



British Columbia Celiac News

Spring 2023

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Canadian Celiac Association

L'Association Canadienne de la maladie cœliaque

SUPPORT GROUPS

The only treatment for Celiac Disease is still a gluten free diet, which requires significant patient education, motivation, and follow-up. Slow response occurs frequently, particularly in people diagnosed in adulthood.

- ✓ Keep **learning** to keep **thriving**
- ✓ Access to **science-based**, quality info
- ✓ Local support groups keep you **social!**
- ✓ **Glutened?** We *actually* know how it can feel!
- ✓ Gluten free life is hard. **No judgment.**
- ✓ Manage and cope, there's hope! **It gets easier.**



BRITISH COLUMBIA (ON ZOOM)

3RD THURSDAY OF EACH MONTH 7:00PM

CONTACT:

ONLINE@BCCELIAC.CA

OR CALL (877) 736-2240 TOLL FREE

ABBOTSFORD

CONTACT UTE:

UTET@SHAW.CA



RICHMOND, OR ANYONE NEWLY DIAGNOSED...

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VAL_VAARTNOU@TELUS.NET

OR CALL 604-271-8828

CHILLIWACK

1ST SATURDAY OF EACH MONTH

CONTACT GERALDINE:

GDAVID@UNISERVE.COM

OR CALL 604-792-2119



SURREY, LANGLEY & WHITE ROCK

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CONTACT PUSHPA:

PUSHPAKAPADIA@GMAIL.COM

OR CALL 604-721-0098

POWELL RIVER

CONTACT LIZ OR VAL:

LIZKENNEDY@SHAW.CA

VALHAR@SHAW.CA



UBCELIACS, OR ALL POST-SECONDARY STUDENTS

DATES POSTED ON INSTAGRAM @CELIAC_BC

CONTACT LIA & SASHA:

STUDENT.SUPPORT@BCCELIAC.CA

VICTORIA

CONTACT RILLA:

GLUTENFREE278@GMAIL.COM



PARENTS & KIDS SUPPORT

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CONTACT JASMINE:

JASMINESIDHU@ME.COM



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PRESIDENT'S MESSAGE

The winter holidays and the extremes of weather they threw at us are a distant memory and it's that time of year when our thoughts often turn to travel, eating out, even heating up the grill for the first time. Spring brings its fair share of food-centred holidays and one of the things I like most about this magazine is the great ideas I get - safe candies for Valentine's Day and Easter, non-food gifts appreciated by celiacs and non-celiacs alike, and of course the recipes we feature each quarter. Hopefully each of you will find something to inspire you in this issue.

With our AGM around the corner our thoughts inevitably turn to reflection on what has gone well for us in the past year, but more importantly what we need to continue to do, or do differently, to support the celiac community in BC.

The return of our Dine Out events was very popular, and we explored a number of both old favourites and new-to-us restaurants. Our Zoom baking classes, for both children and adults, were fun and interactive and our Christmas Cookie Exchange was very well-attended and we all enjoyed a variety of home-made and store-bought treats.

For 2023 we hope to bring you nutrition tours with a celiac focus in some of the bigger grocery stores, a celebration of our 40th anniversary and we'd love to have more children's activities - but for any of these to be successful we need you to attend. I welcome your feedback and suggestions on these events at info@bcceliac.ca and if there is something you're desperate for us to organise then let me know.

Sending you our very best wishes for a great spring.

-Julie

DID YOU KNOW?

THANKS TO YOU
THANKS TO YOU
THANKS TO YOU
THANKS TO YOU
THANKS TO YOU
THANKS TO YOU

WE DONATED
\$10 THOUSAND



TO THE J.A. CAMPBELL RESEARCH FUND FOR CELIAC DISEASE!

Looking ahead...



MAY:

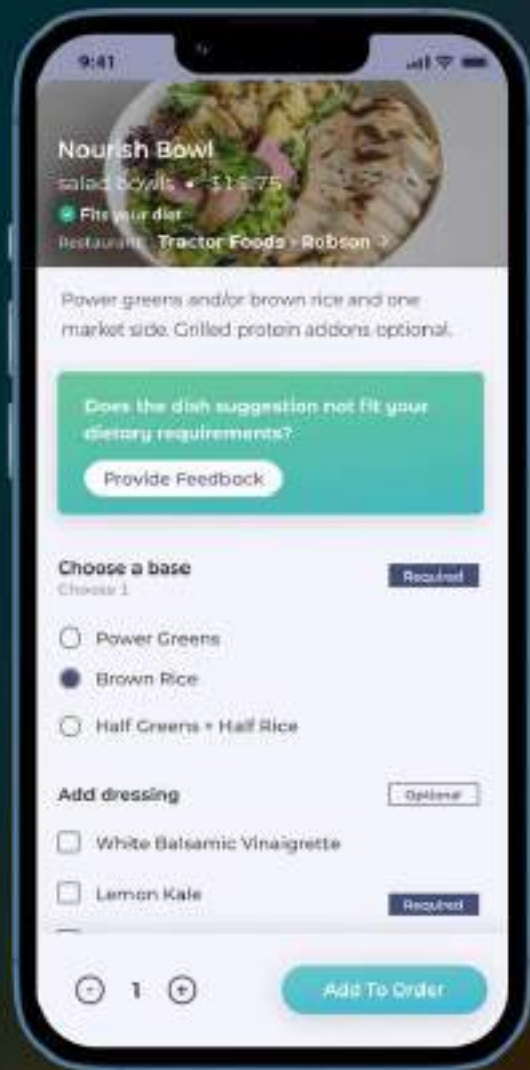
Is Celiac Awareness Month! Celebrate May 16 with us & the cities of BC as they light up green to raise awareness.

JUNE:

Get your athletic gear ready, it's marathon time! Open for all ages to walk, run, or roll. Email runningglutenfree@bcceliac.ca for more details.

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SKIP THE DISHES

Arica Sharma: Editor

Did you take a great photo last summer? Enter our Annual Summer Photography Contest by sending it to newsletter@bcceliac.ca - the winner will be the next front cover of Celiac News Magazine!

Lia Fairbairn: Co-Editor

Do you have travel recommendations for celiacs? We'd love to feature them! Stay tuned for travel reviews for Montreal and Poland in our next issue.

14 Jan's on the Beach



Gluten free happy hour, plus a discount for CCA BC Members!

16 Celiac in the News



What's new in the world of CeD research? Wait, what's CeD? Read on!

21 Tax Deductions



Have you been saving your receipts?

27 Celiac Athletes



How to manage a newly diagnosed athlete.

THANK YOU!

We are celebrating 40 years of helping those with celiac disease and gluten related disorders - Thanks to your donations and participation.



Milestones

The Canadian Celiac Association British Columbia is proud to serve all peoples across the province. For the past 40 years, CCA BC volunteers have been running support groups, because this disease is hard to manage!

We have worked together to host events and seminars over the years to raise awareness and educate members of the public, and members of the medical and food professions.

We raise funds through our advertisers in this magazine, and events like the Vancouver Half Marathon, to continue to fund celiac disease research and our programs.

THANK YOU for being part of this strong community of celiacs, for continuing membership every year, and for your contributions.

Check out celiac.ca for what the CCA is up to for their 50th!

Are you a GF Business?

Consider becoming a sponsor! The CCA BC is an entirely volunteer-run registered charity. That means we rely on the support of our membership, donations and sponsors to maintain our support programs and events, to continue funding research, and helping the celiac community thrive.

What are your options?

- Membership is open to any household or business. **\$20 annually** is a simple way to stay connected.
- Donations can be monetary, but coupons, discounts, or product samples make a big impact on our members' day-to-day lives.
- Advertising in Celiac News is a quarterly opportunity to spread the word about your GF offerings to those of us who want to know about it most. Contact Cynthia to get involved: caloveman@gmail.com

STREET MARKET & VILLAGE FOODS

REIMAGINED FOR TODAY'S HEALTHY CONSUMER

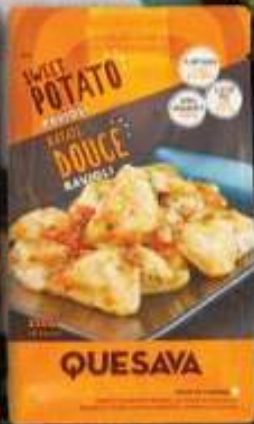
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INGREDIENTS

IN THE
FREEZER
AISLE

GLUTEN
FREE



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FINDER



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Dec 2022 - Feb 2023

What events interest you?

let us know

info@bcceliac.ca

Board Highlights

DEC 03

- The CCA BC Board Members met and celebrated the successes of the last year at Iki Japanese Restaurant. We can't get enough of the Fire Tower!

DEC 04

- 2022 Cookie Exchange: Thank you to all in attendance! We shared in community, laughter and ate a great selection of hand made goodies, plus a craft table! The winning recipe can be found on page 29.

JAN 14

- 2023 Gluten Free Expo: Many of us had been waiting to visit the GF Expo again, this year we were able to offer 25% off tickets! It was great to connect with the celiac community and those supporting us over the course of the weekend. If you missed it, we hope to see you next year.

JAN 15

JAN 31

- January Membership Draw: We have our first winner! Megan from Victoria was the lucky recipient of a prize pack by Alkemē Gluten Free Artisan Bakery! Keep your eyes on your inbox, you might be the lucky winner for February....

FEB 19

- Dine-Out at Iki Japanese Restaurant. With a combination of CCA BC Directors, members and families in attendance, we all got to know each other better and learn some celiac tips. The best part, the entire menu is gluten free!

FEB 26

- UBCeliac brunch sponsored by Alkemē. The group was lucky enough to try delicious baguettes and other goodies, completely celiac safe and vegan friendly.

FEB 27

- Nutrition Tour at the new Save on Foods at Sunwood Square, led by the CCA BC and a Registered Dietitian...was rescheduled due to heavy snow to March 9, 5:45pm.

FEB 28

- February Membership Draw: Are you the winner? Be sure info@bcceliac.ca and membership@bcceliac.ca are on your email's safe sender list to find out!

Future Events..?



Pub Quiz Night | High Tea | Sake tasting at Granville Island | Dine-Out in Victoria | BBQ | Vancouver Oktoberfest | Field trip to Grey Fox Brewing (Kelowna) | There are many possibilities, none of which are possible without your participation. Open up your celiac community by supporting our events, or making suggestions for what you think makes for an exciting event - **We need to hear from you!**





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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Richmond support group

If you haven't had the pleasure of meeting Val, it's time to reach out!

She is the leader of the long-running Richmond support group, as well as our monthly online BC-wide support group.

With a new theme each meeting, attendees get to ask their questions, release some stress, and of course, they always leave having learned something new and interesting about managing celiac disease. If you have another condition in addition to CD, her decades of experience may be exactly what you're looking for.



RICHMOND, OR ANYONE NEWLY DIAGNOSED...

IN-PERSON:

2ND MONDAY OF EACH MONTH 6:30PM

CONTACT VAL:

VAL_VAARTNOU@TELUS.NET

OR CALL 604-271-8828

ONLINE

3RD THURSDAY OF EACH MONTH 7:00PM

ONLINE@BCCELIAC.CA

OR CALL (877) 736-2240 TOLL FREE

UBCeliacs

We're so excited to bring UBC celiacs another year of events, dinners, and chances to meet more celiacs.

In January, we had a group outing to the Gluten Free Expo, which was the first time at the Expo for many of us. We enjoyed sampling all of the delicious GF offerings together! After meeting some of the Alkeme reps at the Expo, we chatted about our plans for a February brunch and they kindly offered to send us a variety of their baked goods. We loved the poppy seed demi-baguettes!

We filmed an Instagram reel about the new, low-cost supermarket on UBC campus, which has a surprisingly good range of GF products. Head to our Instagram @celiac_bc to see more about the Food Hub Market, located in the Centre for Interactive Research on Sustainability (CIRS).

Email student.support@bcceliac.ca if you are interested in joining this support group! We are open to all young adults with celiac disease or non-celiac gluten sensitivity in the Vancouver area.

Lia Fairbairn & Sasha Dobisz,
CCA BC Directors



UP
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JAN'S ON THE BEACH

14989 Marine Drive
White Rock B.C
info@jansonthebeach.ca
604-531-5444

Gluten-free meals are standard, not the exception...



Jan was selected for the Culinary Excellence award at the local BIA AGM!

Jan's on the Beach has created a place where everyone can feel welcomed and confident that they will be able to enjoy a delicious, and safe dining experience in a gracious and comfortable setting.

From a young age, Jan loved cooking. She has wonderful memories of standing by her grandmother's side, learning to cook. She became so good and enjoyed cooking so much that she took on the responsibility of preparing meals for her family.

Twenty or so years later, Jan had a successful career in real estate and was enjoying life with her husband, their 3 teenagers, and extended family. One night, a conversation about careers came up. When Jan was asked what she dreamed of being when she was growing up, she surprised herself when she instantly answered "Chef".

That insight led to leaving her career, and with the strong support of her family, Jan headed-off to Culinary School!

After graduating, she worked as a chef for a number of years, but realized that she could only fully achieve her dreams by having her own restaurant where she could create a range of dishes from scratch.

In 2012, Jan and her husband were strolling on the beach in White Rock when they spotted a "for sale" sign on a business that was perfect for Jan's dream restaurant. After extensive renovations and with strong support from her family (including her in-laws), Jan was able to launch Jan's On The Beach, which continues to be a family business.



Gluten-free meals are standard, and not the exception at Jan's. There is even a gluten-free happy hour from 3-5 pm every day the restaurant is open (Wednesday-Sunday). Individual restrictions (such as a dairy or nut intolerance) are no problem. Jan and her team see tailoring meals to meet various individual dietary needs as a challenge; and they like challenges! They continue to experiment and expand their offerings.

Although there is no celiac disease in her family, Jan has two dear friends with CD. Over the years, she watched as they



struggled with health issues and as they suffered from cross-contamination. She saw how difficult going out for a meal was for them, and hated seeing them order basic home-cooked meals, just to stay safe.

Jan reminds her staff that they "Don't want to ruin someone's next 3 months."

Featuring scenic views, a very well heated patio, live music and on-going seasonal specials, you are sure to enjoy the meals and ambience at Jan's on the Beach any time of year!



As a strong supporter of the CCA BC, Jan's is offering CCABC Members a 10% discount on meals (excludes Happy Hour items and alcohol).

In addition, Jan is giving a \$25 coupon for March's Membership Draw Prize! Join today to get your name in the draw!


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CELIAC IN THE NEWS

Submitted by Val Vaartnou, CCA BC Member

Corneal Langerhans cells (LC) in children with celiac disease

The study found that children with stable, controlled CD have normal corneal cells, however children with higher anti-tTG levels had higher corneal LCs. This is consistent with previous studies that showed increased LCs in a variety of autoimmune conditions (diabetes, MS, long COVID, dry eye disease, systemic lupus and fibromyalgia). Although not correlated with LCs, the study found a higher prevalence of vitamin D deficiency in children with newly diagnosed CD.

Gad, H., Mohammed, I., Saraswathi, S. et al. Corneal Langerhans cells in children with celiac disease. *Sci Rep* 12, 18289 (2022). <https://doi.org/10.1038/s41598-022-22376-w>
<https://www.nature.com/articles/s41598-022-22376-w#Sec5>

Prevalence of non-coeliac gluten sensitivity and assessment of the response to gluten-free diet in a cohort of patients with fibromyalgia

142 patients were selected and a NCGS prevalence of 5.6% was observed. A total of 21.8% responded to GFD due to their improvement in intestinal symptoms. In total, 74.2% of the responders did not fulfil the Salerno Experts' Criteria. The presence of diarrhoea and intraepithelial lymphocytosis and lower levels of anxiety were predictive factors of GFD response.

<https://academic.oup.com/rheumatology/advance-article-abstract/doi/10.1093/rheumatology/keac434/6651058>

Celiac Disease in Denmark: A Nationwide Study of Pregnancy Outcomes

In this article, Selina Martinez, DO summarized a 2018 study comparing pregnancy outcomes of women diagnosed with CD to a matched subset of women without CD. "The CD cohort consisted of 6,319 women, compared with 63,166 matched women without CD. Of women with CD, 60.3% were diagnosed during their reproductive years and 15% were diagnosed before the age of 15. At date of diagnosis, both the average number of pregnancies and mean age at first pregnancy were comparable between the two groups."

Women 5 years before their CD diagnosis were at highest risk of adverse pregnancy outcomes, including "still birth and spontaneous abortion". Ectopic pregnancy showed a small, but statistically significant increased risk in this group. Fetal disease resulting in abortion showed no increased risk. The study showed that there was no difference in the chance of becoming pregnant.

Adverse pregnancy outcomes prior to diagnosis was the biggest risk. <https://www.factsaboutfertility.org/celiac-disease-in-denmark-a-nationwide-study-of-pregnancy-outcomes/>

Rotavirus vaccination is not associated with incidence of celiac disease or autoimmune thyroid disease

Unlike a few prior studies, this study concluded that rotavirus vaccination does not reduce the risk of CD and autoimmune thyroid disease in children, but it does not increase risks of chronic conditions either.

<https://www.nature.com/articles/s41598-022-17187-y>

Small Intestinal Microbiome: An understudied ecosystem in celiac disease

This article is a good summary of research into the microbiome which unfortunately across studies is not always consistent. Dr. Verdu and Dr. Alberto Caminero at McMaster University studied the microbial composition and function in biopsies from different sections of the duodenum and small intestine as well as in feces. They found that location of damage was the strongest determinant of microbiota composition and function in CD. Location-specific differences were also found, however. This means that very precise sampling is required when an endoscopy is done.

<https://www.gutmicrobiotaforhealth.com/small-intestinal-microbiome-an-understudied-ecosystem-in-celiac-disease>

New Definition Abbreviation for Celiac Disease

You may see CeD instead of CD as an abbreviation for celiac disease. This is to distinguish between other diseases including Castleman and Crohn's that use CD.





Serum and salivary tissue transglutaminase IGA (tTG-IGA) level in celiac patients

CD can reduce certain salivary enzymes and elements, as well as increase inflammatory cytokines, salivary, and serum tTG. The study examined factors such as total protein concentration of saliva, albumin concentration, amylase level, pH, sodium, calcium, potassium, phosphorus, and interleukin (6, 18, and 21) were conducted. The study recommended that celiac patients manage dry mouth to help avoid the damage associated with the condition. Previous studies have shown that dental enamel defects are strong indicators of celiac disease.

Ajdani, M., Mortazavi, N., Besharat, S. et al. Serum and salivary tissue transglutaminase IGA (tTG-IGA) level in celiac patients. *BMC Gastroenterol* 22, 375 (2022). <https://doi.org/10.1186/s12876-022-02456-x>

Links between celiac disease and small intestinal bacterial overgrowth (SIBO): A systematic review and meta-analysis

14 studies, with 742 CD patients and 178 controls were reviewed. Utilizing breath tests, SIBO prevalence in CD patients was 20.8%. SIBO prevalence in CD patients nonresponsive to a gluten free diet (GFD) was not statistically higher as compared with those responsive to GFD. Antibiotic therapy of SIBO positive CD patients resulted in improvement in gastrointestinal symptoms in 95.6% (95% CI: 78.0-99.9) and normalization of breath tests.

For more information: <https://pubmed.ncbi.nlm.nih.gov/35734803/>

Celiac Disease Frequency Is Increased in IgE-Mediated Food Allergy and Could Affect Allergy Severity and Resolution

Screening for celiac disease is recommended for those with food allergies. (Immunoglobulin E IgE mediated allergies). Of 228 patients with severe food allergies studied, 6.6% had celiac disease. In those with severe food allergies, 20 patients, 80% had celiac disease.

For more information: *J Pediatr Gastroenterol Nutr.* 2023 Jan 1;76(1):43-48. doi:

[10.1097/MPG.0000000000003629](https://doi.org/10.1097/MPG.0000000000003629)

Epub 2022 Sep 29

CELIAC IN THE NEWS

Submitted by Val Vaartnou, CCA BC Member

Higher Risk of Juvenile Idiopathic Arthritis (JIA), Rheumatoid Arthritis (RA) in Celiac Disease Patients

Dr. Lebowhl found that children with CeD were 3 times more likely to have (JIA) and adults 2 times more likely to have RA than a control group of their age.

For more information: *The American Journal of Gastroenterology* 117(12):p 1971-1981, December 2022. | DOI: [10.14309/ajg.0000000000002014](https://doi.org/10.14309/ajg.0000000000002014)

Cow's Milk Protein May Be Issue in Children Who Do Not Recover from Celiac Disease

Cow's milk protein allergy is different from the intolerance to lactose, the sugar found in milk and milk products, which sometimes occurs with celiac disease and resolves after diagnosis and adoption of the gluten-free diet.

Five to 19 percent of children with celiac disease have persistent damage to the intestine despite following the gluten-free diet for one year. "As for the mechanisms of the association, and the unexpected finding that celiac-disease specific autoantibodies are persistently elevated due to cow's milk protein allergy, we can only speculate," the case study investigators wrote. More study is required.

For more information: <https://meddocsonline.org/annals-of-pediatrics/milk-protein-induced-villous-atrophy-and-elevated-serologies-in-four-children-with-celiac-disease-on-a-gluten-free-diet.pdf> and <https://meddocsonline.org/annals-of-pediatrics/elimination-of-cows-milk-protein-and-gluten-from-the-diet-induces-gut-healing-in-refractory-pediatric-celiac-patients.pdf>

Celiac Disease Incidence in Children Varies by Region and Hits 2.5% in Colorado

The TEDDY study looking at both celiac disease and Type 1 Diabetes looked at regional differences in the prevalence of CeD in the US and Europe. Colorado was high in the US at 2.5% and the highest was in Sweden at 3%. Further research is required to understand why these differences exist.

For more information:

<https://pubmed.ncbi.nlm.nih.gov/36219178/> and *Am J Gastroenterol.* 2023 Jan 25. doi: [10.14309/ajg.0000000000002056](https://doi.org/10.14309/ajg.0000000000002056). Online ahead of print.

New CCA Position Statement on Corn Products

The CCA has a new position statement on labelling of corn products. This position paper covers corn flour, corn meal and corn starch and can be found at:

<https://www.celiac.ca/wp-content/uploads/2022/12/Corn-Statement-Dec-5-2022-clean.pdf>



Daydreaming about your spring break vacation? Or maybe you have started planning your summer trip. Renting a cottage, lake house, or a city-based Airbnb is a great alternative to a hotel for your next vacation.

A big perk of having a rented home is having access to a kitchen. With a kitchen, you don't have to dine out every single meal. This saves you money and it also can help you better control what you are eating. You can buy basic essentials or you can fully stock your rental kitchen. It is really up to you and how much you want to cook during your stay. I find it super convenient to have access to a full-size fridge and basic appliances like a stove, toaster oven, and a microwave. Other travellers might not want to cook at all on vacation. There is no right or wrong. Do what is right for you.

Most likely, your rental kitchen is contaminated with gluten from the owners or previous guests. Not to worry! With a few additions to your suitcase or carry-on bag, you can make your rental kitchen a little bit safer for your celiac-safe vacation.

7 GLUTEN-FREE KITCHEN ESSENTIALS TO USE IN A RENTAL

GF Food: Don't assume when you get to your rental that the local market will carry the same GF food as your home supermarket. Bring with you basic kitchen staples like GF bread, pasta, crackers, and snacks. When you visit the local grocer or farmer's market, look for naturally GF foods like veggies, fruits, meats, eggs, fish, and other local GF delicacies.

Reusable Toaster Bags: keep your toast away from crumbs in a shared toaster. They can be used in both regular toasters as well as toaster ovens for toast, grilled cheese sandwiches, or to reheat other foods that fit in the bag. Toaster bags can be washed and reused. These are a great kitchen essential!

New Sponges: Sponges are one of those things in the kitchen that can trap gluten. Toss a few brand new sponges into your kitchen essentials bag and use those during your time using a shared kitchen. Use hot, soapy water before you even start preparing your GF meal in a shared kitchen!

Roll-up Cutting Boards: Just like sponges, most cutting boards are porous and can trap gluten. There is nothing worse than preparing a meal with no gluten ingredients, only to contaminate yourself from the cutting board. Brightly-coloured cutting boards that lie totally flat and can be rolled up and stored away

are available. Bonus tip: choose your "celiac" colour and use that cutting board for your GF food prep when you get home.

Resealable bags: go beyond the kitchen. Use these bags to keep open food safe from crumbs or to bring home anything that is open. You can also use these bags to store food for trips to the beach, snacks for your bag, or even to keep your suitcase safe from open liquids on your way home.

Cutlery: With a good wash with soap and hot water, most cutlery should be clean from gluten contact. If you want to be extra careful, I suggest bringing along some of your own cutlery. You can buy either disposable or eco-friendly bamboo cutlery.

Foil: Use traditional aluminum foil on a shared grill or oven surface. You can lay it flat or wrap your food entirely when cooking.

The above suggestions could easily be packed away in a small carry-on bag to be your "portable kitchen" for all of your upcoming GF travels!

Diagnosed with CD in 1981 and eating GF long before it was "trendy", Erin Smith has a unique perspective of growing up in the GF community. Erin founded Gluten-Free Globetrotter in 2011 to share her passion for travel, and lifelong experience of living with CD with others. She has traveled to 24 countries across 3 continents. Erin loves helping other people with CD travel the globe. Contact: gfglobetrotter@gmail.com

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DIETARY EXPENSES ELIGIBLE FOR THE MEDICAL EXPENSE TAX CREDIT

Source: Canada.ca

What do you need?

Do not send any supporting documents. Keep them in case the CRA asks to see them later. You will need to keep all of the following documents:

- a letter from a medical practitioner that certifies that the person has celiac disease and needs a gluten-free diet
- receipts for each gluten-free food product that is claimed
- a summary of each food product that was bought during the 12-month period for which the expenses are being claimed

Example of Summary

Food product:	Bread
Number of products bought (for the 12-month period):	52
Average cost of product with gluten:	\$3.49
Average cost of gluten-free product:	\$6.99
Incremental cost:	$\$6.99 - \$3.49 = \$3.50$
Amount to claim:	$\$3.50 \times 52 = \182.00

Some tips from Lynda Marie Neilson, CCA BC Director. If you have specific questions, reach out to her at ccataxqa@celiac.ca or go to <https://www.celiac.ca/living-gluten-free/incremental-medical-tax/> for links to the webinar, tools and tips for the incremental medical tax claim for gluten free.

A good way to “gluten” shop is to go to a grocery website such as Save on Foods and fill your cart with the gluten foods you need for comparison, print out your cart and then empty! Use the printout to substantiate where you get your comparison gluten pricing from.

Other useful tips:

- only claim items you have receipts for
- when shopping - checkout GF items separate from regular groceries
- do not “estimate” the cost of a gluten item - you need documentation for your comparable prices when being audited
- do claim the added cost of GF bread/buns/crusts if they are itemized separately on a restaurant bill - there is no comparison cost!
- update your “spreadsheet” monthly or quarterly - keeping current means less work at tax time

HOW IT WORKS

Persons with CD can claim the incremental costs associated with buying GF food products as a medical expense. The incremental cost of buying GF food products is the cost of GF products minus the cost of similar products with gluten.

Generally, the food products are limited to those produced and marketed specifically for GF diets, such as GF bread. Other products can also be eligible if they are used by the person with CD to make GF products for their own use. These include, but are not limited to, rice flour and GF spices.

If several people eat the product, only the costs related to the part of the product that is eaten by the person with CD may be claimed as a medical expense.



Celiac Disease Awareness Month

WHAT ARE YOU DOING TO

CELEBRATE?

SPREAD AWARENESS?

Celebrating your disease may not sound like fun, especially if you have been struggling lately. One small positive action daily can add up to a great month! We shared a calendar last year, and are doing so again so you can get yourself excited about being celiac!

Every day brings you the opportunity to try something new, or to try again.

MAY 2023 - CELIAC DISEASE AWARENESS MONTH

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 spend time outside	5 teach someone about celiac disease	6 think about your next travel spot
7 what's new in CD research? 	8 try a GF recipe from another culture	9 find GF donuts	10 make a smoothie	11 thank someone who supports you	12 eat for gut: kombucha or cottage cheese?	13 chat to a fellow celiac
14 follow a new GF blogger	15 Youtube search: gut-health yoga	16 wear green today!	17 try a new GF restaurant	18 Join a celiac support group 7pm 	19 what's your favourite GF snack?	20 help someone newly diagnosed
21 remind yourself you're doing great!	22 bake GF cookies	23 drink green tea today	24 make a GF food bank donation 	25 try chair stretches	26 Journal your diagnosis story	27 Try a new GF grain
28 donate to the CCA BC 	29 try meatless Monday	30 share a GF modified recipe	31 get take-out today	Remember to follow us on social media to stay in the loop!		

THE GF BEER REVOLUTION AND YOU:

ESTABLISHING SPACE IN THE BEER WORLD | PART 2

Progress rarely follows a straight path from worse to better, and usually doesn't happen everywhere, all at once. Part 1 of this series (Winter 2022/23, Vol 13, Issue 4), looked at five signs of change in the gluten free beer world: Quality, Safety, Access, Diversity, and Sustainability. In this follow up, we'll look at how British Columbia is faring in those categories. Spoiler alert: Along with some great new developments, be prepared for some setbacks along the way.

SOME GLOBAL CONTEXT

The state of gluten free beer around the world as of 2023 is a patchwork of progressive hotspots among a backdrop of slowly evolving gluten free beer awareness.

Numbers help tell part of the story: over the last 10+ years the number of dedicated GF breweries has grown at an annual average of 16% (from 3 in 2011 to about 30 in 2022 worldwide).

Most of that growth has been in the US, and in several US regions (especially the Pacific Northwest) GF beer drinkers can enjoy a growing variety of high quality celiac-safe beers from multiple breweries. Improving ingredients, techniques, and a wider style range have raised the bar, at least where these breweries operate.

The US, Australia, Argentina and to some extent Canada have been leaders in rewriting the story of gluten free craft beer – with naturally gluten free focused malt houses and breweries, academic and applied research, food labelling legislation, and support from celiac associations all playing a part. Surprisingly Europe and Britain lag behind, unable to escape the gravity pull from barley as the main brewing

ingredient despite scientific evidence that gluten-reduced barley beers are unsafe for celiacs.



THE BC GLUTEN FREE BEER STORY

While one or two gluten free beers have been on BC store shelves since the early 2000s, these were made from syrups (sorghum and/or rice) in a very narrow range of styles. Adequate but not great examples of the craft beer embrace of

smaller batch, all grain brewing across a wider spectrum of traditional and innovative styles.

After 2011, when breweries focused on all-grain gluten free brewing first began to appear in the US and Canada, BC gluten free consumers would have had their first (though limited) exposure to the GF craft beer movement. Montreal's Glutenberg, Portland's Ground Breaker, and Seattle's Ghostfish increased awareness of gluten free beer in BC, but have also fought for shelf and menu space with gluten reduced barley beers from the US and Europe. With retail / hospitality confusion and indifference, the celiac-safe options have frequently been left aside.



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THE GF BEER REVOLUTION AND YOU:

ESTABLISHING SPACE IN THE BEER WORLD | PART 2

Twelve years is a long incubation period for a homegrown entry in the gluten free craft brewing scene, but in December 2022, Grey Fox launched from Kelowna with beers made from malted millet, rice and buckwheat – the key ingredients in the modern GF craft beer movement. The Grey Fox launch is a major milestone to celebrate not just for residents of the Okanagan area, but across BC. Owner Chris Neufeld is aware there is demand across the province and is working to build additional canning capacity. He expects to have Grey Fox beers in stores in the Lower Mainland and Vancouver Island in the coming months.

A BC gluten free brewery! Mission accomplished, right? Not so fast, beer loving friend – we've got other issues to talk about! Let's go back to our checklist with some suggested consumer actions to improve the situation.

QUALITY



Full disclosure, I haven't had a chance to try Grey Fox beers yet, but based on brewing approach and ingredient sources, I expect the Kelowna brewery to set a new bar in the province for quality GF offerings. They know the pressure to represent the GF brewing vanguard is on!

ACCESS



Access to safe gluten free beer continues to be a challenge, and expect that problem to persist for some time. Outside of gluten free consumer circles, there is only basic understanding of gluten free beer. With some notable exceptions, retailers and restaurants view the GF beer market as a

niche problem that can be addressed with one or two offerings – often substituting a gluten reduced beer for a gluten free one based on agreements with distribution agents.

Compounding the issue, GF beers coming from outside of the province often go through a lengthy clearance process that impacts beer freshness and limits what breweries and their distributors are willing to send our way. Local GF brewing capacity, along with clear consumer demand and education are key to improving the access issue.

DIVERSITY



One dedicated BC gluten free brewery, among a few US and domestic options, is a sign of emerging diversity, but there is a long way to go to make headway in the beer style universe that barley craft beer drinkers have access to. Diversity in brewing goes beyond beer styles and aims to be more inclusive at both consumer and producer level. Helping celiac individuals feel at home in the beer world is just one dimension of that.

SUSTAINABILITY



Beer is fundamentally an agricultural product. Hops, and more significantly, gluten free brewing grains, have growing seasons, good and poor harvests, limited production areas, and significant transportation costs. Just two gluten free malt houses in the US help transform raw grains needed by GF brewers in the US, Canada, Australia and Europe to make beer. Where conventional brewers can typically rely on a cost effective supply of mostly domestic grown barley, Canadian gluten free brewers have extremely limited options with high costs. For now, this component of the GF craft beer movement remains in its infancy.



Let your liquor stores, restaurants and pubs know you want some GF beer equity. Ask them to carry celiac-safe beer and give them specifics: Grey Fox, Ghostfish, Ground Breaker, Glutenberg. (And while you're at it, please explain that gluten reduced beers are NOT a safe choice for celiac drinkers).



Form a relationship with a speciality wine and beer store in your area. Shops that already understand the diversity of the brewing world are much more likely to be interested in learning more about gluten free craft beer and support you and fellow GF drinkers in this journey.



Be ready to explore new beer styles and provide breweries with direction and feedback. Don't like hoppy or bitter beers? There are dozens of styles where hops take a back seat. Did you know there are easily half a dozen different types of stouts, all quite unique from one another? You may not think you like beer, but come to learn that a Belgian, Berliner or Brazilian sour (all real by the way) is your new favourite "jam"! There is no "best beer" – celebrate diversity and different tastes! You deserve a place in the world of beer.

May you live in exciting beer times!

VIVE LA RÉVOLUTION!

Stuart Cole is, a long-time brewer and beer obsessive, a five year "apprentice" to celiac disease, and an organizer for the international Zero Tolerance Gluten Free Brewing group and wiki. He lives on Bowen Island, BC with his gluten free beer tolerant family.

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Management of the Athlete Newly Diagnosed with Celiac Disease

...a new diagnosis of celiac disease represents a total lifestyle change. A multidisciplinary approach is the best way to address all the issues facing a newly diagnosed athlete. Because completely changing one's diet while trying to perform athletically at the highest level can be extremely stressful, it is suggested that athletes also meet with a **sports psychologist**.

Eating a strict GFD is the only known treatment of celiac disease; therefore, the athlete should **meet with a nutritionist**. Eliminating all sources of gluten means the athlete must find alternative healthy sources of carbohydrates. Beans, rice, corn meal, corn flour, nuts, potatoes, tapioca, and quinoa are excellent sources of carbohydrates for the athlete with CD, along with fresh fruits and vegetables.

Educating the athlete, the athletic training staff, coaches, and the athlete's teammates about celiac disease and what a GFD entails is an important piece in **normalizing the athlete's new life**. For the coaching staff, where a team eats when travelling for away games will need to include restaurants that have GF choices for the athlete in order to achieve proper nutrition.

The athlete's **teammates should be educated to understand**

how easy it is to cross-contaminate GF choices with gluten-containing foods. Since teammates often share snacks, this concept of cross-contamination needs to be made clear. Because many athletic

training rooms keep various types of meal replacement bars, energy drinks, or other nutritional aids on hand, the athletic training staff needs to check on the GF status of these products. Long-term tTG laboratory follow-up in an athlete newly diagnosed with CD is important, especially to make sure that the levels normalize within the first year.

Because iron-deficiency anemia has been reported in the range of 10% to 70% of people with newly diagnosed CD, the athlete should be evaluated for iron-deficiency anemia. **Iron levels should be checked 6 months after starting the GFD.**

With 10% to 20% of patients diagnosed with celiac disease having osteopenia or osteoporosis at the time of diagnosis, **assessment of an athlete's bone mineral density (BMD) is imperative.**

Taking a gluten-free calcium and vitamin D supplement is recommended. Many newly diagnosed patients with celiac disease also are temporarily lactose intolerant, so **non-dairy calcium sources should be added to the athlete's diet**. Foods such as fortified orange juice, broccoli, spinach, and fish can serve this purpose, as they are high in calcium. Grains such as amaranth, quinoa, and teff also are high in calcium.



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We donated \$10K
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Register to join our team
or
make a donation
Questions? Contact:
runningglutenfree
@bcceliac.ca

ASK JESS: NUTRITION CORNER

Grocery Saving Tips

I know food is expensive right now...but healthy eating can be surprisingly affordable. Even before all this talk about shelf-flation, I have always gotten a lot of questions about the cost of healthy eating. So, here are my top three favourite tips for saving on groceries.

Meal plan!

Check out those weekly flyers and plan your menu accordingly. On the weekend, choose your dinners for the week and add their ingredients to the grocery list. Having a plan will save you from spending needless money on spontaneous purchases later on. Especially if you're grocery shopping when you're hungry.



Jess Pirnak

is a Registered Dietitian and volunteers her time to answer your questions.

She is available for a 1-on-1, 30 min discussion, which is free for members.

Contact:

nutrition@bcceliac.ca

Store your food properly at home.

Prevent waste by storing foods properly. Apples turn soft quickly if you leave them at room temperature, so keep them in a plastic bag in the refrigerator crisper. Store mushrooms in a paper bag, not in a plastic bag. Keep potatoes in a cool, dark, dry place away from the onions. Love food but hate food waste.

Shop bulk (but not the bulk food aisle my celiac friends).

Buy whatever produce is on sale and cook accordingly. My local shop always has amazing deals on produce. If I find a deal on cauliflower, I swap whatever veggie the recipe calls for to cauliflower.

I hope these tips help!

Social Media Update

We've shared a wide range of information on social media in the last few months. Popular with many of our followers are the restaurant spotlights, such as Arbor Restaurant, and everyone's favourite fish and chips spot, The Fish Counter - both on Main Street.

If you follow our Instagram, check out the highlights tag labelled 'restaurants' for more celiac-recommended places in BC.



The Fish Counter



Arbor Restaurant

We also hosted our first giveaway on Instagram and Facebook, where we gave tickets away to the GF Expo in January. Our social media also featured favourite recipes (orange cupcakes, anyone?) and new places to get your groceries.



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AUNTIE DIANNA'S *FAMOUS* GINGERSNAP COOKIES

In memory of the generous and loving human she was.



INGREDIENTS:

- 3/4 CUP MARGARINE OR BUTTER (VEGAN BECAL OR UNSALTED BUTTER WORK GREAT)
- 1 CUP WHITE SUGAR
- 1 EGG OR CHIA *EGG*
- 1/4 CUP FANCY MOLASSES
- 1 1/2 TSP. CINNAMON
- 1 TSP. CLOVES
- 1 TSP. GINGER
- 2 TSP. BAKING SODA
- 1/2 TSP. SALT
- 2 CUPS FLOUR (NAMASTE PERFECT FLOUR BLEND)

DIRECTIONS

1. In a mixing bowl cream the margarine, then add the sugar, egg and molasses, mixing well after each addition.
2. Add remaining ingredients and mix well.
3. For easier handling, chill dough for at least an hour.
4. Shape into 1" size balls, and roll in white sugar.
5. Bake at 350°F for 10 - 12 minutes.

Lean towards underbaking for soft chewy ginger snaps. They're done when they start to "crack".

*This recipe was passed down from the most amazing Auntie "by heart". She always made enough to share because these cookies have a way of warming people's hearts and bringing folks together.

Her legacy will continue if, when you make them, you think of the people in your life that could use a reminder of how much they mean to you. Drop a few off at their place, regardless of the time of year.

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INGREDIENTS

- 2 packs/300g Gefen cooked and peeled chestnuts
- 1 onion finely diced
- 3 sweet potatoes, peeled and cut into chunks
- 5 tbsp pre-cooked quinoa
- 2 tbsp potato flour or tapioca flour
- Optional 1/2 cup grated vegan cheese
- 1 tsp olive oil to cook onions
- Spray olive oil to cook burgers
- Salt and pepper to taste
- 2 tsp oregano

DIRECTIONS

1. Boil the sweet potatoes in salted water until soft. Drain
2. Finely chop the chestnuts, use a food processor for speed
3. In a frying pan on a gentle heat, cook the diced onion in the 1 tsp olive oil, with a pinch of salt until soft and transparent
4. Mash the sweet potatoes and add the chestnuts, quinoa, cooked onion, oregano, potato starch and cheese (if using). Season with salt and pepper and combine thoroughly
5. Heat the frying pan on a medium heat. With slightly wet hands, take approx 1.5 golf ball sized amount of mixture and roll into a ball. Put in the frying pan and flatten slightly. Repeat until the pan is full, keeping the burgers well spaced
6. Cook for approx 2mins or until brown, then flip carefully as the burgers can be quite soft. Once cooked on both sides, lift onto a plate and repeat with the remaining mixture or until fully cooked through. Great served hot or cold!

Chestnut, Quinoa & Sweet Potato Burgers



Submitted by: Gayle Samuels

One note - it's really important to add the potato flour - or use tapioca flour as an alternative - to stop the burgers falling apart while cooking, they act as binders.

DIRECTIONS

1. Heat oil in a large pot over medium heat. Add onion, ginger, garlic and cook, stirring often, until onion is starting to soften, about 3-5 minutes.
2. Add canned tomatoes, cumin, garam masala, turmeric, coriander, cinnamon and chile flakes and cook, stirring often for another 3 minutes
3. Then pour in coconut milk and water. Add squash and chickpeas and bring to a boil on high heat. Once boiling, lower heat once more to medium and cook until squash is tender and curry has thickened a bit, about 15-18 minutes
4. Add a squeeze of lime juice and taste, adjust salt until the flavour really pops (I add a bit more!). Serve with naan, chapati or a grain

Kabocha Squash Curry with Chickpeas

DESIREERD.COM

INGREDIENTS

- 2 tablespoons avocado oil
- 2 pounds kabocha squash, cut into 3/4 inch chunks
- 1 red onion, thinly sliced
- 1 inch piece of ginger, peeled, finely chopped
- 3 cloves garlic, chopped
- 14 ounce can of diced or crushed tomatoes
- 2 teaspoons ground cumin
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon dried chile flakes
- 2 cups coconut milk
- 14 ounce can of chickpeas, rinsed and drained
- 1 cup water
- 1 teaspoon salt
- 1/2 lime



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Updates on programs, services + product info in BC

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*For more details visit www.bcceliac.ca/membership

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