

June 2021

Volume 1 Issue 161

Charitable Registration #
CCA BC 855544896RR0001
CCA 106844244RR0001

\$5.00 /Issue

British Columbia

Celiac News

Canadian Celiac Association

L'Association canadienne de la maladie coeliaque

2021 Board of Directors

President
Jessica Mejia

Email: jessica.ann.mejia@gmail.com

Vice President
Julie Clement

Email: julie.clement29@gmail.com

Treasurer
Betty Wong

Email: tsuiye@hotmail.com

Secretary & Marketing
Cynthia Loveman

Email: caloveman@gmail.com

Director
Arica Sharma

Email: aricasharma@live.ca

Director
Lia Fairbairn

Email: liafairbairn@gmail.com

Director
Jasmine Sidhu

Email: jasminesidhu@me.com

Director
Sasha Dobisz

Email: s.dobisz@gmail.com

Director
Ria Gill

Email: riagill1020@gmail.com

Director
Lynda Marie Neilson

Email: lmnei@telus.net

Past President
Val Vaartnou

Email: val_vaartnou@telus.net

Past President & Membership
Lizbeth Wall

Email: lizabeth@novuscom.net

CONTENTS:

Page:

3	President's Message
5	Scotiabank Charity Challenge
10	Kids Corner
12	Celiac In the Kitchen
26	Black House Baked Goods
28	Jaide and Joel's Baking Company
34	Message From Your Leaders

NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the September 2021 issue, please have them submitted by August 15, 2021.

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
2675 Oak St, Vancouver, BC V6H 2K2

Newsletter Contributors

Newsletter Editor - Val Vaartnou

Assistant Editor: Arica Sharma



CCA Vision Statement:

To be the leading advocate for Canadians with celiac disease and gluten disorders.

ADVERTISING

As usual, the ads are accepted in a **'First Come, First Served'** basis based on space. All ads need to be submitted as *.jpg or *.tiff files. *PDF files are not accepted as the quality is often poor when published.*

Rates:

Full Page	250mm high x 190mm wide	\$ 100
Half Page	125mm high x 190mm wide	\$ 50
Quarter Page	125mm high x 90mm wide	\$ 25

Thank you to all our advertisers who continue to support our newsletter.
Submit your ads to: Cynthia Loveman Email: caloveman@gmail.com

NEWSLETTER SUBMISSION DEADLINES

Newsletters will be distributed:

March 1st - Easter & Spring
June 1st - Travel & Summer

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: val_vaartnou@telus.net or info@bccceliac.ca

DISCLAIMER AND EXCLUSION OF LIABILITY:

The contents of this publication, provided in good faith for information purposes only and in using the most current information available subject to amendment, should not be used as a substitute for the advice of a qualified health professional. The Professional Advisory Board of the Canadian Celiac Association (the "CCA") has not reviewed this publication. Use of the information in this publication is at your own risk. The CCA does not endorse any product referenced in this publication. To the fullest extent permitted by law, the CCA its local Chapters, and all persons involved in compiling this publication disclaim any responsibility for, and make no representations or warranties regarding the information provided in this publication. In no event will the CCA, its Chapters, or those persons involved in compiling this newsletter be liable for any damages of any kind resulting from the use of the information in this publication. Please review the CCA's disclaimer policy on its website at <http://www.celiac.ca/>.

President's Message



Val Vaartnou, CCA BC Past President

I am filling in, writing this message on behalf of Jessica Mejia, our CCA BC President. Jessica, although sleep deprived, is enjoying life as a new mother to her beautiful daughter Amaia Ann. She is taking a short leave from our Board as she learns and enjoys motherhood. Congratulations to Jessica and her husband, Luis on the new addition to their family!

May was Celiac Awareness Month and everyone has been busy supporting the National strategy. National hosted webinars, cooking events, recipes daily (<https://www.celiac.ca/gluten-free-recipes/>) and Facebook live sessions. Nicole Byrom is a Registered Dietitian and member of our Chapter. She is also a recent addition to National's staff and contributed significantly to the Celiac Awareness activities. Welcome Nicole!

Locally, we continued working with local foodbanks in the #SaveMeForGlutenFree initiative. Imagine, not being able to meet your food requirements either financially or due to dietary restrictions. Being unable to find gluten-free food needed to survive would simply magnify the stress of the situation. As well, we hosted a recipe contest each week throughout May for Breakfast, Lunch, Dinner and Dessert. For the kids, a coloring contest and a zoom baking class added to the fun. As part of shine a light an international campaign, [Shine a Light on Celiac – Shining a light on the global impact of celiac disease – 1% worldwide](#), Vancouver City Hall, Port Moody City Hall, and BC Place were lit to raise awareness for Celiac Disease. Shine the Light started here in the Vancouver Chapter. The communities of Vancouver, Richmond, Port Moody and Surrey and the Province of BC posted proclamations that it was either International Celiac Day May 16 or May was Celiac Awareness Month. Ads were placed in the Province as well as submitted to several local community papers. Each year the activities become more diverse. Thanks to all Board members for working together to get community involvement. The social media team was especially busy posting Celiac Awareness messages throughout the month on Facebook, Instagram, Twitter and Tik Tok.

Thanks to Julie Clement for stepping forward to be Acting President of the Chapter during Jessica's leave. Julie's calm, cool demeanor and "just do it" attitude makes her a pleasure to work with. Thanks to all Board members who have chipped in to do whatever is needed. We have an enthusiastic Board and have added three new Board members this year. They are showcased in this issue of Celiac News. Check it out!

In March of last year, I never would have thought that COVID 19 would have impacted the lives of so many for so long. Have a wonderful summer and hopefully with the vaccination program in progress we will see restrictions lifting and our freer lives returning.

Be kind, be calm, be safe....

Val



NATURAL WHOLE GRAIN & HIGH IN FIBRE

WESCANA FOODS

CREATING EXCEPTIONAL FOODS



QUICK OATS



ROLLED OATS



STEEL CUT OATS

WHY TO CHOOSE ORGANIC GLUTEN FREE OATS?

IT IS PURE & SAFE

- 100% PURE CERTIFIED GLUTEN-FREE & CERTIFIED ORGANIC CANADIAN OATS
- CELIAC SAFE (5PPM) GFCO, GFCP, NON-GMO
- PURITY PROTOCOL
- ALLERGEN-FREE

IT IS EARTH FRIENDLY

- ORGANIC FARMING
- NO GLYPHOSATES (SINCE 2015)

IT IS HEALTHY *

- PROTECTS LDL CHOLESTEROL FROM DAMAGE
- RICH SOURCE OF PROTEIN
- VITAMINS & MINERALS
- RICH SOURCE OF SOLUBLE FIBRE
- IMPROVES BLOOD SUGAR CONTROL
- HELPS TO KEEP WEIGHT IN CONTROL
- HELPS WITH SKIN CARE

IT IS LOCAL, IT IS CANADIAN!

- GROWN IN THE PRAIRIES
- SUPPORTS OUR LOCAL FARMERS

GREAT VALUE FOR MONEY

- PURE & SAFE, TASTES GREAT
- AFFORDABLE PRICE
- MULTI USES

TRUSTED BY CONSUMERS



What is Wescana Foods all about?

Wescana is a western Canadian manufacturer of organic Gluten Free Oats. We source Organic Gluten Free oats which are uncontaminated & suitable for Gluten Free diets for all ages. We are committed to making sure our organic Gluten Free oats are from the best sources within the west Prairies. Our purity protocol consists of Having our growers to produce only quality Organic Gluten Free Oats for you to enjoy. That is the Wescana difference!



WWW.WESCANAFOODS.COM

DISTRIBUTED BY NATIONWIDE NATURAL FOODS

7083 Venture St, Delta, BC V4G 1H8, CONTACT: 604-952-4696, EXT-0

CCA BC Scotiabank Charity Challenge

Submitted by Arica Sharma, CCA BC Director

How have you seized the warmer weather? Are you still planning? We are encouraging you – adults and children too, not only to get outside, but to get active and support the CCA BC at the same time! This year's #ScotiabankHalf takes place from Wednesday, June 2 - Monday, July 5. We know what you're thinking: *How can I revel in this sense of accomplishment? Tell me more!*

Step One is to [join our Team \(https://raceroster.com/31176?aff=QHHEV\)](https://raceroster.com/31176?aff=QHHEV) ! You can register for the 5K, 10K, the Half-Marathon, the Repeat or the **Threeppeat** if you're ambitious!

For children 12 years of age or under, we are hosting a 1K, so all are welcome!



Step Two is to join our Facebook Group "[2021 CCA BC Scotiabank Charity Challenge](#)". This way you can keep motivated, share training tips, keep track of and post your progress with other participants! What else? Just like last year, we are offering prize incentives to keep you moving. Some of this year's prizes include [1-on-1 Yoga lessons](#) for adults, and one for families from [@omtree_silka](#)! We have support from our generous donors as well, including delicious GF food items, coupons, gift baskets and more. Our top prize so far? A 90 minute massage from [Flow State Health!](#)



Step Three: Raise Funds! If you don't see yourself participating this round, you can [make a donation to our Team](#) or one of our Team Members. If you are participating, start making noise! Share on social media, talk it up and let people know you are part of this great initiative! Funds-raised go toward vital research for Celiac Disease, community support and more!

Remember, it's not just a run. You can walk, jog, hike, swim, roll – we want to know how you're getting your kms in, so tell us in the Facebook Group. Not sure how to keep track of your progress? You can use Google maps to track the distance from point A to point B. Or, email us for App suggestions and any other questions at: runningglutenfree@bcceliac.ca

Read on to discover beautiful hiking trails, and how-to prepare your body for the coming weeks! Take your time, if you put in a few kms every week, you can reach your goal! Stay healthy, stay safe and stay connected!

2021 Scotiabank Half-Marathon & 5K: Hiking Trails

Submitted by: Sasha Dobisz, CCA BC Director.

Our Scotia run is just around the corner! If you are looking to explore more of British Columbia's beautiful natural landscape, here are some hiking trails that are perfect for you to complete your 5km Scotia run or begin your training on:

Lower Gold Creek Falls Trail

We recommend the Lower Gold Creek Falls Trail, found in Golden Ears Provincial Park, near Alouette Lake in Maple Ridge. This easy 5.5km out and back route with minimal elevation gain- great for beginners. The stunning view of the 10m high Lower Falls waterfall will make for a perfect mid-run photo opportunity!

For a more challenging route in Golden Ears Park, try the Gold Creek Lookout. The moderately rated trail is approximately 7.7km out and back with about 250m of elevation gain. Although tougher than the Lower Falls trail, it will reward you with scenic river and lake lookouts!

While at the park, you may also be interested in renting a canoe or kayak to explore Alouette Lake, swimming in one of the day-use areas, or cycling on the many bike-friendly trails.



Pictures courtesy of: Paul Nitsafe
Lower Falls Trail (left and right)



Picture courtesy of: Jocelyn Berry
Little Qualicum Falls

Lighthouse Country Regional Trail

This trail, found in Qualicum, is a 5.6km loop. Offering minimal elevation gain and noted to be kid friendly, this trail is gentle enough to get the whole family involved! You'll enjoy the tranquil experience of running in the forest and taking in the variety of wildlife. In the area there is also the Little Qualicum Falls Provincial Park Trail which follows the Little Qualicum River. Noted to be dog and kid-friendly and only 2.9km out and back, this trail is ideal for training runs or a fun family hike.

Port Moody Shoreline Trail

If you are in the Vancouver area, check out the Port Moody Shoreline Trail! This trail has virtually no elevation gain and is approximately 6km roundtrip. The trail is wheelchair and stroller friendly and leashed dogs are allowed. You'll take in the views of the shoreline, fish hatchery, and local birds and wildlife. If you're lucky you might even see blue herons nesting! This trail is ideal for the whole family!

Heart Lake Loop

In for a challenge? The 10.1km Heart Lake Loop near Ladysmith is sure to provide! The trail is rated moderate and features an elevation gain of 357m, but is well-suited for both hiking and running. Many picturesque lookout points plus the waterfalls and lake views will surely be worth your while!

Training for the Scotia Run



Submitted by Lia Fairbairn, CCA BC Director

The Scotia Run is coming up, and it's time to start training! The run is taking place from June 2nd to July 5th, and is virtual again, so runners are free to take part when and where it suits them. Here is a list of tips to make sure you are ready to compete this summer!

Start Early

Training for a 5K months in advance can seem daunting, but you will be thanking yourself when it comes to race day. Start early, and start slow. By starting early, you will be allowing yourself to take those rest days and recover from grueling practices or muscle fatigue without feeling pressured about the upcoming race day.

Get active in ways that are fun for you

If running five kilometres every other day does not sound like your cup of tea, don't feel the need to push yourself to do this. Instead, find activities that are physically engaging, but enjoyable. This will make the training process so much more rewarding and sustainable. Some ideas include yoga, hiking, bike riding, long dog walks, weight training, or even learning how to dance.



Take it slowly



One of the biggest mistakes I tend to make when training is to start off feeling extremely motivated and inspired, and thus jumping into training at 100 miles an hour. This can easily lead to injuries and a loss of motivation. Make sure you stick to a routine that suits you and your fitness needs. If you haven't run in a while, start with a mix of running and walking and build up the intervals slowly. As well, something many of us forget to do is to stretch out our muscles. After pushing yourself in a grueling workout, it is so important to take the time to cool down and stretch. Some handy tools to help with this include a foam roller or lacrosse ball to really get into your muscles, but these are totally optional. Another easy way to stretch is to follow a short yoga or stretching video on YouTube; [Yoga with Adrienne](#) has specific videos just for runners' stretches.

Find a training buddy

This is the perfect way to hold yourself accountable, stay motivated, and make the process more fun. Encourage a friend or family member to join you in participating in the Scotiabank run, and get involved in each other's training. This could involve going for hikes or runs together (as COVID-19 guidelines permit, of course), or simply exchanging texts every now and then to hold each other accountable. One of the best training buddies could simply be your dog! [Join the BC chapter Facebook group](#) to meet other runners and engage! Learn about weekly challenges, wear green on a run, or enter in the highest step count. This is another great way to stay engaged and motivated.



Baby Steps – Celiac Pregnancy: Q&A

Baby Steps – Celiac Pregnancy: Q&A with an expecting Celiac

Submitted by: Arica Sharma, CCA BC Board Member with Jessica Mejia, CCA BC President.

Q: Did your Doctor decide that you being Celiac required anything extra in terms of care?

A: None of the doctors I've spoken to so far have seen it as an issue. This may be because I've had Celiac Disease for a few years, and maintained a gluten-free diet, so my blood work came back very normal. The only thing that was new was hypothyroidism, which is treated by a single pill every day. I didn't have any noticeable symptoms, but it's important for my baby's health that I take the medication.

Q: Nutrition is really based on the body but are you doing anything specific to Celiacs? If so, what?

A: Because my Celiac Disease is under control, my nutrition is pretty much the same as any other pregnant person. On a high-level, doctors simply tell you to eat "healthy". So that means getting enough protein, leafy greens, and lots of fruits and vegetables. This does not conflict with the gluten-free diet. Also take a daily prenatal vitamin (I found it very easy to find ones with gluten-free labels). I love carbs, so gluten-free breads and pasta definitely make it into my diet as well, but the priority is meant to be the fruits and veggies, just like for any non-Celiac.

Q: How did the Pandemic affect the accessibility to health care? Do you have any concerns in that regard moving forward?

A: The pandemic has unfortunately had a bit of a negative impact. It seemed like it was more difficult than normal to get appointments for blood work and ultrasounds at the start of my pregnancy. And then the other thing is that I have to go to all my appointments alone. Normally, you can have your partner attend ultrasounds so they can hear the heartbeat, and see the live feed of the baby, but we can't do that right now. I feel bad that my husband is missing out on those experiences. Similarly for the delivery, you can only have one other person in the room, whereas I would normally welcome other family members to attend. So it's a bit of a bummer.

But thankfully, I'm not concerned about the quality of care. British Columbia has been handling the pandemic well, relatively speaking, and maternity wards are not being impacted by the pandemic in terms of room availability. My doctor is also taking more appointments over the phone because of COVID, which I think is great because it means I get information from her faster than always going to her office.

Q: Do you have advice for the partners, spouses, family members, loved ones of a pregnant Celiac?

A: Partners and family members may have to take over grocery shopping if the pregnancy is making you tired or

sick. If they are not already educated about gluten-free foods and labeling, they're going to need to learn fast! On top of that, pregnancy adds more to the list of foods you can't eat, such as deli meats, some soft cheeses, and undercooked eggs, so it's just a matter of being prepared. Take the time to go through everything together and come up with a meal plan that works for everyone. Have lots of snacks ready too for those pregnancy cravings - healthy if you can, but with a few indulgences here and there.



Q: Many Celiacs make the choice to discontinue eating, and ordering out during pregnancy. Have you?

A: Absolutely not! I can't imagine cooking every single day, ha-ha. I'm lucky that I've had Celiac Disease for a few years, so I know which restaurants are safe for someone with Celiac and I continue to go to those for dine-in or takeout. The main thing I've had to cut out is sushi, as there are not a lot of options that are both fully cooked and gluten-free (I usually go for the raw fish options because of my Celiac, which you can't do when you're pregnant).

Q: Has cooking at home become an easy routine since you're work-from-home?

A: I would consider my first trimester as a pretty rough experience. I had no energy at all, and very bad nausea. I do most of the cooking in our house, so the transition was definitely a struggle because I couldn't always cook. My husband and I decided to sign up for a meal delivery service with gluten free options. The recipes are very straightforward and simple, so on the days when I couldn't get off the couch, he was able to cook dinner for us. The second trimester has been better, so we have more options now and don't use the delivery service every week.

Q: What's the best part of being pregnant and working from home?

A: My heart goes out to all of the pregnant women who have to work away from home while pregnant. I can't imagine how exhausting that must be. You ladies are the real MVPs! I love everything about working from home. I don't get dressed until midday sometimes, I save money from making coffee and lunch at home, and whenever I feel sick, I just lie down for 5-10 minutes until it passes. I hope now that more businesses have adapted to operating with their employees at home, there will be more opportunities for pregnant women to work from home during their pregnancy. I would have had to take a lot more sick days if it wasn't an option, so it's actually beneficial for both myself and the company I work for that I didn't miss a single day of work, while also being much safer for my own health and wellbeing.

Baby Steps – Celiac Pregnancy: Q&A



Q: Pregnancy is a significant milestone! But during COVID it means the usual get-togethers like a baby shower aren't looking like they used to, or how some expect. Do you feel bummed out about any of that?

A: Definitely! I would prefer a normal baby shower just like anyone else (I love a good party!). I'm going to hold off on planning one for now, as my baby is not due until May. We'll see if any of the restrictions in BC are lifted by April,

Q: The vaccine is rolling its way throughout the country, but there is still some time before the majority of the population is vaccinated. Which can mean that more stay-at-home will be in our future. Do you have any reservations with regard to physical distancing and loved ones wanting to meet after the baby is born?

A: For me, it might be too early to tell. The summer months in 2020 actually felt pretty normal because we were still able to gather in small groups. If cases go down with the warmer weather as most are predicting for this year, I'll be content as long as I can meet others in my small circle. Since my baby is not due until May, it's perfect timing! Even if we can't have small groups, we have made the decision that my mother will be allowed to see the baby early on and help support me, which I'm very grateful for. She has been taking me to prenatal appointments too. We don't see anyone else outside our household and neither does she, so it's basically like we're part of the same household anyway. We feel like we're still being as safe as we can be for ourselves and others.

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) How do I get more fibre into my gluten-free diet?

(A) Unfortunately many common gluten free foods are lower in fibre than their gluten containing counterparts and to make matters much worse, diets low in fibre can detrimentally alter the intestinal microbiota.

So, as often as possible, enjoy whole and unrefined gluten free

options such as sorghum, quinoa and gluten free oats for more fibre. Berries, apples, pears, oranges, peas, parsnips, cooked greens and potatoes with the skin are especially high sources of fibre in the fruit and veggie world.

Legumes and seeds are also critical for maintaining a healthy fibre intake.

Here's a quick snapshot of a fibre-rich day:

- Breakfast - gluten-free toast with peanut butter and an apple
- Lunch - arugula and quinoa salad with smoked tofu and 1/2 avocado
- Snack - blueberry almond chia seed pudding
- Dinner - chickpea curry with 1/2 cup brown rice and 1 cup broccoli

Kid's Corner - Games

Submitted by Arica Sharma, CCA BC Director



1. What is in your intestine that is shaped like fingers and help absorb nutrients into your body?

2. Gluten has what four grains that a Celiac will avoid?

3. A person with Celiac Disease will eat a _____ for life.

4. I can grow to be sweet but I rhyme with boot, I'm naturally gluten free, my name is: _____

5. What vitamin does your body make when you're under the bright sun?

6. Outside of Canada, Celiac Disease is also known as _____ Disease.

7. Celiac Disease is an auto immune disorder, not an _____.

8. What is another way of saying "verified gluten free"



C	U	Y	R	R	L	O	T	C	F	L	T	T	E
D	E	I	F	I	T	R	E	C	F	R	U	I	T
H	H	I	O	A	L	L	E	R	G	Y	D	E	E
W	C	T	E	E	A	A	E	T	W	H	E	A	T
E	A	A	I	I	M	T	A	U	A	U	T	R	R
N	I	E	I	T	R	B	A	R	L	E	Y	I	Y
L	L	A	L	U	S	R	E	R	Y	C	I	E	E
N	E	L	L	B	T	L	N	W	O	R	R	R	L
C	O	T	I	R	L	E	S	T	A	O	A	L	L
D	C	L	V	R	A	D	L	A	E	L	G	C	A
G	L	U	T	E	N	F	R	E	E	D	I	E	T
Y	V	I	T	A	M	I	N	D	I	I	A	I	L
G	A	L	L	L	S	E	I	F	H	R	Y	A	T
A	E	L	F	C	R	E	T	E	W	R	F	Y	F

WORD SEARCH

- Villi
- Wheat
- Barley
- Rye
- Oats
- Glutenfreediet
- Fruit
- VitaminD
- Coeliac
- Allergy
- Certified

Kid's Corner - Homemade Playdoh

How to Make All-Natural Homemade Gluten-Free PlayDoh

Originally Published: Jun 12, 2017 · Modified: Apr 13, 2019 by Rebecca Pytell on <https://strengthandsunshine.com/>

Cook time: 10 mins

Ingredients:

- 2 Cups Gluten-Free Flour
- ½ Cup Hot Water (you may need a touch more)
- ½ Cup Salt (any kind)
- 2 Tb Liquid Oil (any kind)
- 1 Tsp Cream of Tartar
- Coloring of choice
- Beet juice – red/ pink
- Turmeric – yellow
- Matcha – green

Directions:

1. Mix together the gluten-free flour, salt, and cream of tartar in a large bowl.
2. Add in the water and mix again (be careful!), then knead with your hands until your dough is just about formed.
3. Add in the coloring of your choice to all the dough or split the dough in a few sections to make multiple colors.
4. Knead in the coloring when your hands until fully incorporated.
5. Keep the PlayDoh in a sealed container to preserve freshness.



Namaste
foods for everyone!

Keepin' it real

FREE FROM THE Top Allergens

Perfect Flour Blend
mélange de farine

GLUTEN FREE

www.namastefoods.com

Snowball Lemon Cookies

- 2 cups Namaste Perfect Flour Blend or Namaste Organic Perfect Flour Blend
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 cup unsalted butter (2 sticks), softened
- 2/3 cup powdered sugar
- Zest of 2 lemons (about 4 teaspoons)
- 2 teaspoons lemon extract
- 1/2 teaspoon vanilla extract
- 1/2 cup finely chopped almonds (optional)
- 1-1/2 cups powdered sugar for coating

Whisk together flour, cornstarch and salt in small mixing bowl and set aside.

In large bowl, mix butter until creamy on medium speed. Blend in 2/3 cup powdered sugar. Add in zest, lemon extract and vanilla extract.

Set mixer to low speed and slowly add flour mixture until just combined. Stir in almonds. Cover bowl and chill dough for 1 hour.

Preheat oven to 350°F. Grease cookie sheets or cover in parchment paper.

Scoop dough out 1 tablespoon at a time and roll into ball. Space balls about 2 inches apart.

Bake for 14-16 minutes. Allow to cool a few minutes. Place remaining powdered sugar into a bowl and roll warm cookies in powdered sugar. Transfer to wire rack to finish cooling. You can roll in powdered sugar again if you like.

enjoy!

Celiac in the Kitchen



Quinoa Detox Soup and Skillet Cornbread

Thanks to the CCA BC winner of the Celiac Awareness Month Lunch recipe contest, Tara Cyr

Ingredients for soup:

- 1 cup of golden lentils or 1 can of beans (I like Northern beans but most kinds will work)
- 1 cup of quinoa
- 5 medium sized carrots
- 5 celery sticks
- 8 cups of veggie or chicken broth
- 2 cups of kale (frozen or fresh)
- 1/4-1/2 tsp of cayenne
- 2 tbsp grated ginger or 2 drops of ginger oil
- 6 cloves of chopped garlic
- 2 tsp cumin
- 2-3 whole cloves (optional)
- 2 bay leaves (optional)
- 1.5 tsp turmeric
- 1 freshly squeezed lemon or 4-5 drops of lemon oil



Directions:

1. Put everything into a pressure cooker except the lemon.
2. Pressure cook on high for 5 minutes and natural release.
3. Add more broth if you would like the soup thinner.
4. Add lemon and serve. *This can also be made on the stove top.

Ingredients for corn bread:

- 1 tbsp butter (or dairy substitute)
- 1 cup of GF flour (I love Cloud 9)
- 1 cup of cornmeal
- 2/3 cup of sugar
- 1 tsp salt
- 1 tbsp baking powder
- 1 egg or egg replacer
- 1 cup of milk or dairy substitute
- 1/3 cup of olive oil

Directions:

1. Preheat oven to 400 degrees F and lightly grease an 8" cast iron skillet with the butter.
2. Combine the wet and dry ingredients separately, then add the two together and mix until they are just combined. The dough will be lumpy.
3. Add the batter to the skillet and bake for 25 minutes.



Celiac in the Kitchen



(The Flakiest!) Gluten Free & Keto Pie Crust

[\(The Flakiest!\) Gluten Free & Keto Pie Crust - gnom-gnom www.gnom-gnom.com/cream-cheese-keto-pie-crust/](http://www.gnom-gnom.com/cream-cheese-keto-pie-crust/) by Paola
Reprinted with Permission. This super flaky pie crust can be used for several things including pies, tarts, empanadas and quiches.



Picture courtesy of: www.blueapron.com

Ingredients:

- 1 cup almond flour
- 5 tablespoons coconut flour
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon kosher salt
- 1/2 teaspoon lemon or orange zest optional
- 3 1/2 ounces unsalted grass-fed butter cold
- 1/4 cup cream cheese cold
- 1 egg lightly beaten
- 2 teaspoons apple cider vinegar
- egg wash optional (for glossy finish)

Directions:

1. Please see recipe video for guidance! www.gnom-gnom.com/cream-cheese-keto-pie-crust/
2. Add almond flour, coconut flour, xanthan gum, salt and zest (optional) to food processor and pulse until evenly combined.
3. Add butter and cream cheese and pulse for just a few seconds until crumbly. Add in egg and vinegar and pulse until the dough just begins to come together (but stop before it forms into a ball). Like with any pastry dough, make sure not to over-process the dough. The mixture ought to resemble coarse breadcrumbs rather than cookie dough.
4. Turn out the dough onto cling film (i.e. saran wrap) and pat into a round.
5. Refrigerate for at least one hour, or up to 3 days. You can, alternatively, freeze the pie crust at this point and thaw out as needed (just as regular pie crust!).
6. Roll out the crust between parchment paper. It is more fragile than regular pie crust, so you need to work quickly and in cold conditions. You can patch up any cracks that occur by pinching the dough together. And if at any point the crust becomes unmanageable, simply pop it in the freezer for 5-10 minutes before carrying on.
7. Once shaped (pie, empanadas, etc.), pop it in the freezer for 10-15 minutes prior to baking (as it will help to keep its shape better and come out flakier). Brush with egg wash for a glossy finish (optional, but highly suggested).
8. Bake at 390°F/200°C for 10-12 minutes if making something small such as crackers. And up to 30 minutes for empanadas and such. Just keep an eye out for it, as grain free flours tend to brown suddenly rather than gradually.

From Kelian Armstrong, CCA BC Member: This was super easy to put together in the food processor and not too bad to work with (if it stayed chilled). I literally prepped one empanada at a time, with the rest of the dough in the fridge.

For different empanada fillings see: www.yummly.com/recipes/empanada-filling

GLUTEN FREE *Handie* FLAVOR FULL

GOSE-STYLE WITH A BIG PUNCH OF LIME AND OUR
CLASSIC PILSNER-STYLE - GLUTEN-FREE GOODNESS.



BROUGHT TO YOU BY



EXIM@AFICGROUP.COM

ENJOY OUR PRODUCTS WITH ALL OF YOUR SENSES - ESPECIALLY YOUR COMMON SENSE. ©2019 LAKEFRONT BREWERY, INC., MILWAUKEE, WISCONSIN

Celiac in the Kitchen



Homemade Gluten-Free Worcestershire Sauce

Original recipe by Cinde Little, <https://everydayglutenfreegourmet.ca/recipe/homemade-gluten-free-worcestershire-sauce/> Reprinted with Permission.

Ingredients:

- ½ cup apple cider vinegar
- 2 Tbsp GF soy sauce
- 2 Tbsp water
- 1 Tbsp brown sugar
- ¼ tsp ground ginger
- ¼ tsp dry mustard
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ⅛ tsp cinnamon
- ⅛ tsp pepper

Directions:

1. Place all ingredients in a medium saucepan and stir.
2. Bring to a boil, stirring constantly. Simmer 1 minute. Cool.
3. Pour into a bottle and store in the refrigerator. Lasts indefinitely.

Makes about ¾ cup. Shake well before using.



Yogurt Parfait Breakfast Pops

CCA BC Celiac Awareness Month, Breakfast Recipe Winner, by Maye Lake – recipe is adapted from "The Healthy Junior Chef Cookbook"

I have made some yogurt parfait breakfast pops for the contest. The original recipe was from a cookbook that I have however, I altered it by adding some raspberries and maple syrup. The recipe is as follows:

Ingredients:

- 1 cup raspberries
- 1 tbsp maple syrup
- 1/2 tsp lemon juice
- 1 1/4 cups Greek yogurt
- 1/2 cup granola

Directions:

1. In a small bowl, crush the raspberries with a fork and then add the maple syrup, and lemon juice and let it sit for 10 minutes.
2. Add approximately a large tablespoon of Greek yogurt into a 6-well ice pop mold.
3. Add about 1 tablespoon of the berry mix on top of the yogurt in each mold and then add another tablespoon of yogurt on top of that. Then add a tablespoon of granola to each mold.
4. Insert the popsicle sticks into each mold and freeze for at least 2 hours. Enjoy!



Celiac in the Kitchen



Pina Colada Ice Cream Pie

Courtesy of Atco Blue Flame Kitchen:

[Pina Colada Ice Cream Pie | Blue Flame Kitchen \(atcoblueflamekitchen.com\)](https://atcoblueflamekitchen.com) July 2, 2019

This summery graham cracker crust pie is so easy to make. Combine vanilla ice cream, crushed pineapple, cream of coconut and rum to make a filling that tastes just like a pina colada.

Yield: Serves 8.



Ingredients:

- 1 1/3 cups gluten free graham wafer crumbs
- 1/3 cup butter, melted
- 4 cups vanilla ice cream, softened
- 1 can (8 oz) crushed pineapple, well drained
- 1/2 cup cream of coconut
- 2 tbsp white rum
- Strawberries and blueberries for top

Directions:

1. To prepare crust, combine crumbs and melted butter in a bowl until blended.
2. Press crumb mixture into a 9-inch pie pan. Bake at 375°F for 8 minutes. Cool completely on a rack.
3. To prepare filling, gently combine ice cream, pineapple, cream of coconut and rum. Spoon filling into crust.
4. Cover and freeze for at least 6 hours or up to 1 week.
5. Let pie stand at room temperature for 5 - 10 minutes before serving.
6. Add strawberries and blueberries to top when ready to eat to add color.



Nutritional analysis per serving:

328 calories, 19.3 g fat, 3.8 g protein, 34.2 g carbohydrate, 1.2 g fibre, 200 mg sodium

Campfire Cones

Submitted by Julie Clement, Acting President, CCA BC



Quick, easy and oh so delicious.

Gluten free waffle cones make for a fun variation on this summer treat - they are a little crispier and are perfect for a handheld snack. And don't let the term "campfire" cones throw you! While these can be cooked over a fire, you can also make them on the grill or in the oven! In fact, they can even be made in the microwave (without the foil) by standing the cone upright in a mug.

Ingredients:

- 12 gluten-free waffle cones*
- 1 bag mini marshmallows
- 12 oz chocolate chips

Optional - butterscotch chips, peanut butter, bananas, raspberries etc.

Directions:

1. Fill each cone with marshmallows and chocolate chips, and any other treats you fancy!
2. Wrap in foil
3. Heat on the grill for 7-10 minutes
4. Unwrap carefully as foil and contents will be hot!

* Readily available at larger grocery retailers.

Stop getting glutened.

Honeycomb now bigger, better, and available for most cities in U.S.A, Canada & Australia.



Works in most major cities in NA.



Combine with other diets.



Find and share local spots.



 [honeycomb.ai](https://www.honeycomb.ai)

get.honeycomb.ai/bcceliac

Pre-order now and get lifetime access.



GRIMM'S

TRADITIONALLY CRAFTED

Since 1951



SOY FREE ✓

GLUTEN FREE ✓

LACTOSE FREE ✓

NO MSG ADDED ✓

GRIMM'S PROUDLY OFFERS
AN EXTENSIVE SELECTION OF
HIGH-QUALITY, GLUTEN FREE
PRODUCTS.

FOR INSPIRING RECIPES, VISIT
GRIMMSFINEFOODS.COM

Using the Find Me Gluten Free App When Travelling

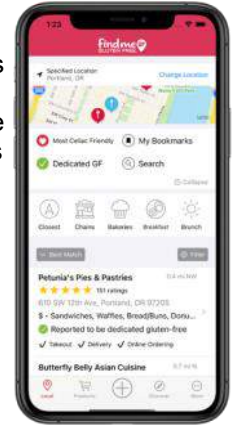
Submitted by Lia Fairbairn, CCA BC Director

By far the most convenient and useful tool I have found for travelling is the [Find Me Gluten Free](#) App. The App uses your location to show restaurants located near you, with reviews from other users pertaining to how 'Celiac friendly' it is. As well, there are filters such as 'dedicated fryer,' 'dedicated kitchen space,' 'vegan friendly,' 'patio seating,' and 'online ordering' to streamline the process of picking a place to eat.

When it comes to travelling, or even just leaving my local area, Find Me Gluten Free has been a great help. Particularly in popular tourist destinations such as Whistler and Banff, there are an abundance of reviews about restaurants. Instead of desperately asking the [BC Celiac Facebook group](#) for advice (thirty minutes before my plans start), or frantically searching the menus or calling the staff of local restaurants, the App provides an easy and fast solution. A few summers ago I travelled to Whistler with a few non-Celiac friends, by consulting the App we were all able to agree on a place to eat that could accommodate all, the restaurant was not obscenely expensive, and would suit the tastes of the whole group. Before the COVID-19 pandemic, I was in the process of planning a trip to Poland. I used this App to help plan out where I could eat in airports as well as near my hotel in Krakow. One of the benefits of this App compared to similar ones is its international scope.

Of course, there are some drawbacks to the App. For one, rural areas or less populated towns are often not covered.

As well, the breadth of information relies on reviews from users, and these can be inaccurate, particularly as some users do not have Celiac Disease, but simply follow a gluten free diet. Of course, restaurants and menus are always being updated, so a restaurant review can quickly become outdated or misleading. As always, it is extremely important to ask questions and advocate for yourself when eating out, and this App is not a replacement for this, but simply helps you feel more confident in choosing to dine at certain locations.



In all, I have had great success using the Find Me Gluten Free App and I highly recommend downloading it next time you find yourself travelling. The more people that use these Apps, the better. With more reviews, especially from Celiacs, we can all feel more secure in eating out. Another similar App to this is [Honeycomb](#), which filters menus according to your dietary restrictions (allowing you to select multiple allergies or preferences), and lets you know which restaurants are suitable and which ones have features such as being 100% gluten free. The main drawback I've experienced with Honeycomb is simply the limited number of restaurants and locations offered. However, I think using Apps to streamline the process of finding suitable restaurants to eat at is a fantastic innovation, and I look forward to seeing the improvements made in this area in the future.

How to read food date labels and packaging

Reprinted from: www.canada.ca/en/health-canada/services/general-food-safety-tips/how-read-food-date-labels-packaging.html *Uncertain about what words on a label mean.....*

Date labelling on pre-packaged foods

Information about dates on pre-packaged food is a valuable source of information. Here are some terms you should be familiar with:

Durable life - This indicates the anticipated amount of time an unopened food product will keep its freshness, taste, nutritional value and other qualities when stored under appropriate conditions. A "best before" date tells you when the "durable life" period ends.

Best before date - The "best before" date does not guarantee product safety, but it does give you information about the freshness and potential shelf-life of the unopened food you are buying. This must appear on pre-packaged foods that will keep fresh for 90 days or less. Retail-packaged foods may be labelled with either a "best before" date and stor-

age instructions, or the date packaged, along with a "best before" date and storage instructions.

Fast facts

Food with an anticipated shelf life greater than 90 days are not required to be labelled with a "best before" date or storage information.

Use by date - This may appear instead of "best before" on pre-packaged fresh yeast only.

Expiration date - This must appear on formulated liquid diets, foods for use in a very low-energy diet, meal replacements, nutritional supplements and infant formulas. After the expiration date, the food may not have the same nutrient content declared on the label. If the expiration date has passed, throw away the food.

How it's presented

The "best before" date must be identified using the words "best before" and "meilleure avant" together with the date. These can appear anywhere on a package -- and if on the bottom, that

placement should be indicated elsewhere on the label. The month of expiration must be in both official languages or indicated by using specified bilingual symbols. The year is optional, unless it is needed for clarity (e.g., if the shelf life extends into a new calendar year).

If included, the year must appear first, followed by the month, and then the day:

Best before

11 JA 22

Meilleure avant

Passed the "best before" date?

You can buy and eat foods after the "best before" date has passed. It may have lost some of its freshness, flavour and nutritional value, and its texture may have changed.

Remember, "best before" dates are not indicators of food safety. They apply to unopened products only. Once opened, the shelf life of a food may change. Never use your nose, eyes or taste buds to judge the safety of food. *If in doubt, throw it out.*



Brain Fog and Celiac Disease – Literature Review

Submitted by Val Vaartnou, CCA BC Director



Nothing can be worse than trying to concentrate on something, only to find you cannot focus or grasp what you are trying to concentrate on. I suffered from brain fog and until “it lifted”, I did not realize what an impact it was having on me. Much research is currently looking at the brain-gut relationship and the potential neurological impacts of celiac disease.

Technically, brain fog is a cognitive impairment affecting an individual’s short-term memory, orientation, and reasoning skills, as well as language choice and creativity. A celiac disease patient in the throes of brain fog may have difficulty concentrating or paying attention, may be forgetful, or may become easily confused.

Researchers at the University of Chicago’s Celiac Disease Center, including the center’s director of research, Bana Jabri, MD, PhD, have long understood the acute physical symptoms of celiac disease, including nausea and abdominal pain after consuming gluten. But only recently have researchers begun to explore the disease’s neurological and psychological impacts. Dr. Jabri has shown in mouse models that IL-15 produced in the gut of those with celiac disease when they ingest gluten causing an inflammatory response and a loss of oral tolerance to gluten. They are also starting research on the cytokine response in the body that occurs when gluten is ingested by someone with celiac disease. They suspect this cytokine response not only causes gastrointestinal issues but also disrupts the functioning of the brain. (1) This is good news for the many celiac patients who have been told it is “all in your head”, when there is really a reason for their so called “brain fog”.

A UK 2020 study looked at medical data of 500K adults and compared those with celiac disease with others in the database. They concluded that those with celiac disease had cognitive deficit, indications of worsened mental health and white matter changes, based on analyses of brain images. The findings support the concept that celiac disease is associated with neurologic and psychological features. (2)

A 2014 Australian study, “Cognitive impairment in coeliac

disease improves on a gluten-free diet and correlates with histological and serological indices of disease severity,” was published in *Alimentary Pharmacology and Therapeutics*. In the study, researchers examined the intestinal biopsies and blood antibody levels of 11 recently diagnosed celiac disease patients. In addition, these patients were administered cognitive tests challenging information processing, memory, concentration, motor function, and visual-spatial orientation. The patients were then followed over a period of 12 months, during which they adhered to a gluten-free diet and were subsequently re-tested.

Amazingly, as the intestinal damage and antibody levels of the patients began to improve on the gluten-free diet, their cognitive function appeared to do so equivalently. Statistically significant improvements were noted in motor function, verbal acuity, and concentration, with additional parameters also improving, to lesser degrees. (4)

If you suffer from “brain fog” ensure you are not getting exposed to gluten inadvertently. Studies do indicate that healing the gut does improve the neurological symptoms that gluten was causing. Remember, it took time for the damage to occur, and it will take time to heal.

References:

University of Chicago’s Celiac Disease Research Center, cureceliacdisease.org Impact, April 2021 p. 3 - 5

Clinical Alimentary Tract, Volume 158, Issue 8 P2112-2122, June 1, 2020. Cognitive Deficit and White matter changes in Persons with Celiac Disease: A Population-Based Study M. Hadjivassiliou et al, DOI: <https://doi.org/10.1053/j.gastro.2020.02.028>

Hadjivassiliou M., Croall I.D., Zis P. et al. Neurologic deficits in patients with newly diagnosed celiac disease are frequent and linked with autoimmunity to transglutaminase 6 Clin Gastroenterol Hepatol. 2019; 17: 2678-2686, doi: 10.1016/j.cgh.2019.03.014. Epub 2019 Mar 16.

Alimentary Pharmacology Therapies, 2014 Jul;40(2):160-70 doi: 10.1111/apt.12809. Epub 2014 May 28.



Truly, the best tasting mixes on the market!



THE ORIGINAL "FREE-FROM" MIXES TRUSTED SINCE 2012



VISIT [CLOUD 9 GLUTEN FREE.COM](http://CLOUD9GLUTENFREE.COM)



Helping Food-Insecure Celiacs: What to donate to Food Banks

Submitted by: Sasha Dobisz, CCA BC Director

According to the PROOF Food Insecurity Policy Research Project, food insecurity affects 1 in 8 Canadian households (PROOF, 2017). Within British Columbia, it is estimated that 12.4% of households experience some degree of food insecurity (PROOF, 2017). For people with Celiac Disease, the high cost of a gluten-free diet adds an additional financial burden. Food insecure individuals are at a higher risk of developing nutritional deficiencies and consume lower amounts of fruits, vegetables, and milk products than food secure individuals. This is particularly worrisome for Celiacs, who already have a high risk of nutrient deficiencies, especially if they are newly diagnosed.

Although food banks are designed as a resource to help food insecure people, they are not always accommodating to individuals with Celiac Disease or other gluten-related disorders. Gluten-free donations may be kept in the same location as gluten containing donations and be mixed up when handed out to clients. With so many labels on food, staff may not understand the medical significance of the gluten-free label. This makes it difficult for Celiacs to obtain safe food from their local food bank!

How can you help food insecure Celiacs in your local community?

Consider putting together a gluten-free donation using the [Save Me for Gluten Free](#) labels found at www.celiac.ca. You can attach the label on the outside of the bag and place one inside the bag so volunteers see it if the bag is accidentally opened. Remember that a donation that contains nutritious foods are the most valuable. Think of the meals you could make if you were given that donation bag - are they healthy? Do they require a lot of additional ingredients or supplies?

What should I donate?

Many of the items that food banks need the most are typically gluten-free, but always double check to make sure! Here are some ideas of “essential” gluten-free products that you can donate:



- Canned fish like salmon, tuna, and sardines
- Canned fruits – look for products not packaged in syrup
- Canned vegetables - aim for reduced sodium if possible
- Canned tomatoes and pasta sauces
- Peanut butter
- Canned or dried beans and lentils
- Gluten-free grains like rice, quinoa, oats**
- (certified GF oats only!)
- Gluten-free pasta
- Cooking oils

In addition to the essential items listed above, “supporting products” like condiments, seasonings, and baking supplies are also valuable. Supporting products include:

- Gluten-free stock or broths
- Gluten-free flours, baking mixes, gravy or sauce mixes
- Gluten-free condiments such as tamari, soy sauce, shelf-stable salad dressing
- Gluten-free snack foods like popcorn, granola bars, chips, cookies, candy, crackers, chocolate

What items should not be donated?

Expired food or opened food cannot be accepted by food banks - it will be thrown out. If you are cleaning out your pantry to make a donation, verify that your products are still recent! A good rule of thumb is if you wouldn't eat it yourself, don't give it away! In addition, food banks do not accept products that contain alcohol and in the majority of cases they will not accept perishable food either. Depending on your local food bank, household wares such as kitchen utensils and cleaning supplies may be accepted. For food insecure Celiacs living in shared households these items can be very useful!

Helping Food-Insecure Celiacs: What to donate to Food Banks

Are there other ways to help?

Absolutely! Food banks frequently have partnerships with large chain grocery stores. With financial donations, food banks are able to purchase the items that they need the most for a lower rate. If you would rather donate your time, food banks often rely on volunteers to help sort donations and distribute food to their clients.

To learn more about food banks in your local community, visit www.foodbanksbc.com.

Source

Tarasuk V, Mitchell A. (2020) Household food insecurity in Canada, 2017-18. Toronto: Research to identify policy options to reduce food insecurity (PROOF).



Osteoporosis and the Celiac Disease Connection

A Zoom meeting: June 22, 2021 at 07:00 PM PST

Register in advance for this ZOOM meeting:

<https://us02web.zoom.us/join/register/tZUzd-CvpzstH9L4bTVgJ34NLPFhGfZbqIAB>



After registering, you will receive a confirmation email containing information about joining the meeting. The presentation is provided by two celiacs who have also experienced associated bone loss: osteopenia and osteoporosis.

Val Vaartnou, Past President & Director, Canadian Celiac Association British Columbia, was diagnosed with Celiac Disease in 2003 and did not realize what poor medical advice she had received until she joined the Canadian Celiac Association in 2009. At the time of her diagnosis, she had Osteopenia. She has been a member of the Board of Directors since 2009 and has attended conferences and webinars to increase her knowledge. She is the editor and major contributor to the Celiac News, the chapter newsletter and supports those with celiac disease through support groups and answering the charity help line.

Lizbeth Wall, Past President & Director Membership, Canadian Celiac Association British Columbia was diagnosed with Celiac Disease despite thinking she really had no symptoms. She has been diagnosed with Osteoporosis as well. She joined the CCA, started volunteering and became a member of the Board of Directors in early 2015. She has been President from 2017, stepping down at our AGM in March 2020. In the fall of 2021, she became the National Coordinator of the Council of Presidents for celiac chapters across Canada. She is passionate about helping those with the disease and has been working nationally to provide gluten free food to those in need during this pandemic.

May Recap – Celiac Awareness Month

Submitted by Lia Fairbairn and Sasha Dobisz



Word Cloud created based on the symptoms reported by our Instagram followers

May is Celiac Awareness Month, and we have been busy increasing awareness and working to support those with celiac disease across the province. Our social media channels have been busy with posts about symptoms and treatment as well as videos and stories of how people came to be diagnosed. We also placed advertisements in local newspapers drawing attention to the realities of celiac disease.

One of our exciting events was a month-long recipe contest, with four weekly themes and a \$50 gift card for each winner. We also held a separate recipe contest for kids aged 12 and under. At the end of the contest, all submissions will be compiled into a shareable eBook, which will allow everyone to learn from each other's tried and tested original recipes and try out some new ideas in the kitchen. The winner of our breakfast contest was Maya Lake, with her innovative "Yoghurt Parfait Breakfast Pops." The winner of the lunch contest was Tara Cyr's "Quinoa Detox Soup and Skillet Cornbread" with a shout out to the Mac & Cheese which looked awesome too!



The Save Me for Gluten Free initiative was started by the National CCA, and works to help celiacs who are facing food insecurity. Often, food banks do not separate gluten free items from regular items, and anyone is free to take the gluten-free donations. The Canadian Celiac Association is working to ensure that gluten-free food is available to those who need it. To participate in the program, you simply donate a bag of dedicated gluten-free items to your local food bank, with a [decal](#) printed out and stuck to the side of the bag to help food bank volunteers handle the donation. Once you have dropped off your donation to your local grocery store or food bank, you can fill out a [survey](#) so the impact of your donation can be tracked. The BC CCA has been working to promote this initiative on social media, and many of our board members and their families have also chosen to donate as well. For more information about what and how to donate to food banks, see the article "Helping Food-Insecure Celiacs: What to Donate to Food Banks" in this newsletter.



To 'Shine A Light On Celiac Disease' and increase awareness, we have received several proclamations declaring May as International Celiac Awareness Month from various BC cities. Over the course of the month, we saw BC Place, Science World, Delta City Hall, Port Moody City Hall, and Vancouver City Hall all lit up in green to raise awareness for celiac disease.

At the end of the month, our Kids Meetup Group held a brownie making class, which was generously sponsored by Cup4Cup. The event gave children a chance to connect virtually and make new celiac friends whilst trying their hand at baking brownies.

The 2021 Celiac Awareness Month was a success thanks to the hard work of all our board members. Stay up to date on our future events by following our social media channels and checking your email for our monthly updates.



All your nutritional needs at your doorstep!

From breakfast to dinner and everything in between,
we've got you covered!

**Get 20%OFF your first order
using promo code #IMNEW**



Order yummy, healthy & customizable meals right now.

www.2guyswithknives.com

Just Heat, Eat & Enjoy!



@2guyswithknives



2 Guys with Knives



@2guyswithknives

Featured Business: Black House Baked Goods

Submitted by Julie Clement, Acting President CCA BC



With the explosion in the past few years of the availability of safe gluten free food options and dedicated gluten free bakeries and restaurants in many big cities, it is important for us to remember that this is not the case in smaller towns or communities outside of the Lower Mainland. Jes and Robyn from Black House Bakery in Prince George are working to address that imbalance.

Jes is a graphic designer by trade but is currently in a marketing position at the local college, CNC. He handles all the social media, marketing, and design for the Community & Continuing Education department. Robyn has worked as an administrative assistant in the transport industry and also as an educational assistant. Her main job at the moment, aside from being the baker at Black House, is being a mom to two amazing crazy boys!

For the longest time Robyn had wanted to open a bakery of some sort, but then was diagnosed with celiac disease and had to relearn how to bake everything. COVID 19 really was the thing that prompted them to start Black House. Robyn was out of a job and needed something to fall back on. A lot of people on her side of the family have either celiac disease or gluten intolerances that they must manage, so Black House started in July of 2020.

As of right now the team is small, consisting of just Jes and Robyn. Jes does not have to eat gluten free but the entire family does as their house is a gluten free space.

Black House Bakery's products are produced in a home kitchen. The entire home is a dedicated gluten free place. Products are sold at the Wilson Square Farmers Market during the summer and from their home during the winter, but they are planning on expanding in September of 2021 to a bigger commercial space and are looking forward to having Black House products in a lot of stores around Prince George and surrounding cities.

Black House started with cinnamon buns!! They are still a customer favourite, but their lemon fog donut would be the best seller. Jes' favourite is still those cinnamon buns, and

Robyn's would be either the black forest brownies or the lemon fog donuts.

Robyn and Jes' main challenge this year has been finding patience. They are dreamers and have had to really keep their lofty plans in check to keep Black House in a successful position so that future plans can actually become a reality. Black House has had so many successes! The main one would probably be how they have been so welcomed in the Prince George community.

They are only in phase one of the Black House plan and hope to eventually be a full-time bakery. They have learned that starting something big like this during a pandemic was probably not the best idea, and that you need to focus on your business alone while also lifting up other businesses all around you. The best thing about starting a business during a pandemic - they have not needed to adapt to doing business in a pandemic! Robyn says they also would not do anything differently if they were starting over and are grateful for so much support from their community, especially from Community Futures (Fraser Fort-George).

Longer term Robyn and Jes see Black House as a proper commercial gluten free *celiac safe* bakery! The first one in Northern BC, as far as we know :)

Robyn's take away, her most important piece of advice for somebody newly diagnosed with celiac?

"I know what it is like to have to start over, out of your comfort zone. Take your diagnosis seriously and never apologize for putting your health first. Gluten free has gotten a bad reputation in the last couple of years thanks to fad diets, but do not let that get you down! Keep going and you will feel amazing soon enough :)"

Black House Bakery delivers to most areas in Prince George.

Website: www.blackhousebakery.ca

Facebook: [https:// www.facebook.com/blackhousebakedgoods](https://www.facebook.com/blackhousebakedgoods)

Phone: 1-250-981-5324

Email: blackhousegoods@gmail.com



Global Gluten-Free Market Trends (2020 – 2026)

Summary from: <https://www.prnewswire.com/news-releases/global-gluten-free-products-market-2020-to-2026---featuring-freedom-foods-conagra-brands-and-quinoa-corporation-among-others-301288802.html>

Here are key points from a News Release from ResearchandMarkets.com regarding the gluten-free market:

The compounded annual growth rate of the gluten-free market is projected to be 8.2%. This is driven by significant growth in the diagnosis of celiac disease (CD) patients and those with irritable bowel syndrome (IBS).

Busy consumers are driving the demand for convenience products in the gluten-free market. Ready made meals and shelf stable products are in high demand.

The bakery food market is the largest segment.

The report indicates that the major vendors include: “The Kraft Heinz Company, The Hain Celestial Group Inc, Barilla G.E.R Fratelli S.P.A, Freedom Foods Group Limited, Koninklijke Wessanen N.V, General Mills, Kellogg's Company, ConAgra Brands Inc, Hero AG, Quinoa Corporation, Raisio PLC, Dr Schar AG/SPA, Enjoy Life Foods and Farmo S.P.A.”

The report is available for purchase at [Research and Markets - Market Research Reports - Welcome](#)



nuPasta
Gluten free and al dente every time!

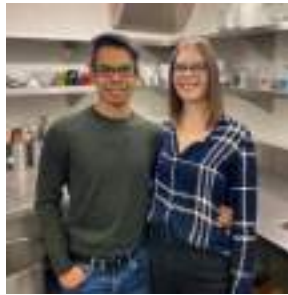
✓ Gluten Free ✓ Low Carb ✓ Vegan

nuPasta
100% GLUTEN FREE
100% WHOLE GRAIN QUINOA
KINDLE PASTA 100g NET

The advertisement features a central image of a white bowl filled with spaghetti, topped with mussels, shrimp, and cherry tomatoes. The background is a blurred dining table setting. At the bottom right, there is a small image of a nuPasta product package, which is a 100g net weight of 100% whole grain quinoa pasta. The package is blue and white with a picture of the pasta and the nuPasta logo.

Featured Business: Jaide and Joel's Baking Company

In the latest of our series of articles about gluten free bakeries in BC, Board Member Julie Clement reached out to Jaide and Joel's Baking Company in Kelowna to learn more about them.



Surprisingly, neither of the owners had a background in baking or business. Both Jaide and Joel jumped around from job to job out of high school. Jaide has worked as an administrator and a banquet captain, Joel worked in a research lab.

Jaide and Joel first met when they were fourteen years old and have been together as a couple ever since. In 2018, Jaide was recovering from her second serious concussion, and it was Joel's first year after dropping out of university. Neither of them

knew for sure what they wanted as a career yet and were feeling a bit lost. Joel, knowing both he and Jaide needed to find their passion again, suggested trying their hand at doing some gluten-free baking for their local farmer's market. Jaide, enthusiastic about the idea, suggested that it also be vegan to match their lifestyle as both Jaide and Joel are gluten-free and vegan. In April of 2018 they went to their first farmer's market. From there, the business exploded. They continued doing different farmers markets around the Okanagan and partnered up with several different local businesses to offer their products wholesale. Two years later in 2020, they opened their own 100% vegan and gluten-free bakery/café.

Only Joel is actually celiac, but many of the employees are gluten intolerant. Joel was diagnosed when he was ten years old, so he is knowledgeable about Celiac Disease. Both he and Jaide keep up to date on different products and information surrounding it. They have meetings with their employees to ensure that everyone is informed and understands the seriousness of Celiac Disease.

Their facility is dedicated gluten-free and vegan. The location is at 101-555 Montgomery Road in Kelowna, BC. The bakery supplies products to about 10 different retailers throughout the Okanagan, you can find a full list on their bakery website <https://jaideandjoelsbakingco.com/>



The bakery is best known for the cake donuts. They are what started out as the most popular and have held the mantle for three years as the top seller. The bread and bagels are a close second. Jaide and Joel's personal favorites are the brownies, bread, and cupcakes, but they really want to say everything!

Jaide and Joel have faced - and overcome - many challenges. A big part of those challenges is their age. Being twenty-two, people see them in a certain way, don't take them seriously and some would try to take advantage of them because of it. Being their first time opening a retail location, there were many things they did not know and weren't prepared for: contracts, lawyers, venting issues, permits, licenses, equipment, etc. All of which had to be learned extremely fast. They had to be smart, decisive, critical, and confident. There was more personal growth in one year than there had been in five. They both learned what they're truly capable of and are proud of it.



The first location for the bakery was opened in October 2020, right in the middle of the pandemic, and that came with its own set of challenges. Before the pandemic, because of the age of not only

Jaide and Joel, but the business as well, there was no chance of getting approved for a loan. When the government announced several different loan opportunities, it was easier to qualify and get approved, that was a real silver lining. Since then, there have been many new health orders put out that have altered or affected the way they can do business. The best piece of advice they offer is to roll with the tide and make the best of whatever situation comes your way, whether it be adding more plexi-glass barriers, only offering takeout, updating your website, or altering your hours.

Jaide and Joel's Baking Company currently offer delivery to Kelowna, West Kelowna, and Lake Country, but they have big dreams and plans. The hope is to have their product available all throughout Canada, both on the retail and wholesale side.

Jaide and Joel told Julie they wouldn't do anything differently if they were given the chance to do things again. They believe that everything works out the way it's supposed to. Of course, the knowledge and personal skills that they've learned and have now would be a huge asset if they had to start over. They had support from their family and friends, and usually every vendor they talked to was kind enough to educate them on things they didn't understand.

Finally Julie asked them for a piece of advice for the newly diagnosed - just know that it is not only a wheat/gluten intolerance. Celiac disease is an autoimmune disorder. Be cautious on which foods you eat that feel good for your body, stay active and keep positive. Celiac disease can have a big impact emotionally as well, so be kind to yourself and know that it's okay to feel discouraged. It's a big adjustment to make, but it doesn't have to be limiting!

We wish Jaide and Joel all the very best and look forward to seeing their brand countrywide.



Gluten Free



BY **LEE KUM KEE** SINCE 1888

You can expect the same rich savory flavor and aroma from the leader in authentic Chinese sauces - without gluten.



Gluten Free Soy Sauce in convenience pack sizes

Wide range of
gluten-free products available



www.LKK.com

Canada's **No.1** Brand of Oyster Sauce, Sesame Oil and Hoisin Sauce

*Lee Kum Kee sales share based on part occasions reported by Nielsen through its Market Back System for the Oyster Sauce category (Standard only), Sesame Oil category (Standard only) and Hoisin Sauce category (Standard only) for the 52 week period ending Feb. 1, 2020, for the Total Canada and US/20, Canada + USA + Mex. according to the Nielsen standard product hierarchy. Copyright © 2020, The Lee Kum Kee Company.

Our products are available on Amazon

Gut Feelings: The Microbiome and Our Health

Author, Dr. Alessio Fasano – YouTube Video on his new book by the same name as the title – revenues from the book go 100% back to research.



In the past, the hygiene hypothesis, including the increase in use of antibiotics, was blamed for the epidemic of chronic inflammatory diseases in the western hemisphere. This was a premise that impacted the health of people who embraced the western lifestyle including diet. Celiac disease, allergies, cancer, autism and IBD, intestinal bowel disease have seen significant increases in incidence. Autism for example has gone from 1 in 5,000 to approximately 1 in 4. We are changing the environment too quickly and minorities and social economic disadvantages pay the price for these epidemics. We must look at how we play our genetic cards and monitor our lifestyle. Lifestyle is critically important to live a long and healthy life.

The hygiene hypothesis led to projects like the Human Genome Project, looking at environment, gut permeability, immune response and looking at the microbiome. We must co-exist with the microorganisms in our gut. The human genome project led to look more deeply at the microbiome, that is inherited from the mother, extremely dynamic, changes from individual to individual and in the same individual over time. Genome you cannot change, but the microbiome can change over time. Human genome has approximately 23K genes and is stable. The microbiome is 140-fold the

human genome and is dynamic. There is no destiny to develop disease based on our genome as we can control and treat with the microbiome. We are in the early stages of learning what we need to do this.

There has been revolutionary changes of our understanding of clinical changes regarding Celiac Disease and that is why Dr. Fasano wrote the book. . We are part of a bigger universe and environment and if we pollute this will affect our microbiome. Microbiome is made up of 100 trillion bacteria, fungi, protozoa and viruses that live in the human body. They enable us to get energy from food, metabolize food, produce needed vitamins, regulated the immune system, and protect from pathogenic bacteria. It is symbiotic and personalized.

During evolution we know that we need to have wisdom of the microscopic species that need to be protected during vaginal delivery, breast feeding, host genetics and environment. The microbiome has a huge role in the development of diseases: autoimmunity, cancer, autism, pancreatitis, obesity, aging, allergy and atherosclerosis to name a few. The microbiome must be maintained in a state of health by eating a healthy diverse diet. This is very futuristic as we are still at the crawling stage in learning how to manage this. This is due to the personalization required for therapies to work.

Food is the most important and impactful factor in our health. The main reason people die, it is lack of nutrition. Reasons why: high levels of sodium, diets poor in whole grains, fruits, nuts and seeds and vegetables, and omega 3 fats to name a few. Unfortunately, these are socioeconomically dependent. Dr. Fasano favors the Mediterranean diet and Dr Fasano views diet as extremely important for our health.

Inappropriate diet impacts our ability to fight COVID 19: metabolic disturbances that cause obesity, type 2 diabetes, cardiovascular disease, hypertension and other pre-conditions make it more difficult to fight this new virus. Mediterranean diet is based on lifestyle and proper nutrition and development during childhood is critical to the development of the microbiome.

Anyone with a chronic inflammatory condition that is poorly controlled is more susceptible contracting viruses such as COVID 19.

Probiotics is an open question today. Focusing on your diet is by far the most important factor. In the future, we will be able to customize probiotics for an individual and therefore probiotics will be much more effective than they are today.

It is critical to calm inflammation, especially in the gut, by starting with an elemental diet to change the microbiome. It is not a long-term diet as it is too restrictive. Longer term, the Mediterranean diet is the best. Rule of thumb, the more you depart from being an omnivore diet the poorer the diet diversity is and the less protective it is for your microbiome. You must diversify to keep your microbiome in the best possible shape. You should eat meat, but rarely, but it is part of the omnivore diet.

Dr. Fasano's advice.....Take great joy in cooking. Know what you put in your mouth and chose what you put in your mouth. Health is created. Respect you body, environment, and other people. It is your choice, and we will have a better world.

Board Highlights - CCA BC – February 2021 - May 2021

- Jessica Mejia attended UBC Land and Food Services on-line career fair on behalf of the Chapter.
- Powell River and Chilliwack Support Groups were set up with Zoom access for their meetings until such time as COVID 19 restrictions are lifted.
- Annual General Meeting took place March 7, 2021 via Zoom. Welcome to new Board members for 2021: Sasha Dobisz, Lynda Marie Nielson, and Ria Gill. Thanks to Dr. Jenny Jagers-Suneby for presenting her story regarding Celiac Disease.
- March 25 – Osteoporosis and the Celiac Disease Connection webinar given. 25 registrants signed up for the event. Scheduled again for June 22.
- Great deal of time and effort spent in preparing for and delivering activities for Celiac Awareness Month – May. Thanks to all Board members!
- Board members approved a Policy for handling Surplus Funds and allocating them to specified projects going forward. Thanks to Cynthia Loveman for taking the initiative on this policy development.
- Julie Clement agreed to take on Acting President role while Jessica takes a leave of absence for her maternity leave. Thanks Julie, for stepping forward.
- No restaurant events due to COVID 19.

glutino.
FOREVER GLUTEN FREE



Enjoy gluten free snacks,
without sacrificing taste!

© Dazegra Foods. All rights reserved. Questions or comments? 1-800-401-8556


kinnikinnick
30 YEARS OF SHARING

Best things
in life are

free
from

GLUTEN • SOY
NUTS • DAIRY • PEANUTS

Safe & scrumptious.



Made with our **K-TOOS** sandwich crême cookies.

Non-Celiac's Learned One-liners

Submitted by Arica Sharma, CCA BC Director

We asked our non-Celiac friends for one-liners about what they learned or were surprised by when they met someone with Celiac Disease (CD). Here is what they said:

- ⇒ "When you go to an ice cream truck, you can sometimes have the soft-serve, but you can't have a cone, not even just as a fancy cup." - Dan
- ⇒ "I was surprised at how serious the symptoms can be. Public discourse is unkind and emphasizes dietary preferences over CD" - John
- ⇒ "That some people are so sensitive even using dishes that have come in contact with gluten could cause a flare!" - Kyla
- ⇒ "Poop, so much poop!" - Kathleen
- ⇒ "I was surprised that wheat is in a lot of things you wouldn't think of, like soy sauce and chocolate." - Owen
- ⇒ "I was surprised to see how rarely servers at restaurants knew anything about gluten free options or kitchen preparation...it must not inspire confidence in the food being safe to eat!" - Tricia

- ⇒ "That there is gluten in Campbell's tomato soup?!" - Amy
- ⇒ "GF potato chocolate cakes from the local bakery are better than regular chocolate cakes." - Jayse
- ⇒ "That there was such a strong link between gut health and mental health!" - Aaron
- ⇒ "20 parts per million still echoes in my head..." - Craig
- ⇒ "If you don't tell me it's GF pasta, I will not notice." - Andres
- ⇒ "Make room for veggies and fruits in the kitchen!" - AJ



Welcome New CCA BC Board Member Sasha

Submitted by: Arica Sharma, CCA BC Director.



Sasha Dobisz, CCA BC Director

How did you get involved with the BC Chapter of the CCA?

This is an interesting story! Although I live in Vancouver now, I am originally from a small city in Ontario. Living as a Celiac was tough, there weren't many resources or safe dining options. I moved here for university and only knew two people, neither of whom were Celiac! In my first year I was assigned a room with a few other Celiacs.

In the building there were about 16 of us total. It was so exciting to meet other people like me! One of the Celiacs on my floor was a member of the BC Chapter and when they told me about the work the chapter did I knew I wanted to get involved. I have been volunteering with the chapter since last May and am so excited to officially be a Director!

What areas of the organization do you hope to make most impact?

I have been helping with the chapter's social media for a while now and I'm excited to continue implementing new initiatives and ideas. I hope to provide useful information and share resources that will make Celiacs' lives easier! I am also interested in offering peer support to teens and young adults. Having lived

through a period where I felt very isolated, I understand what a difference it can make to have someone to empathize with.

What's something you wish more people knew about Celiac Disease?

I wish that people understood that each Celiac has a different reaction to gluten. The time it takes to feel normal after being "glutenated" is so individual - for some it may be days but for others, like me, it can take weeks. I also wish that people were more aware that the severity of your symptoms don't necessarily indicate how severe your disease is. It's really more of a spectrum rather than a one-size-fits-all.

How has your outlook toward a gluten free diet changed since you were first diagnosed?

My outlook has become a lot more positive over the years. Like many, when I was diagnosed I struggled to accept my new reality. I found social events with friends and family holidays particularly difficult. Since there were no safe dining options in my area, eating gluten free meant cooking a lot more. Over time I have enjoyed experimenting with new recipes and adapting old ones. Of course, there are still times where I miss the spontaneity of going out to eat, but I feel so grateful that Celiac disease is manageable through diet. It's really a small price to pay to be healthy!

What's the best part about having Celiac Disease?

The best part about having Celiac disease is that I eat much healthier than I think I would if I were still eating gluten. Life is busy as a university student and it is tempting to eat out often. Having to shop and cook holds me accountable and gives me that nudge to eat well.

Welcome New CCA BC Board Member Lynda

Submitted by: Arica Sharma, CCA BC Director.



Lynda Marie Nielson,
CCA BC Director.

If you were unable to join our AGM this year via Zoom, then you may not have had a chance to meet our new Board Members! Get to know them here:

How did you get involved with the BC Chapter of the CCA?

I had been in a career ending accident and in 2003 was looking for something to keep myself busy. The Vancouver Chapter at that time was advertising for volunteers on a local charity website and I thought - perfect fit! I had been diagnosed in 1980 and had the knowledge they were looking for.

What areas of the organization do you hope to make most impact?

I have been on and off the Chapter Board for over a decade doing every position possible. I have been doing the Chapters Facebook group since its inception (prior to that we had a Yahoo group) and I plan on continuing to manage this community along with providing help where needed on the Board. I also volunteer for the National office doing a variety of assignments such as

holding the GF101 monthly classes, being a peer supporter and helping out with their Facebook group.

What's something you wish more people knew about Celiac Disease?

How much it can affect one's body if the gluten free lifestyle is not followed. That involves a proper diagnosis of a blood test and then a biopsy to understand if it is Celiac Disease or not. As this is a life-long condition it is best to be properly diagnosed on the outset as it makes future medical care so much easier when it comes to Autoimmune conditions.

How has your outlook toward a gluten free diet changed since you were first diagnosed?

Well, in 1980 there was NO awareness. In 1995 there was some awareness as that is when the tTg test came to market. In the early 2000's the gluten free world broke open and has not looked back and gotten better every year. I am still challenged by the "want a be's" who order gluten free meals and drink a beer with their meal or have a regular bun when dining - it sends VERY confusing messages to restaurants, however with advocacy it is getting better over time.

What's the best part about having Celiac Disease?

Eating a natural diet and not being tempted by some of the other food out there. For example, due to when I was diagnosed, I do not eat a lot of bread as I learned to live without it. Now, there is some excellent (brioche) bread on the market and I am for the first time in 40 years starting to enjoy bread again.

Welcome New CCA BC Board Member Ria

Submitted by: Arica Sharma, CCA BC Director.



Ria Gill, CCA BC Director.

How did you get involved with the BC Chapter of the CCA?

Within the past year, I have experienced many situations at large-chain restaurants where I have ordered the gluten free option on a menu and still received the regular option. I knew that receiving a gift card or a free meal was not going to solve the issue, therefore I began looking for opportunities to raise awareness for Celiac Disease. This past March I attended a career/volunteer fair which was held virtually

through UBC. It was at that fair that I saw the BC Chapter of the CCA was attending and so I decided to join their breakout session. It was there that I met Jessica, the current president of the BC Chapter. Since then, I have been able to be on the board of directors for the BC Chapter.

What areas of the organization do you hope to make most impact?

I have currently been raising awareness for Celiac Disease through social media, but I also hope to lead some support

groups for children and youth. Having Celiac Disease at such a young age can create a sense of loneliness during mealtime. Therefore, I hope to provide strategies to help ease the challenges that may arise when eating.

What's something you wish more people knew about Celiac Disease?

I wish more people actually knew what the disease is. There have been many instances where I have gone to restaurants and have asked if there are any gluten free options and I am then handed and vegetarian or dairy free menu.

How has your outlook toward a gluten free diet changed since you were first diagnosed?

Since I was diagnosed at a very young age, I have never had the opportunity to taste "real" bread, pizza, or other delicious items. Some people have tried gluten free bread and have told me that it tastes very odd, however, it tastes great to me! Nonetheless, there have been instances where I have wanted to try something that is not gluten free, but then I am reminded of the severe pain that I encounter when gluten enters my body, therefore, I am always able to resist the temptations.

What's the best part about having Celiac Disease?

Having Celiac Disease helps me eat a healthy and balanced range of foods. I feel as though if I did not have this disease, I would not be eating as many fruits and vegetables. It feels great to be putting nutritious food into my body and I am really not sure what my lifestyle would have looked like if I had not been diagnosed with Celiac Disease.



Messages From Your Leaders

Lists of Gluten-Free Items

You often see lists of gluten-free candy or see products that are advertised as gluten-free. Buyer beware. Please read the label every time! Although a list of candy that is gluten-free may be useful as a starting point, remember that the article might be written in the US and the product produced may be produced at a different facility with slightly different ingredients. Sometimes the name of a product, may even be a different product in Canada. Lists may be old; product ingredients may have slightly changed over time. The only way to be sure the product is safe is to read the label. In Canada, the label is a legal document. A website is not a legal document, and although most companies try to keep information accurate and up to date the website may not always be the most up to date information. Even phoning the Customer Support line does not guarantee accurate information. In fact, phoning may be a waste of your time as not all customer service reps have the training needed to answer your questions adequately and often make a safe statement like we cannot guarantee there is no gluten in our product.

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. Some groups are holding Zoom meetings.

Support Groups

Chilliwack Drop-In - First Saturday of each month.
Contact: Geraldine David 604-792-2119 or gdavid@uniserve.com.

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

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

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

Contacts for Newly Diagnosed in areas where there is no Group Meeting:

Abbotsford: Ute Tindorf will continue to support newly diagnosed in Abbotsford. If you are newly diagnosed and would like the assistance of someone with many years of being and supporting celiacs', contact Ute at 604-853-2610 or email at utet@shaw.ca.

Vancouver: 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 1-877-7362240 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.

PROMISE GLUTEN FREE



NOW AVAILABLE TO ORDER ONLINE

WWW.PROMISEGLUTENFREE.CA