. On medium heat, gradually whisk in prepared Vance's Dari-Free. Add vanilla extract to taste. Pour into mugs and top with mini marshmallows. This recipe makes three 8oz servings.

tip

For a warm weather treat, prepare above recipe and pour mixture into ice pop molds for a delicious frozen dessert kids will love!

PER SERVING:

Calories:	110
Protein:	>1g
Fat:	0g
Cholesterol:	0mg
Sodium:	125mg
Potassium:	50mg
Phenylalanine:	.06mg

This recipe can be prepared in advance and refrigerated for up to one week. Just heat and enjoy! Look for new recipes coming soon!

LAST CALL - Live outside of Illinois?

We are very happy to be able to send our newsletter to individuals and families that live outside of Illinois. We do not charge you anything for this, because we feel that we are all part of one large PKU family.

We are verifying that our mailing list contains valid names and addresses since we use a non-profit mailing rate and do not receive notification back on undeliverable mail. We need you to respond if you wish to continue to be on our mailing list. We will be purging the mailing list, so please respond by June 1st. This will help us to reduce costs.

You can respond by email to info@pkuil.org or fill out the form below and mail to PKU Organization of Illinois, P.O. Box 102, Palatine, Illinois 60078-0102

----- **DETACH AND RETURN THE FORM BELOW TO REMAIN ON OUR MAILING LIST** -----

PKU Organization of Illinois Mailing List Verification

Name: _____
 Address: _____
 City: _____
 State: _____ ZIP/Postal Code: _____ Country: _____

Good news! Yuca Chips are now available to order through Cambrooke Foods. These new salty snacks, comparable to potato chips are made from cassava, a potato-like tropical vegetable. Forty percent lower in fat than regular potato chips, these snacks have .5g of protein per serving and 10-15 mg of phe - depending on the variety. Yuca Chips are available in Original, Barbecue, Sour Cream 'n Onion, and Garlic 'n Cilantro flavors. They are sold in 7 oz. bags -- 12 bags to a case. These crunchy chips are great for school lunches and snacks!

Many new recipes are available on the Cambrooke web site. You will be delighted to see the many new and delicious recipes under the "Recipes and Tips" tab. Try the Chocolate Chip Cookie Tart recipe which features the new Gourmet Chocolate Chip Cookie Dough or the Carrot Cake with Cream Cheese Frosting which features the Baking Mix and Cream Cheese.

Vitafo metabolic formulas for patients with PKU, MSUD, HCU and TYR are available through Cambrooke Foods. These complete formulas are lower in volume, convenient and better tasting. Samples are available to both clinics and individuals. If you would like samples, contact us to request a Consumer Sample Request form. (Your doctor or dietician will need to sign this to give us permission to send you a sample.)

If you would like to switch over to a Vitafo

CAMBROOKE FOODS

product and are receiving payment benefits for formula through your insurance company, please contact Cambrooke Foods to set up direct billing. A doctor's prescription will be needed to order the formula once you have gone through the approval process with your insurance company.

Are you interested in having your child join the lunch line this semester? A reminder that Cambrooke has a program which features the medical forms, menus, nutritional information and recipes to guide parents and school Food Service Departments through the process of supplying children with a nutritious low protein lunch. Please contact Cambrooke for a copy if interested.

Are you interested in the convenience of purchasing Cambrooke products at your favorite health food/grocery store? Our marketing department has worked with other individuals and support groups to help bring Cambrooke products closer to home. If this program is of interest to you or your support group, call us at (866) 456-9776, ext. 1007. We are ALWAYS open to serve you.

Call toll-free, (866) 4 LOW PRO / (866) 456-9776 or visit our website at www.cambrookefoods.com. If this is not convenient, you can mail (2 Central Street, Framingham, MA 01701), e-mail (orders@cambrookefoods.com) or fax your orders to us at (978) 443-1318.

Attention Illinois families!

It is that time again to update the PKU Organization of Illinois Directory. It has been two years since the last directory was printed and it needs a little work. Please help us by filling out the form below and mailing it back before May 15th. If we do not receive a form from you, we will keep your name in the directory as it appears in the last directory.

Thank you for your time and understanding.

-----Detach and mail to the address below-----

- I would like to be added to the 2004 Directory
- I have changes for the 2004 Directory
- I would like to be taken out of the 2004 Directory

Last Name: _____

First Name(s) _____

Of Parents/Guardians _____

Or Self: _____

Address: _____

Phone: _____

Email: _____

(Providing an email address will help the Organization keep in better touch with families)

Clinic: _____

List all the children in your household and their birthdates. Please mark PKU children with an asterisk (*).

Please mail forms to: Kristen Leaf
 PKU Directory
 619 West Galetton Drive
 Round Lake, IL 60073
 847-740-5415

During 2003, the Organization offered PKUIL logo Lapel Pins, T-Shirts and Baseball Hats as premiums for donations of \$5, \$15 and \$10, respectively.

Following is the result of these fundraisers:

Lapel Pins:			
	Qty	Price	Total
Sales	105	\$ 5.00	\$ 525
Total Cost	300	2.28	684
Net Recovery			\$ 74
Net Profit per Lapel Pin \$ 2.75			
Total Sale Quantity to Break-Even 99			
Sale Quantity still needed to Break-Even -			
Remaining Inventory			
	Qty	Cost/Unit	Total Cost
Extra Pins at no cost	95	2.28	\$ 214
	2		
	97		
T-Shirts:			
	Qty	Price	Total
Sales	93	\$ 15.00	\$ 1,395
Press Cost	200	7.42	1,484
Sponsorships		(2.50)	(500)
Net Cost		\$ 4.92	\$ 984
Net Recovery			\$ 411
Net Profit per T-Shirt \$ 10.00			
Total Sale Quantity to Break-Even 98			
Sale Quantity still needed to Break-Even -			
Remaining Inventory			
	Qty	Cost/Unit	Total Cost
	107	7.42	\$ 794
Youth			
	Original	Sold	Remaining
Youth Small	20	14	6
Youth Medium	20	4	16
Youth Large	15	13	2
Adult Small	20	9	11
Adult Medium	35	15	20
Adult Large	50	18	32
Adult XL	35	21	14
Adult XXL	5	4	1
Total	200	93	107
Hats:			
	Qty	Price	Total
Sales	14	\$ 10.00	\$ 140
Total Cost			-
Net Recovery			\$ 140
Net Profit per Lapel Pin \$ 10.00			

Ener-G Foods, Inc.

**LOW-PROTEIN PASTA OPTIONS...
THESE HAVE RECEIVED
RAVE REVIEWS.**

Low Protein/Gluten Free

- Large Shells
- Lasagna
- Macaroni
- Small Shells
- Spaghetti

Our mission at Ener-G Foods as one of the country's foremost producers of foods for diet-restricted individuals is to provide a wide range of ready-made foods and mixes that are wholesome, nutritious, risk free and good tasting. We are constantly responding to the demand for special diets with research, innovative products, and convenience foods.

**New formula
Low Protein Lemon and
Chocolate Sandwich Cookies**

We have reformulated our Low Protein Cookies, they were quite hard before and now they are a wonderful crisp texture with scrumptious fillings like Lemon Crème and Chocolate.

Phe for Lemon Crème Cookies
0.0 mg per 100g (1) serving 36g
Phe for Chocolate Crème Cookies
0.57 mg per 100g (1) serving 36g

**Low-Protein/
Gluten-Free
CINNAMON COOKIES**

THE GLUTEN FREE, LOW PROTEIN ANSWER TO THE CLASSIC SNICKERDOODLE. THESE CRISP SUGAR COOKIES WITH A SUBTLE CINNAMON FLAVOR HAVE BECOME A FAVORITE. THIS COOKIE AS MANY OF OURS IS USEFUL IN RECIPES CALLING FOR COOKIE CRUSTS. CRUMBLed AND USED AS A CLASIC CHEESECAKE CRUSTS WILL TRULY PLEASE. THE TEXTURE IS LIGHT, CRISP AND SATISFYING.

**INTRODUCING!!!
NEW LIGHT BROWN RICE BREAD
NEW LIGHT TAPIOCA BREAD
NEW LIGHT WHITE RICE BREAD**

Our New Light Breads are an amazing development for the gluten - free and low protein bread industry! This bread is light as air with fewer carbohydrates than our regular bread. Perfect for sandwiches, delicious toasted! The reviews have been exciting.

Phe for Light Brown Rice Bread
135 mg per 100g (1) slice = 19g
Phe for Light Tapioca Bread
168 mg per 100g (1) slice = 19g
Phe for Light White Rice Bread
179 mg per 100g (1) slice = 19g

Contact Us:
www.ener-g.com
Ener-G Foods, Inc.
P.O. Box 84487, Seattle, WA 98124-5787
Phone: (206) 767-6660
Toll-FREE: 1-800-331-5222
FAX: (206) 764-3398

To place an order or receive a FREE catalog contact us:
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Ener-G Foods, Inc.
5960 First Avenue South, P.O. Box 84487, Seattle, WA 98124-5787
Toll-FREE: 1-800-331-5222
FAX: (206) 764-3398
Phone: (206) 767-6660

**Traditional
Vegetable Lasagna**

Ingredients:
2 Tbsp olive oil
3 clove garlic, crushed
75g (3 oz) shallots, chopped
50g (2 oz) celery, sliced
75g (3 oz) carrot, sliced
45g (2 1/2 oz) cauliflower, roughly chopped
40g (1 1/2 oz) broccoli, roughly chopped
25g (1oz) zucchini, sliced
400g (14 oz) chopped tomatoes
1/2 tsp dried mixed herbs
1/2 vegetable bouillon cube
50 ml (2 fl oz) hot water
Salt and pepper to taste



**Loprofin
Lasagna Recipes**
from SHS North America

Sauce:
250 ml (8 fl oz) Loprofin Drink Mix
120 ml (4 fl oz) clear vegetable broth
2 Tbsp + 2 tsp cornstarch
salt, pepper, nutmeg

- Method:**
Preheat oven to 400°F
1. Heat the olive oil in a covered pan and sauté the garlic, shallots, celery and carrot, over medium heat for 3 minutes, stirring occasionally.
 2. Add the cauliflower, broccoli and zucchini and cook for 3 more minutes.
 3. Stir in the chopped tomatoes, herbs, bouillon cube and water. Bring to a boil, then cover and reduce heat. Simmer 5 minutes, stirring occasionally.
 4. To prepare the sauce: Combine the vegetable broth and the Loprofin Drink Mix mixture.
 5. Combine the cornstarch with a small amount of cold water (about 2 fl oz) and add it to the mixture.
 6. Bring to a boil and add the salt, pepper, and nutmeg to taste.
 7. Spoon about a quarter of the vegetables over the base of the ovenproof dish. Cover with a layer of Loprofin Lasagne sheets, leaving them to fit if necessary.
 8. Repeat with one or two more layers, finishing with vegetables, then cover with sauce.
 9. Place the Lasagne in a preheated oven for 25 minutes, until the top is golden brown. If desired, sprinkle with chopped fresh herbs before serving.

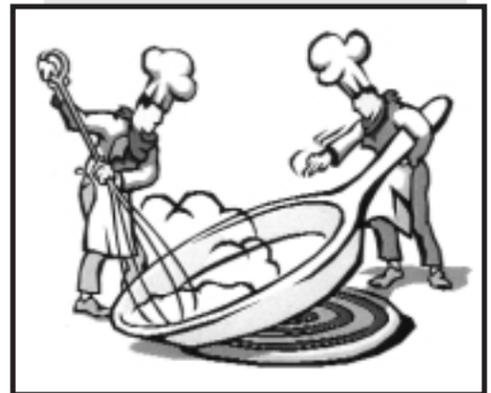
	Calories	Protein, g	Phenylalanine, mg
Per serving	196	1.78	51
Per recipe	1178	10.7	321

**Stuffed Pasta Shells
with a Gingerbread
Wine Sauce**

Ingredients:
100g (4oz) zucchini
100g (4oz) carrot
125g (5oz) onions or leeks
1 Tbsp cooking oil
2 Tbsp ginger, minced
Salt and pepper
8 sheets Loprofin Lasagne
1 Tbsp cooking oil
1 tsp salt

- Sauce:**
7g (1/2 Tbsp) butter
7g (1 Tbsp) Loprofin Baking Mix
225 ml (8 fl oz) clear vegetable broth
50 ml (2 fl oz) dry white wine
1 Tbsp ginger, minced
- Method:**
Preheat oven to 400°F
1. Using a potato peeler pare 8 slices, lengthways, from the zucchini. Repeat the process with the carrot. (do not use the first two slices as they will be narrow.) Reserve the 8 slices of the zucchini and carrot.
 2. Finely chop the onion or leek with the remaining zucchini and carrot.
 3. Heat the oil in a saucepan. Add the chopped vegetables, and cover and cook over medium to low heat for 5-5 minutes, until just softening. Stir occasionally during cooking. Next, stir in the ginger and seasoning to taste. Set aside until required.
 4. To prepare the pasta: Fill a large pan (three-quarters) with water. Add 1 Tbsp oil and 1 tsp salt, and bring to a boil. Individually place 1 Loprofin Lasagne sheets in the boiling water and cook for 5 minutes, over medium heat. (Check during cooking to ensure the pasta sheets do not stick to each other.)
 5. Carefully remove each lasagne sheet from the pan onto a flat surface. Repeat the cooking process with the remaining lasagne sheets. Mean-while, blanch the zucchini and carrot strips in boiling salted water for 2 minutes. Drain and cover with cold water.
 6. To prepare the sauce: melt the butter in a clean saucepan. Stir in the Loprofin Baking Mix, broth, white wine and ginger. Bring to a boil while stirring.
 7. To assemble the rolls: place a slice of zucchini and carrot next to each other on a flat surface, and cover with a sheet of lasagne. Spread 1/3 of the chopped vegetables over the center of the pasta and carefully roll up to form a tube. Repeat with remaining vegetable strips, pasta and chopped vegetables to give 8 rolls.
 8. Pour a thin layer of sauce into the baking dish and arrange the stuffed pasta rolls on the top. Pour the remaining sauce over the rolls and cover the dish with aluminum foil.
 9. Bake for 25 minutes in preheated oven. Serve immediately.

	Calories	Protein, g	Phenylalanine, mg
Per serving	299	1.1	33.5
Per recipe	456	4.3	124



**PKU Cooking
School with
Diane Sullivan!**

*To be held on
July 17th, 2004*

The Board is still planning this event. We are looking for a facility at which to hold the event. Please check the website in May for further details or call Gina Annunzio at (847)838-2706.