



A 5K and gluten-free FOOD FAIR to promote CELIAC AWARENESS

**Got Guts 5K Run/Walk and Gluten-Free Food Fair  
2011 Food Fair and Prize Drawing Donation Opportunities**

September 11, 2011, 8am -- [www.gotguts5k.org](http://www.gotguts5k.org)

Walter E. Long Park, Austin, Texas

Attention Potential Vendors:

I would like to personally invite you to join the Got Guts 5K Run/Walk and Gluten-Free Food Fair on Sunday, September 11, 2011. This event is the largest gluten-free food fair in Texas. Your company will have the opportunity to be exposed to people from all over the state and around the country.

Last year's event had nearly 30 vendors and over 450 participants, many of whom were newly diagnosed celiacs or persons with gluten intolerance. This is a fantastic opportunity to advertise your products to consumers who may not be aware of what your company has to offer.

The Got Guts 5K Run/Walk and Gluten-Free Food Fair will be in Austin, Texas at Walter E. Long Park on Sunday, September 11th from 8am-11am.

Please find attached more information about this event and how you can participate.

Thank you,  
Sabrina Romero  
Food Fair Coordinator  
[sabrina@gotguts5k.org](mailto:sabrina@gotguts5k.org)



## **Got Guts 5K Run/Walk and Gluten-Free Food Fair 2011 Vendor Opportunities**

### **Food Fair:**

All Food Fair participants receive visibility on the GIG of Central and South Texas web site and newsletter, on the Got Guts website, and at the race. To reserve a table/tent and attend in-person, we charge a nominal fee to defray costs. The fee is \$50 if you will be providing a non-food-related service or handing out only pre-packaged samples that don't require a health permit; \$75 otherwise (\$45 and \$65 if you meet the Early Bird deadline). Be aware that we will need your assistance and signature to set up the event health permit. Please bring gluten-free samples for 450 event participants, or arrange mailing/pickup of your donations with one of our volunteers.

### **Prize Drawings for event participants:**

Donations of gift certificates, gluten-free products, goods, and services are also greatly appreciated. They will be highlighted at the event in the form of prize drawings right after the 5K race awards ceremony, and you will be listed on our web site once you provide us with the details of your donation. To donate prize drawings, contact Sabrina Romero at 512-944-8543 or send an email to [sabrina@gotguts5k.org](mailto:sabrina@gotguts5k.org).

### **Beneficiaries:**

Event proceeds benefit the local and North American chapters of the Gluten Intolerance Group, a 501(c)3 organization.

Gluten Intolerance Group of Central and South Texas [www.alamoceliac.org](http://www.alamoceliac.org)

Gluten Intolerance Group of North America [www.gluten.net](http://www.gluten.net)



## The Got Guts Difference

The Got Guts 5K Run/Walk and Gluten-Free Food Fair originated in 2007 as a way to raise awareness and research funds for Celiac disease and gluten intolerance. In the United States alone it's estimated that 1 in 133 people are affected by Celiac disease. However, of those affected by this condition, approximately 97% don't even realize they have it. Therefore, more awareness and better understanding of this disease is needed today.

Celiac disease (C.D.) is an auto-immune disease that damages the intestinal lining when gluten is ingested. Common C.D. symptoms include weight loss/gain, headaches, bloating, anemia, abdominal cramping, and digestive problems. However, some people don't experience any symptoms at all. Untreated Celiac disease can cause malnutrition, anemia, infertility, and other serious medical conditions. Currently, the only treatment for C.D. is a 100% gluten-free diet which means avoiding foods that contain wheat, barley, and rye. Living a gluten-free life is getting easier all the time, but only with better labeling of foods, additional training for restaurant personnel, and more general awareness of the gluten-free diet will there be relief for those with Celiac disease.

Organizers of the Got Guts 5K Run/Walk and Gluten-Free Food Fair hope to further this awareness and help those already diagnosed discover a community that truly understands the gluten-free life. In 2010, the Got Guts event raised over \$4,200 for the local and national chapters of Gluten Intolerance Group® (GIG), a 501(c)3 organization. Here is an excerpt from a letter sent by GIG of North America outlining just some of the ways that Got Guts impacts those with gluten intolerances:

*GIG continues to advance its mission to provide support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis, and other gluten sensitivities to live healthy lives, through quality programs. The Annual Education Conference, GIG Kids Camps, Gluten Free Certification Organization (GFCO) and the Gluten Free Restaurant Awareness Program (GFRAP), are our top programs that make a positive and lasting change in the lives of those living gluten-free.*

*GIG devotes 86% of our resources directly to programs that support those living a gluten-free lifestyle. In particular, the Gluten-Free Certification (GFCO), Gluten-Free Food Services (GFFS), and Gluten-Free Restaurant Awareness (GFRAP) programs have enjoyed great success in the past year. The programs work directly with the food industry to provide safer dining and food products for gluten-free consumers, giving them confidence to live a fuller life. GFCO lists over 100 companies, with over 3,000 products in 9 countries; GFRAP proudly lists over 1,600 restaurant locations in 3 countries; and GFFS works with hospitals, hotels and restaurants.*

*The goal of the Gluten Intolerance Group of NA is to continue to make life easier for those living with gluten intolerances. With the help of donations from supporters such as you, we will continue to influence positively the lives of those who must follow a gluten-free lifestyle.*



## Got Guts 5K Food Fair/Vendor Instructions Sunday, September 11, 2011, 8:00 AM

### **Location:**

Walter E. Long Metropolitan Park  
6614 Blue Bluff Rd  
Austin, TX 78724

This is a rain or shine event. Race Day information updates will be posted on our FAQ:  
<http://gotguts5k.org/pages/faq.html>

### **Got Guts will provide food fair participants:**

- 1 8-foot Table
- 2 Chairs
- table cloth (you can bring your own if you wish)
- Sign for the front of each table and a way to attach sign (you can bring a fancier sign/logo for your table if you wish)
- Listing of Food Fair participants on Got Guts web site and in runner goodie bags
  - Email your logo to [sabrina@gotguts5k.org](mailto:sabrina@gotguts5k.org)
  - Payment must be received before participants will appear in promotional materials
- Hand washing station (located near porta potties). Please use it!
- Electricity can be arranged – please let us know if you will need it at your table.

### **Food Fair Participants Agree to:**

- Submit your registration form and send a check for the correct amount to the address below no later than **August 20, 2011:**
- The registration form can be found online at <http://gotguts5k.org/pages/gfff.html>
  - On or before July 31, 2011, the fee is
    - \$45 for non-food-related services and pre-packaged foods that don't require a health permit
    - \$65 if you will require a health permit
  - After July 31, 2011, the fee is
    - \$50 for non-food-related services and pre-packaged foods that don't require a health permit
    - \$75 if you will require a health permit
- **Arrive at 7:00am** (at the latest) for set up and to miss the race traffic, be ready to serve food/participate at 8:00am
- You can tell the parking team you are with the Food Fair and they will allow you to pull your car up close to the start line area to unload your gear and food. Once unloaded please park your car away from the start line area.
- Provide FREE food samples/services for ~450 people and serving/storage equipment, utensils, coolers, etc.
- Provide volunteer(s) to staff your table and serve food (unless arrangements have been made in advance to have a volunteer provided for you. Email [sabrina@gotguts5k.org](mailto:sabrina@gotguts5k.org) for more details.)
- Abide by health department rules and sign event permit paperwork before race day.
- Provide your best efforts to ensure your food samples are **free of gluten ingredients and cross contact with gluten products.**
- **Provide ingredient information** – you will be asked about ingredients from people with multiple allergies.
- Handouts with information about how to find or order your product are recommended.

*Please make checks payable to "Got Guts 5K" and send to:*

Got Guts 5K  
P.O. Box 941  
Austin, TX 78767-0941

**Questions? Ready to participate?**

Contact Sabrina Romero, 512-944-8543, [sabrina@gotguts5k.org](mailto:sabrina@gotguts5k.org)

<b>Donations are welcome and can be mailed to:</b>	<b>Please ship food donations to:</b>
Got Guts 5K P.O. Box 941 Austin, TX 78767-0941	Got Guts 5K, c/o Sabrina Romero 3405 Peat Moors Cove Pflugerville, TX 78660

***Thank you for supporting the Got Guts 5K and Food Fair and the Gluten-free community!***

The online registration form  
(<http://gotguts5k.org/pages/gfff.html>)  
and the following food permit form (if applicable) need to be  
completed by each food fair vendor and returned with a check made  
payable to “Got Guts 5k” by **August 20, 2011**.

Got Guts 5K  
P.O. Box 941  
Austin, TX 78767-0941

[sabrina@gotguts5k.org](mailto:sabrina@gotguts5k.org)

# TEMPORARY FOOD SERVICE RESPONSIBLE PARTY IDENTIFICATION

**NO HOME PREPARED FOODS ALLOWED**

I, \_\_\_\_\_, am the operator of the temporary food service:  
print your name

\_\_\_\_\_ providing food at Got Guts 5k and GF Food Fair  
name of booth or organization name of temporary event,

on Sept. 11, 2011, 8AM. I hereby certify that I have received the guidelines

Date  
for temporary food service operations provided by the Austin/Travis County Health and Human Services Department and Sabrina Romero.

Print name of Event Organizer

I agree, as a condition of my operation at this event, to be responsible to insure that these guidelines are strictly adhered to at all times. I will conform to these guidelines and insure that all individuals involved in this operation conform to these guidelines.

I understand that failure to do so may result in the immediate suspension of my operation at this event. I understand that failure to conform to these guidelines may result in a complaint being filed against me in the Municipal Court of the City of Austin for violation of these guidelines and the Code of the City of Austin. I understand that such a complaint would charge a criminal violation (Class C misdemeanor) and that, under the Code of the City of Austin, such a complaint might result in a fine of up to \$2,000 on conviction.

\_\_\_\_\_(signature)

\_\_\_\_\_(mailing address)

\_\_\_\_\_

\_\_\_\_\_(driver's license number/state)

\_\_\_\_\_(date of birth)

\_\_\_\_\_(today's date)

**TEMPORARY FOOD SERVICE**

## CRITICAL ON SITE REQUIREMENTS

The following are requirements for organizers and individuals involved in temporary food service operations in Austin and Travis County. A temporary food service is service of food at a location for no more than 14 consecutive days in conjunction with an organized event or celebration. These requirements are based on the Texas Food Establishment Rules and have been adopted by the City of Austin City and Travis County.

**Violation of any requirement may result in an immediate closure; condemnation of food products or legal charges.**

- 1. Phone the Health Department temporary food service coordinator at (972-5671), at least 10 days prior to event.** For large events, it may be necessary for the event organizer to meet with a Health Department coordinator 1 month prior to the event in order to properly plan food and sanitation facilities. The phone number is 512-972-5671.
- 2. Complete permit application and submit required fee.** See payment schedule on application.
- 3. Distribute copies of "Temporary Food Service Requirements for Individual Booth Vendors"** at least 1 week prior to the event to the participants who will be serving or preparing food.
- 4. Provide adequate toilet facilities** for both food service participants and the public.
- 5. Provide adequate wastewater facilities** for the disposal of wastewater and grease generated by the participants from hand washing, utensil washing, draining of iced foods, and cooking. Collected wastewater should be held in screen-covered barrels until properly disposed into the sanitary sewer or removed by a liquid waste hauler.
- 6. Provide adequate electrical supply** to all vendors who require it for the maintenance of proper food temperatures and adequate lighting.
- 7. Provide refrigeration facilities** needed by the vendors for maintenance of proper food temperatures. Refrigerators and refrigerated trucks shall be provided with interior lighting and thermometers.
- 8. Provide adequate dust control and floor covering.**

# TEMPORARY FOOD SERVICE REQUIREMENTS

The following requirements are for temporary food service operations in Austin and Travis County. These requirements are based upon the Texas Food Establishment Rules. Which have been adopted by the Austin City Code. A temporary establishment is the service of food at a location for a period of no more than 14 consecutive days in conjunction with an organized event or celebration. The event organizer is responsible for providing these requirements to each booth coordinator/vendors at least one week prior to the event. It is the responsibility of each individual food service booth coordinator/vendor to meet the following requirements:

## **Post at each booth a valid permit and booth guidelines issued by the Austin/Travis County Health and Human Services Department .**

### **Critical operation requirements:**

**Failure to comply with the following items shall result in an immediate closure. Closure is in effect until the item(s) is corrected. No exceptions.**

- 1. Keep potentially hazardous foods colder than 41°F or hotter than 135°F at all times.** Most hot foods should be initially heated to 165°F within 2 hours and maintained at 135°F. Leftover food intended for reuse needs to be rapidly cooled by placing food in shallow containers (depth of less than 4 inches) and refrigerating it uncovered. Cover refrigerated food as soon as the food has cooled to 41°F.
- 2. Provide facilities to wash hands to include:** hand soap, paper towels, container of warm water and a waste water bucket. Water container must be designed with a spigot that allows the user to wash hands freely without continuously depressing the spigot or tilting the container. Following hand washing, gloves or a hand-sanitizer shall be used when handling ready to eat foods. Beneath the hand washing container shall be a bucket to collect waste water. Collected wastewater must be disposed of in the waste barrels provided by the event organizer.
- 3. Provide utensil washing** if food preparation involves utensils. Provide 3 basins if no permanent facilities are on site. The first basin is for washing and has detergent wash water only. The middle basin is for rinsing and has only clean water (replace as needed). The third basin is for soaking utensils for 1 minute in a sanitizing solution of 50-100ppm chlorine (1 1/2 *teaspoons* bleach per gallon of clean water). Dry utensils in the air or with paper towels only. (Suggestion: Conserve water; use only the amount needed to prevent waste water barrels from overflowing). Keep utensil washing basins covered or beneath overhead protection. ***Remember the proper sequence: WASH, RINSE, & SANITIZE!***
- 4. Utilize fuel or electricity for hot holding units.** Insulated containers with no active source of heat are unacceptable. *Sterno is not permitted for outdoor events.* The Health Authority can pre-approve alternative means for maintaining temperatures. Wrapped sandwiches must not to be stored in direct contact with ice. Active refrigeration will be required for multiple day events.

### **Additional Operational requirements:**

- 1. Monitor food temperatures** with a metal stem-type thermometer. Thermometers should have a range of 0°F-220°F. Thermometers should be cleaned and sanitized between uses.
- 2. Use only cutting boards, utensils, equipment, food preparation and serving surfaces that are constructed of easily cleanable material.** Clean and sanitize these items frequently during the event. Table cloths can only be used if they are frequently replaced.
- 3. Use a different set of utensils and prep surfaces to prepare raw or partially cooked foods that is separate from the utensils and surfaces used to prepare fully cooked foods.**
- 4. Test sanitizing solutions with chlorine test paper.** Sanitizing solution must be kept between 50-100ppm chlorine. Test papers can be found at restaurant supply stores.

5. **Use spray bottles of sanitizing solution** and paper towels to frequently wipe counters and to spot clean equipment.
6. **Store ice for drinks or consumption in their original bag** in an ice chest during service. Ice bags shall be punctured underneath to allow drainage and open on the top to allow dispensing. Consumers shall not dispense their own ice for drinks. Ice shall be dispensed with scoops with handles. Nothing other than the ice scoop shall be stored in this ice.
7. **Protect all food**, utensils and paper goods from exposure to dirt, dust, and insects. These items must be kept covered or wrapped to minimize exposure to potential contaminants. Keep cups wrapped in their original plastic sleeves until dispensed. **Thaw foods by placing them in a refrigerator** overnight, by covering them with ice in an ice chest that is constantly draining into a waste water container, by placing them under cold running water, or by cooking them from completely frozen until fully cooked. Thawing foods at air temperature or in standing water is prohibited.
8. **Provide only disposable utensils, plates, cups, knives, forks, spoons, etc. to the consumer. Provide only condiments that are individually packaged or dispensed from an approved covered container.** Foil, plastic wrap, etc. do not provide adequate protection.

## Structural operations

1. **Collect drainage water** from ice bins, ice chests, beverage dispensers, hand & utensil washing, and similar equipment in buckets or pans for disposal in the waste water barrels provided by the event organizer or in a sanitary sewer. Drainage must never be discarded on the ground.
2. **Provide covered garbage containers with plastic liners.**
3. **Provide floor covering** that will eliminate dust and be easily cleaned. Flooring must be in cooking, serving, food preparation, and utensil washing area. Approved floor coverings are concrete, asphalt, plywood, linoleum, clean cardboard that is replaced daily, overturned carpeting, or a surface approved in advance by the Health Authority.
4. **Provide overhead covering** above food preparation, cooking, serving, and utensil washing area.

## Food prepared outside the following parameters may be detained/ or discarded.

1. **Serve only foods requiring minimum preparation** such as seasoning and cooking, or food specifically approved in advance by the Health Authority. All cutting, slicing, or chopping must be done in an approved facility, not outside.
2. **Failure to provide the name of the vendor/organization and a listing of all food items and the names and addresses of food suppliers/ facilities used for food preparation (all facilities used must be permitted).** Ice and food containing potentially hazardous foods (meat, fish, shellfish, poultry, eggs, dairy products, and cooked beans, rice, potatoes) must be supplied from and prepared from a food establishment permitted by the Health Authority. No home preparation of potentially hazardous food or ice is allowed.