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**Canadian Celiac Association
L'Association canadienne de la maladie coeliaque**

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NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the June 2022 issue, please have them submitted by May 15, 2022.

If you have any comments, praises or criticisms, quips or questions:

Please submit to:

- info@bccceliac.ca
- 604-736-2229 / 877-736-2240
- CCA British Columbia
Letters to the Editor
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To be the leading advocate for Canadians with celiac disease and gluten disorders.

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Newsletters will be distributed:

March 1st - Easter & Spring
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September 1st - Fall & Back to School
December 1st - Christmas & Holidays

Also, please submit your content to us a minimum of 3 weeks prior to the edition you'd like to be featured in. We will accept early submissions for upcoming editions as well, just let us know which issue you'd like to be in. You can submit your stories, recipes, photos, etc. in a variety of ways. If you have any questions: EMAIL: aricasharma@live.ca or info@bccceliac.ca

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President's Message

Well I think we can say that none of us were expecting the extremes of weather that December and January threw at us, but this February morning it truly is a beautiful day and dreaming of spring doesn't feel too unrealistic.

I'm not a gardener myself but I've definitely seen a few snowdrops and crocuses poking through the earth, and there is something about seeing Valentines and Easter chocolates on the store shelves that has me thinking that warmer weather really is right around the corner. Seasonal treats are a great reminder that we should always read the labels when shopping, as often manufacturers use different production facilities or recipes for these short term products. Things that have always been gluten free in the past all of a sudden have a "may contain wheat" warning on their Easter boxes, and we've probably all been delighted to learn that seasonally shaped Kit Kats are actually celiac safe!

Spring, and the holidays that brings, can mean a return to family dinners or barbecues, and potentially to anxiety about how to handle discussion of your need for safe gluten free food. Perhaps your solution is to always be the host, and ask people to contribute the wine or flowers for the table; maybe your routine is to take your own plates of food so that you don't need to stress and watch people like a hawk when they're wielding a contaminated serving spoon; many people find that eating beforehand or arranging celebrations that don't emphasize food and drink works best for them. Whatever your work-around, I want to take this opportunity to wish you a happy and safe spring and hope you embrace everything the new season has to offer.

As always, your feedback and suggestions are always welcome at info@bcceliac.ca and we're happy to consider articles from our membership for future issues of Celiac News - and if you're not a writer, let us know which topic interests you and we can see what we can do!

-Julie



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Tribute: An Ode to Val Vaartnou

Submitted by: Lynda Marie Neilson on behalf of the BC Chapter Board of Directors



Valorie (Val) Vaartnou has touched many lives in numerous meaningful ways during her time at the Vancouver, and then the BC Chapter of the Canadian Celiac Association.

Val has an insatiable passion for learning!

As a young woman she taught figure skating, she received a Bachelor of Physical Education from the University of Calgary and she taught

elementary school for many years. In 1980 she moved to Vancouver, where she transitioned into an accounting firm doing bookkeeping and financial analysis. She also completed an MBA while working full-time and being a soccer and softball mom!

In 2008 she retired, right as her daughter was diagnosed with celiac disease. Val's focus for learning shifted toward celiac disease. She answered an ad for new Board Members to join the 2009 Vancouver Chapter Board, replacing myself, who was preparing to leave the chapter after almost a decade of being on the board. I will always remember the day she met me at my condo to start "learning" the Treasurer role – she was such a calm, thoughtful person who took notes of everything that I did and managed to make sense of it all! She truly made *me* feel relieved that this important aspect of the Chapter – keeping the books – was under control for the future.

Val continued as Treasurer and, in 2013, she took on the President role which she held for several years. She continued to volunteer close to full-time on the Board of the BC Chapter acting as the Treasurer liaison, newspaper editor, hosting medical seminars, providing email and phone peer support, leading the Richmond support group, writing by-laws, and many other tasks that she has happily taken on. She provides the gold standard for all celiac related information, she is constantly reading and educating herself to be at the forefront of all the new information that is published.

In January 2017, she received the National Sovereign's medal for Volunteers!

Val has saved lives because of her knowledge and understanding of the impact on the body when one is diagnosed with celiac disease. Her mandate is education and support of the newly diagnosed and the medical community. Rarely a week went by (prior to COVID) where Val did not lead a support group, talk to a newly diagnosed person or go to a school, hospital, conference, or forum to explain the gravity of undiagnosed celiac disease to those who do not follow a strict gluten free diet.

She is a tireless leader and supporter of people; she never says no to anyone that needs help. Val is always someone who will lend a hand. In addition, numerous people look to her for counsel and support outside of the celiac community.

Val's contributions are lengthy, but here's what some of her peers have had to say:

- *Val drove all the way out to Port Moody to meet with us when Molly was diagnosed, very patient with a grumpy 7 year old! A wealth of knowledge on all topics, always so*

supportive of everybody and every idea, always has the relevant facts and historical information at her fingertips, immeasurable patience.

- *Meeting Val was my first interaction with the CCA, I met her at a GF expo event in Abbotsford and then again when she was presenting a GF 101 at Choices with Liz. Incredibly helpful, she knew I loved baking prior to my diagnosis so she dropped off a cookbook that another member had donated to the chapter, one that I still use to this day! She was extremely caring and personable, and always took the time to chat with me when I would see her at CCA events.*
- *Deserves (another) medal for the incredible amount of work that went into each Celiac News Magazine and ScotiaRun! Val is so supportive and welcoming. I have been amazed by her dedication to our organization. I thought it was really special when she passed along the Chapter's history (which she had revised) to the new Directors last year so that we would understand the roots of the organization.*
- *Val is an invaluable member of the CCA and the celiac community as a whole, seeing her leave the board is a huge loss! Her decades of passion and dedication are reflected in all the CCA BC has to offer. She is the reason we have such intuitive by-laws, why our community has access to such a host of medical information, and why the Newsletter has continued to exist to spread awareness and the science behind celiac disease to thousands of readers over the years. Her voice, insight and persistent dedication are a thing to look up to, and I count myself lucky to be supported and mentored by her for the last year! Thank you for all you have accomplished on our behalf!*
- *I feel that Val is an inspiration – not only does she have an incredible amount of knowledge about all aspects of celiac disease (from living with it, to all of the current research, to managing ongoing issues with it, etc.) but she has such an incredible depth of knowledge about finance, the law around charities, the tax implications associated with a charity etc. She also has contributed so much to every person living with this disease. Val was the first person I met with when Alexandra was diagnosed and her kind willingness to share her time & knowledge with a stranger (me) in a coffee shop on a rainy afternoon exemplifies everything about her. I truly appreciate having had the opportunity work with her.*

Whilst we are sad to be losing Val's infinite wisdom from our board of directors, we are really happy that she has decided to still help out with the Richmond Support group, and volunteer with the Chapter from time to time! We are going to miss you, Val! There are too many words that can't equate to how much we want to say: Thank You!



Tribute: Thank you, Pushpa!



Pushpa Kapadia has served on the BC Chapter CCA Board since 2014. This year Pushpa has made the difficult decision to step down as a Director.

On behalf of our board and our members we want to take this opportunity to tell her how much we appreciated her very active participation on our board and representing the Canadian Celiac Association. She has

gone above and beyond to reach out to members of our community in meaningful ways. Here are some of the ways she has contributed her time and effort to our organization: facilitating the support group in South Surrey, participating in the Gluten Free Expo, leading our fundraising efforts for the Scotia Charity Run, and attending many events even though she had to travel a great distance during rush hour traffic!

We asked our members to please share how Pushpa has made a difference in their lives. As would be expected the tributes came in fast and furious and are too numerous to list in this article.

These are some excerpts from those whose lives she has impacted:

- Present at every event I attended as a member prior to being a board member, retains so much information about the people she meets, always remembered Molly's name and what she'd been doing, such genuine kindness and generosity.*
- I joined the Surrey support group early on and it was lovely getting to know her as the group facilitator. She always managed to get fantastic goodies for the group from various GF brands. I remember going to her Christmas get-together and being amazed by the Wendell's goodies she had gathered plus all of her own fantastic baking and cooking. She's been very adaptive during the pandemic, shifting from in-person to zoom events, and even offering both during the summer months in order to accommodate the most number of people. She created a very welcoming and friendly environment in the support group.*
- She is so welcoming and kind. She shows such dedication to her support group, from adopting outdoor and backyard meetings to virtual ones. I remember last summer one of her support group meetings went on for hours but she stayed late because everyone was having such a good time!*
- Pushpa radiates warmth, kindness and compassion which can be hard to find when one has celiac disease, as it can feel extremely isolating and lonely. Every month Pushpa hosts the Surrey support group, and even throughout COVID remained dedicated to those of us who needed a hand or an ear through online meet-ups. This is exactly the kind of support and care that many of us feel is lacking from the medical community! To have a safe space to talk about symptoms or the complications of navigating this disease with a woman who is so well versed is an incredible blessing, and we will miss her dearly! Thank you for your time, dedication and of course – recipes!*
- Pushpa is such a positive and kind person. Her smile is contagious! She is such a kind-hearted & joyful person and always is the first to offer her help to anyone in need. Pushpa knows so much about healthy living and shares her knowledge with everyone. Her support groups are very well attended, and I know we are so very thankful that they will continue under her guidance and with her attendance. Her care and concern about my own daughter's well-being is something I will never forget and will always appreciate. I appreciate the years we worked together as board members, the support she always showed me and the opportunity to work with her.*
- It's very hard to be at all original in writing or talking about Pushpa. Everybody who has ever met her is bound to use adjectives and descriptors such as 'infectious smile', 'kind', 'heart of gold', and 'boundless energy'.*
- Pushpa is such a dedicated advocate for anyone with celiac disease. Pushpa's personality and enthusiasm is on show every time she hosts a South Surrey support group - whether in the uninspired surroundings of the staff room at Choices, over Zoom, or in the bountiful and beautiful garden of Bernice. She ensures that everyone is able to ask questions and receive sensible answers, and I am sure every person who has even attended just one support group finishes the session feeling more positive and more informed, and in awe of Pushpa's kindness.*
- Pushpa extends this kindness to all in the support group, being sure to follow up with people on any questions, send out recipes, and ensuring that those who are going through difficult times know they have her full support.*
- Should there ever be a competition of the support groups in BC (or in Canada), I am confident South Surrey would win. Every single time Pushpa carries in bags and bags of gluten-free goodies that willing companies have donated to the group due at least in part, no doubt, to her boundless energy and wonderful personality. She sparkles even more at Christmas time, when the donations at the pre-pandemic parties she has organized have been astounding.*

We thank Pushpa for bringing her passion, intellect, insight, experience and --resources to the table. We loved that when she was given a challenge she eagerly took it on and then surpassed all of our expectations. She not only created the support group in South Surrey, but she continues to make a positive difference to so many people's lives.

For Pushpa, this is in addition to the many other things that she does. We appreciated that she was willing to serve and we hope she will always know how much we valued her time and her input.

For some people volunteering is about giving but for Pushpa, it is a way of living.

Thank you, for volunteering and giving our organization the most precious thing you will ever own – your time and shared experiences.



Tribute: Thank you to Jessica Mejia



Jessica, you may appear quiet and reserved but your passion, insight and enthusiasm are second to none.

When Jessica first joined the Board, she was attending the University of British Columbia at the Sauder School of Business. Each year she was on the Deans Honor Roll, and in 2015 she was awarded the Jimmy Grewal Memorial Award in Business for her volunteer work in sustainability. Jessica also just received the Gold Medal Award for Top CIP Graduate in BC and the CIP Silver Prize: First Runner-up Graduate in Canada.

Somehow, in addition to a career, continuing education, starting a family and an otherwise full plate, she stepped up when the chapter needed her most. COVID-19 presented her with a host of challenges, and suddenly a year that was meant to be filled with in-person events, support groups, bake-offs, and a marathon – could not be. Whatever challenge was thrown at her was eagerly taken on and she surpassed all expectations. Jessica immediately began re-designing, maintaining and improving the chapter's website as what she affectionately called her "baby" - a testament to her commitment and dedication to the celiac community.

Her outstanding leadership throughout the unexpected pandemic in 2020 is why we remain so powerful as a chapter today. She took to the web and ensured our



survival by doing endless research into the platforms available, their reputations and their privacy policies to protect our organization and its membership.

She presented to the board the opportunity in creating Zoom support initiatives, had to host the first-ever virtual ScotiaRun (raising an outstanding \$10k), and of course remained committed in ensuring our members continued to have access to all of our resources.

Her support in contemporizing our social media platforms in order to reach a broader audience has made a huge impact. Because of her we are touching the lives of celiacs across BC and beyond!

You have spent many hours wearing many hats, from taking minutes, offering peer support, graphic and web design, social media advertising and marketing, and reimagining the ScotiaRun are just a few ways your role with our chapter will continue to show results.

Because of you Jessica, we are a more flexible and accessible chapter and can continue to offer support to the celiac community. Thank you for your drive and determination, you will be missed!

On behalf of the entire Board, membership and celiac community to our departing Board Members, THANK YOU for everything!



Celiac In The News

Submitted by Val Vaartnou, Past President & Director CCA BC

The following are summaries of research in progress or completed from credible medical journals and medical/ celiac sites. Links are provided where further information can be found.

The Significance of Low Titre Antigliadin Antibodies in the Diagnosis of Gluten Ataxia

Patients with gluten antigliadin antibodies in the normal range and gluten ataxia were studied. A sample of 21 patients were involved. The study found that all patients benefited from a gluten free diet, even if the autoantibodies for celiac disease were normal (they did not technically have celiac disease). The study recommends an urgent need to redefine the serological cut-off for circulating antigliadin autoantibodies in diagnosing gluten ataxia.

For more information: *Nutrients* **2018**, 10(10), 1444; <https://www.mdpi.com/2072-6643/10/10/1444>

Association Between Atopic Dermatitis and Celiac Disease

Adults with atopic dermatitis were 1.609 times more likely to have celiac disease than the general population. The study suggested that gastrointestinal morbidities be reviewed in any patient who has atopic dermatitis to prevent long-term complications.

For more information: <https://link.springer.com/article/10.1007/s40257-019-00474-2>

Five-year follow-up of new cases after a coeliac disease mass screening

77% or 230 seropositive children diagnosed with celiac disease were followed up five years after their diagnosis. 39 of these had been seropositive but had a negative biopsy. Of those with potential CD, 32% had CD after 5 years. There is a high risk of converting to CD if you have positive serology.

For more information: <https://adc.bmj.com/content/early/2022/02/06/archdischild-2021-322755>

Runners with bone stress injury should be tested for celiac disease

100 runners with bone stress injuries were tested for CD: 6% had positive blood tests, 5% were confirmed to CD with biopsy. This was 5 times higher than general population results. 3 of those diagnosed with CD were also found to have osteopenia. 70% of the runners were female.

For more information: <https://pubmed.ncbi.nlm.nih.gov/32032163/>

Risk of skin disorders in patients with celiac disease

Swedish data from 28 pathology departments between 1969 and 2016 identified CD patients and calculated the risk of any skin disease and specific skin diseases. Increased risks were present for eczema, psoriasis, urticaria, vitiligo, acne and alopecia areata. CD patients have increased risks for multiple common skin disorders and the risks persist in the long term.

For more information: <https://pubmed.ncbi.nlm.nih.gov/33144153/>

Prevalence of migraine in adults with CD

Headache especially migraine is more prevalent in CD than healthy controls. In addition, abdominal pain, diarrhea, and constipation are more common in CD with migraine than in CD with non-migraines headaches. This is especially true of CD female patients.

For more information: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0259502#pone.0259502.ref022>

Use of Activated Charcoal for ingestion of Gluten is not recommended

In the Journal of American Pharmacists Association, an article reviewed use of activated charcoal for treatment of accidental gluten ingestion. 26% of CD respondents to a web-based survey (1,613 responses) had heard of using activated charcoal and 12% had used it. The review of the literature in this area found there is not enough evidence to support use of activated charcoal as a treatment for gluten ingestion.

For more information: <https://www.sciencedirect.com/science/article/abs/pii/S1544319121004453>

Celiac In The News

Fungal dysbiosis in children with CD

Mucosal and fecal samples were collected from children with CD and controls. Fungal microbiota communities were analyzed. Although fungal dysbiosis was found in children with CD, more study is needed to determine the role fungi has in CD.

For more information: <https://pubmed.ncbi.nlm.nih.gov/33723701/>

Atherosclerotic cardiovascular disease (ASCVD) prevalence in CD Patients in the US

A Mayo Clinic study looked at CD patients from 2005 to 2014. Prevalence of ASCVD was calculated in both CD patients and controls and compared by sex and age. Common cardiovascular risk factors were adjusted for. Of 371M patients, 227K adults with CD were matched to 1,133K controls. ASCVD was highest in young celiac disease women compared to controls and had significant risks of mortality, 7.31 times higher in women under 40 than the general population.

For more information: <https://pubmed.ncbi.nlm.nih.gov/33673917/>

Beyond Celiac – Top 5 Research articles of 2021, December 15 2021

Can you trust a negative celiac disease blood test?

<https://www.beyondceliac.org/research-news/can-you-trust-negative-blood-test>

Although there is no issue with a positive blood test due to biopsy follow-up, as negative results of the tTG (anti-tissue transglutaminase IgA test) blood tests are never followed up with a biopsy, celiac disease may go undiagnosed in those who have a false negative test. Therefore, if a person has negative blood test but still has symptoms further investigation needs to be tried.

Journal of Clinical Gastroenterology: [April 2021 - Volume 55 - Issue 4 - p 327-334](#)

doi: 10.1097/MCG.0000000000001361

Monoclonal antibodies are used to treat COVID-19 and other illnesses. Monoclonal antibodies (often called biologics) need to be investigated for celiac disease treatment. PRV-015, from prevention Bio and Amgen, is in Phase 2b clinical trials and an example. Monoclonal antibodies block cytokines which are produced by the immune system. These cytokines create inflammation. Recruitment is still going on for these studies. Celiac disease drug targeting the immune system, Phase 2 trial of TAK-101 shows promise.

This drug retrains the immune system to tolerate gluten.

Neurological and psychological symptoms of celiac disease – Study had 1,500 registrants and used an online survey. They found that 86% of participants experience brain fog. Additionally, over 71% reported migraines and 47% said they experienced peripheral neuropathy. This survey further adds to the growing evidence that celiac disease should also be considered more than just a GI-related disease.

<https://www.beyondceliac.org/research-news/neuro-symptoms-gobeyondceliac/>

KAN-101, Phase 1 clinical trial – this drug creates immune tolerance to gluten by targeting liver receptor to “re-educate” the immune system.

<https://www.beyondceliac.org/research-news/kan101/>





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It's my fault my son has celiac disease ...

We reached out to our membership to address a less talked about area of celiac disease, parental guilt. To share how celiac disease has impacted your life and loved ones, email news-letter@bcceliac.ca

It's true. He got it from his own Mother. My gene pool. Me.

If you're reading that statement with a little one (or maybe not so little anymore), you know how hard that gut punch feels. That deep sorrow, pain and guilt where you wonder how you could have done this to such a beautiful being that clearly didn't deserve it.

It hits me hard when we are at parties or gatherings.

I watch as my son sees the fancy Pokémon cupcakes brought to the table with his friends singing off key, half shouting: HAPPYYY BIIIRTHDAAAAY TO YOUUUUU!!! I watch as the pure joy fades from his face and a glimmer of disappointment and sadness comes to his eye. It's not something everyone would notice, for those of us that know him well, we see it. He forces a smile back on his face and he finishes the song for his friend. He wants to be happy for them, he really does, and that doesn't stop the pang of hurt, feeling excluded through no fault of his own. I know who to blame...his mom, me.

Of all the times that gut punch comes out of nowhere, it hits the hardest when I've glutened him in our own home. I bought my son a special cereal for his 6th birthday. It was in the natural foods section and I had read so many boxes at that point that I went into auto-pilot and thought I'd checked it already. Nope, NOT gluten free! So yeah, rock star Mom here glutened her son on his 6th birthday.

All this makes it hard to think about the fact that he got his celiac disease from me. His own Mom. Let's be real though, he also got my sarcasm, he got my tenacity, he got my athleticism, my work ethic, my empathy, and he got my heart.

We look at this diagnosis, especially if we knew before we had kids, as if we should "know better". As if we should know that we shouldn't want to pass it on. Well, people with other hereditary diseases like heart disease have kids, people with arthritis have kids, people with diabetes have kids, and people with anxiety and depression have kids. This is my opinion - I get that - and they SHOULD have children! Do you know what watching my son struggle with his lifestyle being different has brought out in me? More empathy. Heck, it's taught him empathy. It's taught him that being different really doesn't change your value. Regardless of what that difference is, visible or not. He understands more about cross contamination than most adults handling poultry and raw ground beef! He understands what it looks like to be sad and feel even the most subtle exclusions. He understands and appreciates other people's thoughtfulness

and generosity. He saves treats for me that he is given, because he wants me to enjoy a safe treat. It absolutely makes my heart swell still, and we are almost three years into his diagnosis. My invitation, my challenge, my suggestion, whatever you want to call it, is this:

What has having celiac given you? What has having celiac given your child? I mean, besides explosive diarrhea at that one soccer field without a bathroom for a 5 block radius....

What would forgiving yourself for passing it along feel like for you? What energy would that give back to your body?

What do you need to tell yourself in order to let go of the mistakes we make in every area of parenting, and accept that we will gluten our child at some point and while it seriously sucks, we (yes, even YOU), are still a good Mom or Dad.

Mistakes come with parenting. Messiness comes with parenting. None of us are perfect.

Your child is so much more than their celiac disease. You, my fellow parent, are so much more than mistakes made and your broken genetics passed down. You gave them their _____, their _____ and their _____ and those things are amazing.

Always in your corner,

Danielle Hockley



Kid's Corner - Spring Crafts!

Submitted by: Arica Sharma, CCA BC Director

Use this technique for a beautifully tie-died colour on your Easter eggs!

Tip: Use hard boiled eggs because they are less fragile.

Step 1: Over a sink, place one hard-boiled egg in a colander and coat with vinegar.

Step 2: Choose two to four colours. Starting with the lightest colour, drip a drop of food colouring on the egg and gently roll it in the colander for a few seconds to help spread the colour. Keep some of the white shell if you can for the next colors to settle on. Let the colour sit for a minute or until dry – use a hair dryer if you're impatient like me but remember, the color will dry quickly, so you may get streaking, which can look awesome! Below I used yellow, green, blue, and red.

Step 3: Repeat step two with the next colors, letting each color dry before beginning to use the next. If the color is too dark, coat the whole egg in vinegar to lighten it up.

Step 4: Use stickers or paint to add smaller details, like hearts, lines, dots or whatever you like!

No need to toss the egg carton if you're done with it, try making flowers....



Let's Colour!



Happy Easter!



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Celiac in the Kitchen



Roasted Cauliflower Soup

Submitted by Val Vaartnou, CCA BC Director

Ingredients:

- A large head cauliflower
- 4 tablespoons olive oil
- 1 teaspoon sea salt
- Large onion diced
- 4 cups of water or chicken stock

Directions:

1. Place whole head of cauliflower in a 9" x 13" baking dish
2. Rub cauliflower with 2 tablespoons olive oil and sprinkle with salt
3. Add ½ cup water to the dish
4. Bake uncovered at 350°F for 1½ hours, or until a knife cuts easily through the core
5. Remove cauliflower from oven and allow to cool
6. Coarsely chop and set aside
7. Heat remaining 2 tablespoons olive oil in a soup pot over medium heat
8. Add onion and cook until soft and translucent, about 15 minutes
9. Add cauliflower and 4 cups water or stock
10. Simmer until cauliflower is very soft, about 10 minutes
11. In a Vitamix/blender or using an immersion blender puree until smooth
12. Transfer back to pot and bring to a simmer



Picture courtesy: ATCO Blue Flame Kitchen

Note: Other cooked vegetables can be added to the soup as desired. I like carrots and broccoli. Your favorite cheese can also be added. Use spices like cumin, pepper and/or turmeric to add flavor.

Protein Brownies

Submitted by: Ria Gill, CCA BC Director.

Ingredients

- 1 scoop gluten free chocolate protein power
- 2/3 cup cocoa powder
- 2 eggs
- 1/2 cup of softened coconut oil
- 2/3 cup coconut sugar
- 1/2 tsp vanilla extract
- 1 1/2 cup chocolate chips (save 1/2 cup for topping)

Directions

1. Preheat oven to 350 degrees F
2. Mix dry ingredients in a small sized bowl
3. Mix wet ingredients in a medium sized bowl
4. Add dry ingredients to wet ingredients slowly
5. Fold in the chocolate chips
6. Place batter in 8x8 baking dish and top with remaining chocolate chips
7. Bake for 25-30 min or until a toothpick comes out clean





One Tray Vegan Mediterranean Bake Recipe

Submitted by: From Donna Weisz

Serves 4

Prep time: 10 minutes

Cooking time: Approximately 1 hour

Ingredients:

- 2 x 400g can diced tomatoes
- 3-4 cloves garlic, crushed or two heaped teaspoons garlic powder
- 400g cooked quinoa
- 1 large eggplant, sliced 1cm thick
- 4 small potatoes, sliced 1cm thick
- 1 large zucchini, sliced 1cm thick
- 1 small red pepper, sliced 1cm thick
- 12 olives
- 1 tsp dried thyme
- Cashew cheese
- Black pepper, to serve (optional)

Directions:

1. In a large baking tray, mix together 1 can diced tomatoes (400g), garlic and cooked quinoa. Spread evenly over the base of the tray.
2. Layer with eggplant, potato, zucchini and pepper. Top with the second can of diced tomatoes (400g), sprinkle with thyme and scatter with olives. Bake in a pre-heated oven at 175°C for 40 minutes.
3. Make the cashew cheese, if using
4. Top with cashew cheese and bake a further 15-20 minutes.

Cashew Cheese recipe

- 1 cup raw cashews
- 1 ½ tsp sea salt
- 2 tsp dried thyme (you can use fresh herbs or other dried herbs)
- 1 tsp garlic powder
- 2 tbsps. olive oil

Put first 4 ingredients in blender, then when consistency is crumbly add olive oil to make it spreadable.





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Sephardic Charoset Truffles

Submitted by: Tori Avey

Prep time: 10 minutes
Cooking time: 30 minutes

Note: Ashkenazi charoset, which is the charoset most American Jews are familiar with, is usually made as a chunky, sticky mixture of apples, walnuts and sweet kosher wine. Sephardic Jews in the Middle East and Mediterranean make charoset somewhat differently, using dates and a variety of nuts in the mix (almonds, pine nuts, pistachios). Sephardic charoset may or may not include apples or wine. One of the more interesting ways charoset is served in the Middle East is in a ball or truffle form. Moroccan Seders will often serve these charoset truffles rather than the spreadable charoset we are more familiar with here in America.

You can substitute any kosher-for-Passover nut of your choice. Making the truffles is a very sticky process, so be prepared to scrub your hands afterward! These candy-like charoset truffles can be enjoyed for Passover and year-round. If you have a smaller food processor, you will want to prepare this recipe in 2 or 3 batches. The dates are pretty sticky and can overwhelm a smaller processing blade.

Ingredients:

- 1 ½ cups pitted dates
- 1 ½ cups dried apricots
- ½ cup golden raisins
- ¾ cup shelled pistachios
- 2 tbsp. honey
- ¼ cup sugar *(if serving as a dessert, otherwise if serving during the Seder, roll them just in cinnamon)
- 1 tsp cinnamon

Directions:

1. Place dates, apricots, raisins, pistachios and honey and place in a food processor.
2. Pulse for about 2 minutes until the mixture is smooth but still has texture. You may need to break up the sticky mixture a few times if it collects in a ball in the processor.
3. In a bowl, mix together the sugar and the cinnamon. Form date mixture into balls that are about ¾ inch in diameter. The balls will be sticky and soft. It will be easier to shape them if you wet your hands slightly.
4. Dry your hands. Dip the balls in the cinnamon sugar and coat thoroughly, and re-roll between your palms to smooth out any rough edges. Serve at room temperature.



Celiac in the Kitchen



Hot Cross Buns

Recipe and picture from Udi's Gluten Free, Originally in CCA Vancouver Chapter Celiac News April 2015

Dry Ingredients:

- 3¼ cups gluten free flour (about 1 lb.).
- For the best results use a GF flour blend. Try combining 2 parts sorghum flour, 2 parts tapioca flour, 1 part potato starch and 1 part almond meal
- 4 tablespoons sugar
- 2½ teaspoons yeast
- 2½ teaspoons xanthan gum
- 1 teaspoon cinnamon
- 1 teaspoon salt
- ¼ teaspoon each: ginger, cardamom, nutmeg

Optional:

1 cup fruit (we like raisins!) or chocolate chips to fold into batter.

Also needed:

- 1/4 teaspoon instant yeast
- 1 tablespoon water
- Egg wash (Mix 1 large egg with 1 tablespoon milk of choice)

Wet Ingredients:

- 1½ cups milk
- 3 eggs
- 4 tablespoons butter, melted
- 2 teaspoons pure vanilla extract

Icing (double the amount if you like lots of icing!):

- 1/2 cup confectioners' sugar
- 1/4 teaspoon vanilla extract
- 2 teaspoons milk



Directions:

1. Combine all dry ingredients (except optional fruit or chocolate chips)
2. Combine wet ingredients and then add to the mixed dry ingredients. Fold in your fruit or chocolate chips (if so desired).
3. After mixing dough thoroughly, cover and refrigerate overnight.
4. The following day dissolve 1/4 teaspoon of instant yeast in 1 tablespoon of water. Stir this into the dough.
5. Grease two 8"x8" pans and place 9 balls of the dough into each pan.
6. Smooth out the tops of the buns and brush with the egg wash. With a sharp knife, slice a shallow cross (+) in the top of each roll. After you are satisfied with the shape & look of your buns, let them stand in a warm room (or 100-degree F oven) for about 10-15 minutes.
7. Now bake the buns in a 350F oven for 25-30 minutes. Place the baking pan in the center of the preheated oven and bake, rotating once during baking, until the buns are golden brown and firm to the touch. Allow the buns to cool for about 10 minutes in the pan before transferring them to a wire rack to cool completely.
8. While the buns are cooling, mix confectioners' sugar, vanilla, and milk. Stir with a fork until lumps are gone and icing is smooth. Use a spatula to scrape the icing into a plastic sandwich bag. This makes piping the icing on the buns easier, but you can also drizzle the icing on with a small spoon if you like. Once the rolls have cooled pipe a cross neatly over the cross you made with a knife, on each roll. If you attempt to ice the cross before the rolls are completely cool, the icing will melt and run.

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Farmers Market

Submitted by: Arica Sharma, CCA BC Director.

Spring means walks to the Farmer's Market are a great way to get your hands on fresh, unique and local produce that is in season. Find some veggies in the word search below, and find your local market at <https://bcfarmersmarket.org/>

Rhubarb
Fiddleheads
Gooseberries
Beets
Green Onions
Asparagus

Radish
Peas
Spinach
Turnip
Strawberries
Arugula

Garlic
Broccoli
Cherries
Tomatoes
Kale



Fiddleheads: Are You Feeling Adventurous?

Read the complete and original article by Daisy Orser on <https://eatmagazine.ca/fiddleheads-take-a-walk-on-the-wild-side/>

Read the complete and original article about Food Safe Guidelines for Fiddleheads by Health Canada on <https://www.canada.ca/en/health-canada/services/food-safety-fruits-vegetables/fiddlehead-safety-tips.html>



Fiddleheads are the curled, edible shoots of the ostrich fern and are considered a seasonal delicacy in many parts of the Canadian West Coast. Daisy Orser writes “Found throughout Canada, fiddleheads can be foraged in southern B.C. but are less common than they are in northern areas like Smithers, where they abound...Local foragers tell us that due to our mild climate, the spiral unfurls very quickly, making the harvesting opportunity extremely brief.” Keep your eyes peeled in late April to late May when you visit your Farmer’s Market or local grocer!

What are some of Daisy’s tips?

Taste: Fiddleheads offer a taste reminiscent of asparagus, but with a distinct nutty, green taste of the wild that you just can’t grow in your garden.

Trend: If you see fiddleheads on a local restaurant menu—order them. They won’t be there long.

Sustainability: If foraging for your own fiddleheads, sustainable harvesting is essential. Harvest no more than 10 percent of what each plant has to offer.

Selection: Choose tight, bright spirals free of any yellowing from reliable sources.

Storage: Store clean and dry in the fridge if you must, but fiddleheads are best consumed as quickly as possible while flavour and nutrient density are at their peak.

Preparation: Never consume raw. Once boiled or steam, fiddleheads favour simple preparations that allow their distinct spring flavour to shine.

Health Canada has some tips, too!

Cleaning

Using your fingers, remove as much of the brown papery husk on the fiddlehead as possible. Wash the fiddleheads in several changes of fresh, cold water to remove any residual husk or dirt.

Cooking

Cook fiddleheads in a generous amount of boiling water for 15 minutes, or steam them for 10 to 12 minutes until tender. Discard the water used for boiling or steaming the fiddleheads.

Cook fiddleheads before sautéing, frying, baking, or using them other foods like mousses and soups.

Freezing

Clean the fiddleheads properly.

Boil them for two minutes.

Discard the cooking water.

Plunge the fiddleheads into cold water and drain.

Pack the fiddleheads in freezer containers or bags.

Store fiddleheads in the freezer for up to one year for best quality.

Follow the complete cooking instructions above before serving.

Never re-freeze thawed food.

Preserving

Do not use a pressure canner to preserve fiddleheads at home. Safe process times have not been established for home-preserved fiddleheads.

In the Kitchen with Grimm's

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Social Media Recap

Submitted by: Lia Fairbairn and Sasha Dobisz, CCA BC Directors.



Over the past few months, we've been busy sharing a range of Instagram and Facebook posts, tweets, and TikToks. Be sure to follow us on these platforms to stay up to date with board updates, events, and informative posts. For instance, did you know that Earth's Own Oat Milk is no longer gluten free (the cartons with a gluten-free claim are still safe for celiacs!)? Following our social media pages is an excellent way to keep up with celiac news such as this.

One of our highlights has been our weekly nutrient posts in January. We've picked some of the nutrients that celiacs are often lacking, and shared easy ways to get these into your diet. Check out our reel for easy vegan cheese sauce - a fantastic source of Vitamin B12 and folate. https://www.instagram.com/reel/CY119gtqB60/?utm_source=ig_web_copy_link












In February, we started sharing celiacs' favourite cookbooks, featuring some creations of our own board members. Buying or renting cookbooks is a great way to get inspired when cooking or baking, particularly if you are newly-diagnosed celiacs. It also makes for a perfect gift idea!


Another initiative we're excited about is lighting up BC green for Celiac Awareness Month (May). In order to reach as many areas in BC as possible, we're calling on our members to get in touch with their city representatives about securing a proclamation in support of celiac disease and other gluten-related disorders. As well, if you have any structures near you that light up for different holidays, see if you can get them lit up green on May 16th for International Celiac Disease Awareness Day!

As always, if there is anything you'd like to see on any of our social media platforms, please reach out! We would be thrilled to share a beloved recipe, tip for newly-diagnosed celiacs, or anything else you'd like to share.

Ways to Increase Your Calcium Intake

 1 cup dairy milk or enriched soy/almond m*lk	 1.5 oz cheese	 3/4 cup tofu prepared with calcium sulphate
 1/2 cup fortified orange juice		 1/2 cup cooked spinach
 Consume foods rich in vitamin D	 2.5 oz canned sardines or salmon with bones	 Pair plant and animal sources of iron

Consult your healthcare provider before beginning any nutrient supplements!



My Celiac Story

Submitted by: Matthew Vyas

Celiac disease is hard. I hated it at first. It takes getting used to. Oftentimes I wish I didn't have it. You have to follow sooooo many rules.



I figured it out on my birthday. My mom told me that I had to stop eating gluten. I was very disappointed at this, but I had no choice. My dad went to the store right away and bought gluten free foods. I tried them all thinking maybe it wouldn't be so bad after all.

My neighbor Liz has celiac disease also. She lives next door. It is great to have a friend who has the same condition. She makes me feel much better about it. Sometimes I feel like it's cool to have a disease that isn't that common.

A year has passed. I am no longer disappointed anymore. And I still get to eat so many foods that I love, like guacamole and salsa. And I have come to love gluten free noodles! But I still have my moments where it sucks.

There are still some benefits to being Celiac. I feel so much better now because I am eating healthy. At 10 years old, my parents call me Matthew 2.0. Having celiac disease is hard. But I am getting through it.





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Total Prepare – Emergency Preparedness Solutions

Content submitted by: Total Prepare Canada



How it all started:

It was 2011. Canadians watched as major earthquakes rocked our neighbours on the other side of the Pacific Rim, devastating the areas around Christchurch in New Zealand and the Fukushima Prefecture in Japan.

While coastal British Columbians were no stranger to earthquake risks, there were few options in the local market for emergency preparedness supplies. Canadians knew they needed to prepare, but they didn't know how to get started or where to turn. Thus, the idea of Total Prepare was born.

Starting out as a small online retailer, Total Prepare set up shop in 2012 in Victoria, BC—right in the heart of the Cascadia Subduction Zone.

Business was slow at first. After all, nobody knew about us yet.

Fortunately, Victoria residents love to shop local, and when they found out Total Prepare was right in their backyard, word spread quickly.

Governments, businesses, and schools soon contacted us to ask if we could work with them to stock their emergency supplies. This enabled us to establish a solid foundation and plan to build on that growth.

People wanted to visit us in person, so we opened a physical storefront on Crease Avenue.

With a storefront came the need for staff members to greet everyone and offer the best customer service around. We began expanding our team to handle the increased foot, phone, and email traffic we received.

Since many organizations wanted custom solutions with items we didn't stock, we expanded our vendor network and brought on more high-quality suppliers.

Today, we run a busy warehouse and still maintain our retail storefront at 48 Crease Avenue. We've also expanded a number of our key products and shipped them to a warehouse in Eastern Canada to better keep all Canadians well-stocked with supplies.

The team continues to grow, and we're proud to provide local jobs to people who are passionate about preparedness.

We have exclusive agreements for Canadian distribution of products like XMRE (Meals Ready to Eat), Legacy Premium Food Storage (freeze-dried/dehydrated food) and Blue Can Water (50-year shelf life canned water).

As we all know, in early 2020, a new global disaster struck. The Coronavirus pandemic brought unprecedented demand for preparedness products and upended supply chains. People realized how unprepared they were for a pandemic, let alone a natural disaster.

Now, the challenge is to keep preparedness at the front of mind for every Canadian. Recent and current events like the Coronavirus pandemic and the major flooding on the Lower Mainland of BC remind people of the need to prepare. As time goes on and disasters fade from memory, we intend to keep preparedness from becoming just another item on the "one day" list.

To that end, we're continually broadening our online presence and offerings, and it's with the help of people like you that we're able to bring awareness to even more people.

From the bottom of our hearts, thank you for your support, thank you for shopping local, and thank you for helping us grow from a small, two-man operation to the thriving business we are today.

Why did you decide to start carrying GF product?

A former business partner's wife is celiac. When we began looking for a food supplier, GF options was a paramount item.

Where do you source product? Are there any locally manufactured product?

We are constantly looking at all long-term emergency preparedness food options, we currently have not found one locally.

Are all of the GF product recipes created by Legacy Food Storage?

Honeyville & Legacy Food create the recipes.

How do they create new recipes and does your team have any input on new recipes?

We have no collaboration on new recipes with Honeyville and Legacy Food Storage.

We love seeing a GF certification on product, why was it important for the product to be certified?

Legacy is completely free of gluten and is safe for those who suffer from Celiac disease, wheat allergies, or gluten sensitivities. Having a GF product ensures that we are meeting the health needs of our clients.

Total Prepare – Emergency Preparedness Solutions

Are there separate dryers and packaging areas for GF product?

Many customers and competitors have asked us to verify some of the claims that are made regarding the quality of Legacy Food Storage, most frequently regarding the Non-GMO and Gluten Free claims. We are very pleased to announce that Legacy Food Storage has partnered with Honeyville to continue to produce their already amazing products. Honeyville has some of the highest rated facilities in the country when it comes to quality and standards of the food products that they produce.

Are there plans to offer Ready-To-Eat-Meals, and other products in the GF variety?

We are always on the lookout for GF MREs and other products to add to our product mix.

Eating during travel can be tricky for a celiac, so your product could make a big difference in peace-of-mind in a worst case scenario. Is it safe to fly with product in checked baggage?

Yes, it safe to travel with!

Do you work with the services abroad (consulates, military, school, etc.)?

We primarily provide our services across Canada to all levels of Government, Schools, Hospitals, RCMP, Military and so much more.

What are your ideas for further growth and development?

Total Prepare is maintaining our course of action to expand our offerings to everyone across Canada.



Board Highlights - CCA BC – Nov2021 – Feb2022

Bylaw review committee – reviewed bylaws, suggested changes, drafted procedure to elect Directors to be used by the nomination committee and drafted changes to the bylaws which were reviewed and approved by the Board. Changes to the bylaws will require approval at the February 27th Annual General Meeting.

UBC Support group held an event at the Epicurean in November and a dinner event at the Basil Box in December.

Richmond support group held a dinner event in December at Iki Sushi. COVID restrictions were adhered to everyone enjoyed the gluten free Japanese food and the company of others that has been so missed.

The Children and Parents group held an on-line cookie making class in December. Everyone was excited about the event and enjoyed their cookies.

Lynda Neilson has reviewed gluten-free options at YVR airport and once COVID restrictions have been reduced will be working with YVR to communicate on both their website and the CCA BC website what the options are.

Liz Wall reported that the Gluten Free Expo has been postponed tentatively to May 2022. This will be part of our May Celiac Awareness month activities.

Julie Clement and Liz Wall worked with the Food Banks of BC and our gluten free vendors to provide gluten-free food for those ravaged by the floods.

Interviews with Celiac Students

Submitted by Lia Fairbairn and Sasha Dobisz, CCA BC Board Directors

The following interviews were conducted with celiacs who were either diagnosed during university or are currently in university. We hope these interviews will shed light on the diverse experiences that celiacs have.

How old were you when you were diagnosed?

Olivia: I was twelve, just entering grade eight. It was a big transition time in my life.

Frankie: I've actually been on a celiac diet my whole life. My older sister was diagnosed when she was three or four. I tried eating gluten in middle school, but developed celiac symptoms such as weight loss, bloating, abdominal pain and iron deficiency.

Claire: I was sixteen. It was tough because this was the time my friends started going out more to restaurants.

Mary: I diagnosed myself as having celiac disease while I was undertaking my Bachelor of Science in Nutrition.



How were you diagnosed and how long did it take?

O: I was sick from grades five to seven, and had always been really small. I didn't weigh 100 lbs until I graduated high school. My doctor thought it could be Crohns, IBS, or lactose intolerance. I ended up being diagnosed the year that my aunt was, after she broke her wrist and ended up in hospital.

C: I had surgery in 2019 and was having a lot of GI issues afterwards. I happened to get a TTG test and found out I was celiac. My younger sister had been having celiac symptoms for years at this point but our doctor refused to do a test. We didn't have the 'typical' celiac symptoms, and we were both tall, athletic, and looked healthy.

M: I suffered with celiac symptoms from birth and it was never caught by doctors. I discovered I was celiac when I was twenty-two.

What were some of your symptoms pre-diagnosis?

O: Lack of growth, no weight gain, perpetually nauseous. Really bad anxiety. Stomach pain every day. Took me a while after going gluten free to start feeling better again.

F: When I tried eating gluten in middle school, my symptoms included gastrointestinal issues, weight loss, and iron deficiency. My parents thought it must be IBS.

C: I had a lot of intestinal issues that were chalked up to my ruptured ovarian cyst. Doctors often didn't take me seriously because I'm an athlete and a teenage girl, and I was repeatedly told that it was an eating disorder or anxiety.

M: Steatorrhea, abdominal cramps, generally poor health throughout childhood, including poor tooth development, and a generally crabby disposition due to constant pain.

Do you have any other health conditions or food restrictions?

O: IBS and Reynauds. My doctor told me autoimmune conditions often come in threes!

F: I have iron deficiency and hypogammaglobulinemia. I used to get pneumonia all the time, and spent Christmas in the hospital a few times. I also can't eat dairy or eggs, and I used to be anaphylactic to peanuts.

C: I continue to have GI symptoms and chronic illness but not sure what exactly the problem is. I was lactose intolerant too when I was diagnosed, but that's gone now.

M: No.

What was the biggest challenge for you when you were first diagnosed?

O: Being the food police! It was difficult going to friends' houses, I would end up in their kitchens reading ingredients with their moms. I also found no one knew what celiac disease was, and bringing my own food to restaurants was a struggle.

F: I already had limited food options as I'm dairy-free, so it was difficult to find safe foods. It was hard to go out for dinner, I couldn't share snacks at school, and my friends didn't understand why I wasn't eating their birthday cake.

C: It was peak competition season for rowing when I was diagnosed, so I was travelling a lot for sport. I had to completely change my diet - especially hard because I have to eat a lot as an athlete. I was sixteen and having to cook for myself and learn to eat gluten free in a new province.

M: Completely reorganizing my diet. Dietary choices in the campus cafeteria were the biggest challenge.

Interviews with Celiac Students

What foods do you miss the most or wish you had tried?

O: Definitely bread. Real bread even smells better!

F: I would love to try cake, lasagna, burgers, beer, candies, and the communion at church.

C: Bread. Gluten free bread is in no way the same - you can't have a sandwich. I also miss going to restaurants and trying whatever you want.

M: Mostly pastries (especially chocolate éclairs!).

Did you have access to any support or resources when diagnosed? What resources were helpful for you?

O: No, it was a 'choose your own adventure.' This was one of the reasons I wanted to go into dietetics.

F: Not really, no one knew what celiac disease was at the time.

C: I was able to find nutritional information through my sport when I was first diagnosed, but I had to be the one to reach out to my coaches. I also went to a newly diagnosed support group at my local hospital. My mom would do a lot of research for me and a teammate's mom was celiac, so would often bake me gluten free treats.

M: I was in my second year of my nutrition B.Sc., so I had all the necessary information to support my dietary and lifestyle changes. The Celiac Association used to send out recipes which I enjoyed, a few have even become family favourites!

How have you found the transition from living at home to living at university as a celiac?

O: I was food-independent from a young age, so I haven't found it too difficult. It is much more tempting to eat out in Vancouver than in Kamloops! My roommate is not celiac, but we had a conversation early on about cross-contamination and we've had no issues so far.

F: A little difficult. First year residence was really helpful, as I was living with other celiacs. Now I'm in my third year, and no longer in a safe environment. I cook only a few times a week to minimize exposure. The stress of school and being away from family makes getting sick even more stressful. It feels like you're really on your own, you can't lean on your parents for support.

C: I have to be a lot more committed to a schedule. I make set times to meal prep and cook. Difficult but manageable.

How would you describe the availability of gluten-free options on UBC Vancouver's campus?

F: UBC hasn't really changed their options in the last three years that I've been here. There are other universities that are doing a much better job at catering to students with celiac disease. There is no place that is safe. This is a frustration for so many people who want a quick and easy meal because we are students who are busy. This is not effective because that quick and easy meal could make you sick for a week. Ordering food is a pain because it takes a long time to get delivered and it is expensive. Accessibility does not exist for students with celiac disease. It adds an extra degree of challenge because we have to find options that are safe for us in a place that is not inherently safe. There are food groups and diets that are excluded or prioritized above us [celiac disease]. Even the grocery store on campus doesn't have enough safe options. There is no certified area that is safe for us, so there is room for growth.

C: I'd say as a first year student it's kind of difficult. The dining halls aren't 100% celiac safe so it makes it a lot harder to eat there with my friends. And while some restaurants on campus have gluten free options there aren't very many places I trust. Vancouver has a lot of GF options but I was honestly kind of disappointed when I came to UBC. It's a big campus but they don't have as many options for GF food as I would have expected.

What do you wish more people knew about celiac disease?

O: I wish people understood the gravity of it, and how it impacts multiple areas of one's life. It's not as simple as 'not eating gluten.' It impacts social interactions, dating, and making plans. It's also a really expensive diet, the small costs of a GF cone, bread, bun, etc. really add up.

F: It's really hard to find safe foods at your price-point. There's so much added cost for bread and finding certified items. It's also really hard to do the tax credit by yourself and doesn't feel like much reward considering how much effort it takes.

C: A lot of assumptions that it's just avoiding gluten. They don't understand how much a small amount of gluten can affect you. I wish people understood the seriousness of it. You have to really plan out your food, can't just grab a sandwich at Tim Hortons.

M: Celiac disease is related to or associated with other conditions such as blood sugar levels, food malabsorption, itchy skin or even skin lesions (e.g. dermatitis herpetiformis). I hope for greater attention to nutrient supplementation -- including fat-soluble vitamins and calcium -- especially if there's been a lot of damage to the villi. Doctors have varying levels of training about celiac disease; people should be aware that other health professionals (e.g. dietitians, naturopaths) are also available to address diagnosis and the details of a gluten-free diet.



Enjoy Responsibly

Submitted by: Arica Sharma, CCA BC Director.



In my early 20's my major consideration when concerning alcohol was how am I getting home safely?

After a celiac diagnosis, the added questions became what do I drink and is it gluten free?

As I get older it's more like how many drinks do I intend to have? This question is more important than I have ever given it credit for.

If you've been to a liquor store lately you'll notice no shortage of pre-mixed and chilled cans of – just about anything you desire. Gin or Vodka based iced tea, cream soda and root beer are only a few of the ways it's easier and yummier than ever to drink gluten free. Head over to your local cannabis dispensary and find some brands offering GF chocolates, gummies, loose leaf teas and yes, they have iced tea too! When the easy drink or edible is coupled with COVID related restrictions, many people are finding their intoxicant intake to have increased over the last couple of years. Contributing factors are boredom, stress, and accessibility, based on Statistics Canada's publication last year: Alcohol and cannabis use during the pandemic: Canadian Perspectives Survey Series 6.

Reasons for increased consumption of alcohol and cannabis since before COVID-19 pandemic

	Alcohol %		Cannabis %
Boredom	60.4	Boredom	57.5
Stress	57.5	Stress	64.5
Convenience such as due to lack of regular schedule, at home more often, accessibility to alcohol	52.6	Convenience such as due to lack of regular schedule, at home more often	37.6
		Ease of access	29.2
Loneliness	36.8	Loneliness	38.9
Insomnia	17.1	Worsening of health or pain	21.2
Other reason	10.2	Other reason	12.9
No particular reason	3.2	No particular reason	3.8
		New products such as edibles, concentrates, vape pens and cartridges	21.0

I write this in January with festive holiday drinks behind me, knee-deep in NFL playoffs and with the Superbowl around the corner, I know full well how much access I will have to alcohol; but then I come across the Canadian Cancer Society's newish campaign to increase awareness to the link between alcohol consumption and Cancer. Their recommendation being:

[If you choose to drink alcohol, keep it to less than 1 drink a day for women and less than 2 drinks a day for men.](#)

(If you're curious why the guidelines are different for men and women, read more here:

<https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/womenandalcoholresource2014.pdf>)

Health Canada offers a host of information about the potential negative effects of cannabis use, addressing people of all ages when considering second-hand smoking or preconception on their page: [Health effects of cannabis.](#)

Continued on following page

Enjoy Responsibly

Alcohol doesn't stimulate your immune system, and [excessive alcohol weakens it](#). For those with a genetic predisposition to celiac disease and gluten sensitivity, links have been made that [autoimmunity plays some role in the development of ataxia](#) in patients that drink excessively.

According to a [study by The American College of Gastroenterology](#) "Alcoholic patients with celiac disease have several fold increased risk of development of pancreatitis and pancreatic inflammation and are counselled to avoid or reduce the alcohol intake."

Depression is a known symptom of celiac disease, and also highly correlated to alcohol and substance abuse.

Many celiacs use cannabis products for symptom relief upon being glutened. Unless your medical professional already has a say in how you use cannabis, be sure to educate yourself about the differences between THC and CBD, why are you using what you are using? Consider too the vehicles of delivery, for example if you can avoid smoking cannabis, then you're helping to eliminate the adverse effects from the act of smoking.

If you're like the majority of Canadians and find boredom or stress to be contributing factors to your intake, other than fear, what is there to take away? Set a limit and stay within it! A motto applicable in a number of possible life scenarios, there really is a power in consciously considering an activity, and addressing what impact it has on your whole self. For example, I know that sulphites linger in wine, but my tummy certainly doesn't agree with any of it! So, I've set a boundary with my old friend wine, and it is welcome with the occasional steak, or a night-in with girlfriends. Moving forward, when I feel like I "need" a stiff drink, I can ensure my fridge is stocked with some strong kombucha (wish me luck, Dear Reader!). This works for my health, wealth and social life! Now, I gently ask you to take a quick minute to assess your intake, and if you could benefit from alternatives.

For alcohol, and cannabis products that are ingested, remember to check for gluten containing ingredients! [The CCA rule still applies, if in doubt, leave it out!](#)

If you are struggling with this, you are definitely not alone. [Resources are available to get through tough times:](#)

310-Mental Health:

Call 310-6789 (no area code needed) toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues.

Available 24 hours a day.

1-800-SUICIDE:

Call 1-800-SUICIDE (1-800-784-2433) toll-free anywhere in B.C. if you or someone you know is in crisis. The Crisis Centre provides mental health or substance use support. Available 24 hours a day.

Kid's Help Phone:

Call 1-800-668-6868 to speak to a professional counsellor. Available 24 hours a day.

If you think you can benefit from chatting with one of our volunteer peer-supporters, you can call us too. (877) 736-2240 toll-free within British Columbia during regular business hours. Or e-mail info@bcceliac.ca, or join our [Facebook Support Group](#) to open your celiac community up!

What is 1 drink?

ONE DRINK IS ABOUT:

WINE	SPIRITS	BEER / CIDER
142 ml (5 oz)	43 mL (1.5 oz)	341 ml (12 oz)
12% alcohol content	40% alcohol content	5% alcohol content

[read more: cancer.ca](#)

Ask Jess: Nutrition Corner



Jess Pirnak is a Registered Dietitian and kindly volunteers her time to answer your questions at: nutrition@bcceliac.ca.

She is a member of the Registered Dietitians of Canada and you can read her blog at: <https://www.foodyourself.com/>.

She is also available for a one on one discussion, which is free for members up to 30minutes. She can be contacted at: <https://www.foodyourself.com/contact-1/>

Q) Are food cravings the body's way of telling us that we are lacking certain nutrients?

A) Yes and no. Carbohydrate and sugar cravings arise for a few reasons. The main ones include blood sugar imbalances and the need for quick energy. For example, following a diet high in refined carbohydrates (think rice cakes and rice crackers) causes drastic spikes and crashes in blood sugar. When your blood sugar falls, your body responds by craving sugar in hopes to stabilize your blood sugar quickly. So, what can you do?

You guessed it! Skip the convenient processed carbohydrate foods and add a concentrated source of

protein at each meal!

Yes, most foods have a bit of protein...but you need to eat more than a bit to enjoy the filling, blood sugar stabilizing benefits protein can offer. How much you need depends on your size and activity level. But generally aim for 20-25g of protein per serving.

One of my favourite ways to boost the protein in any meal is with hemp seeds. Add 3 Tbsp. of hemp seeds is 10g of protein! Plus, hemp is an anti-inflammatory all-star by being rich in omega 3 fatty acids. And Manitoba Harvest Hemp Hearts are now gluten-free, so enjoy!



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Gluten free and al dente every time!

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100% WHOLE GRAIN PASTA
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May is Celiac Disease Awareness Month!



Submitted by: Arica Sharma, CCA BC Director.

May is around the corner which means it's nearly celiac disease awareness month! What are you doing to celebrate? Whether you bake treats to share with friends, post on social media about the importance of getting tested, or make a donation to your favorite local Chapter (<https://www.canadahelps.org/en/dn/4644>) every effort counts!

We are planning for a stellar month which will include (among other surprises) exchanging recipes, providing insight about celiac life, and busting some more myths!

As always we've reached out to the cities of BC to provide proclamations in honor of celiac disease awareness, as well as to light up spots like Science World and BC Place green!

Check out the calendar we've created to keep your celiac spirit inspired! One, small and relatively accessible goal per day can really add up to a memorable and yummy month!

If you're not already following us, we're available on a number of platforms online:

TikTok: @celiac.bc
 Facebook: @celiacbc
 Instagram: @celiac_bc
 Twitter: @celiac_bc

So stay tuned and tag us when you complete a calendar item!

Remember to wear green on May 16!



	SUN	MON	TUE	WED	THU	FRI	SAT
1	The best part of being celiac?	2 Sign up for a webinar celiac.ca	3 Use a recipe from this newsletter.	4 Share a GF modified recipe.	5 Teach someone about celiac disease.	6 Think about your next travel destination.	7 Follow a new GF blogger.
8	What's new in CD research?	9 Try a GF recipe from another culture.	10 Find GF donuts.	11 Make a smoothie.	12 Go for a long walk.	13 Join a celiac support group.	14 Chat to a fellow celiac.
15	YouTube search: gut-health yoga.	16 Wear green today.	17 Try a new GF restaurant.	18 Eat for gut: yoghurt or cottage cheese	19 What's your favourite GF snack?	20 Help someone newly diagnosed.	21 Try a new GF product today.
22	Remind yourself you're doing great.	23 Bake GF cookies.	24 Meet the Surrey Support Group via zoom.	25 Your favourite GF bakery?	26 Go for short hike.	27 Journal your diagnosis story.	28 Try a new GF grain
27	Invite a friend for a GF meal.	28 Try meatless Monday.	29 Eat a fruit you wouldn't usually.	30 Thank someone who supports you.	31 Get take-out today.		



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Messages From Your Leaders

Due to COVID 19 and the provincial health guidelines that change from time to time, confirm with the contact person for the Support Group whether any meeting is taking place. Groups may hold Zoom meetings and as weather improves, outdoor meetings may also be held.

Note: Zoom meetings can be attended by anyone and is not conditional on living in the area.

Support Groups

Chilliwack Drop-In – 1st Saturday of each month.
Contact: Geraldine David - 604-792-2119 or gdaid@uniserve.com

Powell River Drop-In – Contact: Liz Kennedy: lizkennedy@shaw.ca or Val Harding: valhar@shaw.ca .

Richmond Drop-In – 2nd Monday of each month at 6:30 pm. Contact: Val Vaartnou: val_vaartnou@telus.net or phone 604-271-8828.

South Surrey Drop-In – 3rd Tuesday of each month at 6:30 pm. Contact Pushpa Kapadia at pushpakapadia@gmail.com or phone 604-721-0098.

Contacts in areas where there is no Group Meeting:

All Areas: Val Vaartnou will teleconference with anyone newly diagnosed or who needs assistance with the gluten-free diet. Contact Val at 604-271-8828 or email at val_vaartnou@telus.net

Help Line: If you have any questions, you can also phone our helpline at 604-736-2229 or 1-877-736-2240 and leave a message and a volunteer will get back to you.

The purpose of our helpline is to offer support to newly diagnosed celiacs and those who are having difficulty with the gluten-free diet. If you just feel the need to talk to someone with the same illness who has been on the diet and living well as a celiac, please leave a message with your name, phone number and a brief description of your inquiry.

UBC Student Support Group

Submitted by: Lia Fairbairn and Sasha Dobisz, CCA BC Directors.

The UBC Student Support Group continues to welcome university students and young adults alike! Our group held its End of Term Celebration at Basil Box in December, before taking a brief hiatus from in-person events. In January we hosted a series of interviews with our members to put together the Interview with Celiac Students article in this magazine. Once again, we transitioned back to in-person events and will be hosting a Sushi Social at Iki's Japanese Bistro. If you are interested in joining our group, please email student.support@bcceliac.ca and be sure to follow our Instagram page for event announcements!

The poster is for a 'celiac sushi night!' event. It features a central photograph of a table laden with various sushi dishes, including nigiri, maki, and sashimi, along with soy sauce and wasabi. The text 'celiac sushi night!' is prominently displayed in a large, bold, black font. In the top right corner, there is a small circular logo for CCA (Celiac Canada Association). On the right side, the text 'IKI SUSHI' is written vertically in a bold, black font. Below the photograph, the text 'UBC CELIAC SUPPORT GROUP' is written in a smaller, bold, black font. At the bottom of the poster, the date and time 'WEDNESDAY 16TH FEBRUARY 5:30 PM' are displayed in a bold, black font.





CLOUD 9
GLUTEN-FREE™

Spring Up Your Baking!

Try this Cloud 9 Classic Lemon Bundt Cake



For the bundt cake, you'll need:

- 1 ½ Cups Cloud 9 All Purpose Baking Mix
- 1 tsp Baking Soda
- 1 Pinch of Salt
- 1 ½ Cups Sugar
- 1 ½ Cups Butter, softened
- 6 Eggs
- 1 Lemon's worth of juice and zest

For the Lemon Glaze, you'll need:

- 1 Cup Icing Sugar
- 2 Tbsp Lemon Juice

Easy to make instructions:

1. Preheat oven to 350°F
2. Sift together **Baking Mix**, **Baking Soda**, **Salt** and set aside
3. In a large bowl, cream together **Butter** and **Sugar** until fluffy
4. Add one egg at a time to the butter & sugar, mixing well with each incorporation
5. Gradually add sifted dry ingredients, juice from the lemon and the lemon zest
6. Scrape batter into a greased bundt pan, making sure to level out the batter in the pan
7. Bake for 45-55 minutes, or until an inserted skewer comes out clean
8. Once the cake is cool enough to remove from the pan, but still slightly warm, mix together ingredients for the lemon glaze, and drizzle over the cake!

Enjoy!

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