

March 2021

Volume 1 Issue 160

Charitable Registration #
CCA BC 855544896RR0001
CCA 106844244RR0001

British Columbia

Celiac News

\$5.00 /Issue



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

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The 2021 Board of Directors and positions will be determined at the Annual General Meeting March 7, 2021.

CONTENTS:

Page:

3	President's Message
6	Celiac In the News
13	Celiac In the Kitchen
26	SaraBella's Gluten Free Café
28	The Polly Fox Bakery and Bistro
34	Message From Your Leaders

NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the June 2021 issue, please have them submitted by May15, 2021.

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

Please submit to:

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- 604-736-2229 / 877-736-2240
- CCA British Columbia
Letters to the Editor
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CCA Vision Statement:

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

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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@bcceliac.ca

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President's Message



Our Professional Advisory Council released this statement regarding the vaccine:

“Having a diagnosis of celiac disease should not affect the efficacy of the vaccine and should not be associated with any added adverse outcome from vaccination. It is important to clarify that celiac disease is not considered an allergy, and therefore, there is no anticipated need to take any additional precaution when proceeding with vaccination. The CCA like many other celiac societies and research groups has stated that this vaccine is likely safe for most patients who have celiac disease and have no immune compromise. A discussion with your health provider to consider your individual health situation is recommended.”

Social restrictions have been extended indefinitely here in BC. While these guidelines are important for our health and safety, loneliness and anxiety can be an unfortunate consequence of the isolation, especially for those who live alone. Our support groups have continued online each month on Zoom, and we welcome anyone to attend. Even if you are an experienced celiac, these meetings are just as much for social purposes as educational. If you do not have access to a computer, please do not hesitate to reach out to our telephone line, and we are more than happy to arrange personal phone calls to offer our support: (604) 736-2229.

We hit the ground running here at the CCA BC at the start of 2021. January 1st marked the launch of our new membership program. We have over 150 new members to date, but there's no reason to slow down. We decided to distribute this final newsletter to our expiring membership base, and we encourage you to consider joining us if you would like to stay connected with our Chapter in the future. Our plan is to continually bring you relevant celiac news, product discounts, and free access to events (including virtual events during the pandemic) to add value to your membership with us. Remember that by simply joining our organization, you are helping us strengthen our advocacy efforts for the celiac community in BC.

On March 7th, we will be hosting our Annual General Meeting via Zoom. Members and non-members are welcome to join, and we really appreciate having as many attendees as possible to add to our discussions. It is a great opportunity to learn more about our plans for 2021, and we have Dr. Jenny Jagers joining us to discuss the importance of education and advocacy among celiacs. As an added bonus, everyone in attendance will be eligible for a door prize to win gluten-free goodies. To join us, please register at: [bceliac.ca/events](https://www.celiac.ca/events)

In some personal news, I am expecting my first child in May! There have been pros and cons to experiencing pregnancy during the pandemic. Working from home has been a blessing, but my partner has not been allowed to attend doctor appointments and ultrasounds. Overall, both baby and mom are healthy, which is all that matters. The plan is to renew my role as President at the AGM in March, so you will most likely hear from our Vice President in the June newsletter while I take two to three months off from the Board. I leave you in the Directors' very capable hands – many of whom have been volunteering longer than me. Wish me luck on this exciting new journey as a parent!

All the best to you and yours in the new year,

Jessica Mejia



<https://www.celiac.ca/news-events/covid19/>

Mark Your Calendars

**2021 Canadian Celiac Association British Columbia
Annual General Meeting
Sunday, March 7, 2021
1:00 pm**

**Zoom meeting: Please contact info@bcceliac.ca
To let us know you will attend.**

We need a quorum of 10 members to attend the AGM, so your attendance would be greatly appreciated.

**Speaker: Dr. Jenny Suneby Jagers, PhD –
Critical Care Medicine, Medical Researcher - Physiology**



Dr Jenny Jagers, a medical researcher with a passion for patient advocacy, has a unique diagnostic story that begins and ends with the genetic ties to family and the importance of sharing your own celiac story. Diagnosed in 2003 with celiac disease, Jenny began a gluten-free dinner club, went on to run a celiac kids camp, and is now working to provide further medical education that helps physicians keep celiac disease in mind and aware of its prevalence. With experiences of being a medical professional, and a patient herself gives Jenny a chance to help express both sides of her celiac journey.

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Ask Jess: Nutrition Corner

Jess Pirnak is a Registered Dietitian and kindly volunteers her time to answer your questions at: nutrition@bcceeliac.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 private consultation. She can be contacted at: <https://www.foodyourself.com/contact-1/>



Q) Are nuts considered a high-risk item for people with celiac disease?

A) Great question and perfect timing as the Canadian Celiac Association Professional Advisory Council just updated the Food Labelling Guideline in February of 2021 to address this question! Nuts are actually not considered a high-risk item, which means

they do not need to be labelled gluten-free to be safe for people with celiac disease!

Unlike oats, lentils, flax and hemp, which are frequently cross contaminated with gluten-containing grains during the seeding, harvesting, transportation or milling stage of processing; nuts do not pose the same risk level. Why? Nuts are not typically grown in areas or in rotation with gluten-containing grains. So, go nuts for nuts!

But what about when the package of nuts has a precautionary statement and no gluten-free label? According to Health Canada they strongly recommend that individuals with wheat allergies or celiac disease AVOID products with a “May contain wheat” statement due to the possible presence of unintended wheat or other gluten sources. However, it is essential to understand that precautionary statements are not regulated and are done on a voluntary basis. Each manufacturer may or may not have their own criteria regarding whether a precautionary statement is used or not. Unfortunately, research has revealed that some products with AND without any precautionary statements have been found to contain a gluten source. So, more regulation and criteria is needed!



Stueball Linen Cookies

- 2 cups Namaste Perfect Flour Blend or Namaste Organic Perfect Flour Blend
- 3 tablespoons monkfruit
- 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

Mix together flour, monkfruit extract and vanilla using hand and set aside.

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

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

Roll dough into 3/4" round cookie sheets or cover as parchment paper.

Scrape 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.

Celiac Disease in the News

Submitted by Val Vaartnou

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

Exposure Sources, Amounts and Time Course of Gluten Ingestion and Excretion in Patients with Celiac Disease on a Gluten-free Diet

21 (18 had CD and 3 ate a gluten containing diet) adults with biopsy confirmed celiac disease, kept a diary of what they ate, and had urine and stool samples collected over a 10-day period. 'Doggie bags' containing ¼ portions of foods consumed were saved during the first 7 days. Gluten in food, stool and urine was quantified using A1/G12 ELISA. 12 of the 18 celiacs had gluten exposure and most were asymptomatic and unsuspecting they had been exposed. A strict gluten free diet is difficult to attain.

For more information: www.medscape.com/viewarticle/939322

University of Chicago, Dr. Chervonsky, MD, PhD Research Looks at Gut Bacteria and CD and Diabetes

Chervonsky and his colleagues hypothesized that some microbes process gluten into biologically active substances that contribute to inflammation. But which microbes do that—and how? The researchers delved into the question using the microbe *Enterococcus faecalis*, which digests gluten by secreting protease, an enzyme. They fed two versions of *E. faecalis* to microbiome-free mice: one version that secreted protease and a mutant version that did not. Of the mice fed the conventional *E. faecalis* that secreted protease, more than half developed diabetes. Of the mice fed the mutant version that did not secrete protease, none got diabetes. With that, the lab had done what had initially seemed impossible: it went from hoping to figure out what gluten does to the microbiota, to identifying one protein produced by one strain of bacteria that enables gluten to trigger diabetes.

For more information: http://www.cureceliacdisease.org/wp-content/uploads/CdC_Newsletter_IssueThree_FINAL-1.pdf

New Study Looking at Ways to Diagnose CD with Less Burden on the Patient

After a gluten challenge, IL-2 increases rapidly in patients with celiac disease, but not in controls, according to the study, which found a response in four hours. "The increase is associated with symptom severity and is one of the earliest and most dynamic soluble blood biomarkers of gluten exposure to date," the authors wrote. They noted that use of IL-2 is feasible for large studies, reducing the burden on patients because only a single-dose gluten challenge and minimal amounts of blood for testing are needed. Dr. Daniel Leffler at Takeda is the lead researcher on this study. "Different research focuses on different aspects of celiac disease," Leffler said. "Some [studies] look at intestinal damage, some at symptoms, some at white blood cells. This provides data to guide how to most efficiently study these issues so that we are asking patients who participate in research to have the minimal amount of gluten necessary for the study to be successful and help us better understand celiac disease."

For more information: <https://www.beyondceliac.org/research-news/research-tools-improve-ways-diagnose-celiac-disease>

GF Watchdog, Tricia Thompson, RD, Video detailing Testing of GF Foods

Did you know that 96% of labeled gluten-free foods tested through Gluten Free Watchdog test below 20 ppm of gluten? When foods do test out of compliance, the vast majority are grain foods. Of these grain foods, about half are oat products.

For more information: [Lessons Learned from 16 Years of Testing Food for Gluten | \(glutenfreewatchdog.org\)](https://glutenfreewatchdog.org/lessons-learned-from-16-years-of-testing-food-for-gluten/)

Tryptophan and Targeted Probiotics may Help Heal the Gut

A study led by researchers at McMaster University in Canada looked at targeting tryptophan metabolism in the gut of those who have celiac disease to better control symptoms that persist despite a gluten-free diet and speed up intestinal healing, according to a press release from the university. Tryptophan is an essential amino acid, which cannot be produced by the body and needs to be consumed through foods such as poultry, chocolate, bananas and cruciferous vegetables such as broccoli, cabbage and cauliflower.

For more information: <https://stm.sciencemag.org/content/12/566/eaba0624>

Alterations in Intestinal Microbiota of Children with Celiac Disease at the Time of Diagnosis and on a Gluten-free Diet

A study in Glasgow Scotland looked at the microbiota diversity of children with Celiac Disease when they were newly diagnosed and again at 6 and 12 months after being on a gluten-free diet compared to siblings who did not have CD. They concluded that microbiota diversity decreased on a gluten-free diet and compared to the control group without CD, specific bacteria were distinct markers of CD. However, it could not be determined whether these bacteria contributed to the children having CD. More study is required.

For more information: [Alterations in Intestinal Microbiota of Children with Celiac Disease at the Time of Diagnosis and on a Gluten-free Diet - Gastroenterology \(gastrojournal.org\)](https://gastrojournal.org/abstract/S0014-3981(20)00000-0)

Published August 10 DOI:

<https://doi.org/10.1053/j.gastro.2020.08.007>

Celiac Disease Patients have no Higher Risk of Contracting COVID-19 than General Population

An international team of researchers including Dr. Elena Verdu and Dr. Maria Ines Pinto Sanchez of McMaster University, had volunteers from celiac associations, electronic newsletters and social media, answer forty-one questions in a web-based survey that was available in English, Spanish and Italian. People with celiac disease tend to have more comorbidities including respiratory, cardiac, and diabetes, compared with control subjects. Patients with celiac disease were significantly less likely to have been tested for, and to have been exposed to, COVID-19, compared with control subjects. Just under 9% of 940 participants tested positive for COVID-19. Celiac patients do not face any higher risk of contracting Covid-19 than control subjects. Unfortunately, this study did not look at whether celiac patients have worse outcomes if they do contact COVID-19.

For more information: <https://www.celiac.com/articles.html/no-higher-covid-19-risk-for-celiac-disease-patients-r5368/>

Celiac Disease in the News

The Hidden Dangers of Protein Powders

An updated article by the Harvard Health Letter warned of the problems with protein powders on the market today. Many are high in sugar and calories and as they are supplements, there is no oversight on what is contained in the products. They may cause digestive distress especially if you have a sensitivity to dairy products. Some have been found to have high levels of toxins. Check out Clean Label Project's website (www.cleanlabelproject.org) to ensure the safety of products that you may use. The article recommends getting protein from healthy food sources.

For more information: <https://www.health.harvard.edu/staying-healthy/the-hidden-dangers-of-protein-powders>

Infant Antibiotic Exposure Tied to Celiac Disease and Many Other Childhood Health Disorders

A group of researchers mainly from the Mayo clinic, set out to see what they could learn about potential connections between antibiotic exposure in the first two years of life, and the risk of childhood immunological, metabolic, and neurobehavioral health conditions.

Of the 14,572 children in the study, over half were boys. 70% of the children had received at least 1 antibiotic prescription during the first 2 years of life. They found that early antibiotic exposure was tied to an increased risk of childhood-onset asthma, allergic rhinitis, atopic dermatitis, celiac disease, overweight, obesity, and attention deficit hyperactivity disorder. The number, type, and timing of antibiotic exposure all influenced the connections. Further study is required to maximize the benefits and minimize the risks of antibiotics in the first two years of childhood.

For more information: [https://www.mayoclinicproceedings.org/article/S0025-6196\(20\)30785-0/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(20)30785-0/fulltext)

Brain Scans May Provide Clues for Those Suffering from Gluten Sensitivity

A study out of England finds that those with gluten sensitivity have celiac disease like neurological issues. "Feelings of brain fog and headache each worsened in a consistent manner and by an overall significant magnitude after eating gluten," the study says, reinforcing the importance of a gluten-free diet for those with gluten sensitivity.

"Overall, our conclusions are that this is evidence that [gluten sensitive] patients potentially have slightly "unwell" brains in terms of our baseline measurements in ways which mirror what we see in celiac disease," Croall said. "And eating gluten appeared to lead to worse neurological symptoms."

For more information: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7454984/>

Gut Microbiota in Celiac Disease: Microbes, Metabolites, Pathways and Therapeutics

Researchers including Dr. Maureen Leonard and Dr. Alessio Fasano review the role of the intestinal microbiota on the development of chronic autoimmune disease including Celiac Disease. While research to date provides a solid foundation, most studies have been case-control and thus do not have capacity to explore the mechanistic role of the microbiota in CD onset. Further longitudinal studies and integrated multi-omics are necessary for investigating CD pathogenesis.

For more information: <https://www.tandfonline.com/doi/abs/10.1080/1744666X.2021.1840354>

Screening Only Way to Find All Children with Celiac Disease

The study by researchers at University of Colorado found that symptoms were not reliable predictors of which children would have celiac disease. And most children who had positive antibody screening did not have a family history of celiac disease. Screening is testing for health conditions and diseases when there are no risk factor, signs or symptoms. More than half of those with Celiac Disease may have no symptoms and not be identified by current recommendations for screening through blood tests for celiac disease. In addition to consequences for patients, diagnosis of CD through screening has implications for the healthcare system. Costs of unrecognized CD can include prescription drugs, primary healthcare visits and missed days of school.

For more information: <https://pubmed.ncbi.nlm.nih.gov/32701732/>

Celiac Disease Researchers Link Early-Life Environmental Triggers with Changes in the Developing Gut Microbiome

Dr. Maureen Leonard, a celiac herself and associated with the Centre for Celiac Research and Treatment at MassGeneral Hospital, was the lead researcher in a study that looked at the impact of three early-life environmental triggers on the microbiome during the first six months of life: birth delivery mode, antibiotic exposure and infant feeding type. Infants exposed to at least one of the three environmental triggers had alterations in the microbiome associated with immune dysfunction and inflammatory conditions. Those not exposed to any of these environmental triggers developed strong immune systems and anti-inflammatory effects. Based on these early results, researchers cannot yet link the microbiome alterations seen in this study directly to celiac disease onset, but "the results lay a solid and promising foundation for future studies," said Leonard. They plan to follow the 31 infants studied in a longitudinal study to provide more insight.

For more information: <https://mgriblog.org/2020/12/22/ceeliac-disease/>

Exposure to Microbes and Risk of Celiac Disease

A review of 135 studies in Oslo, Norway found that childhood infections correlated with an increased risk of subsequent celiac disease in nine studies, whereas maternal infections during pregnancy did not show a clear association. Microbes were linked to CD: *Helicobacter pylori* in four out of 16 studies, adenovirus in two out of nine studies, and enterovirus in two out of six studies. Rotovirus infections have also been linked to the development of CD.

For more information: <https://www.medscape.com/viewarticle/943274>

Celiac Disease, War, and Starvation

Submitted by: Arica Sharma, CCA BC Board Member

The following is a summary of the original article titled: [How Famine Under the Nazis Revealed the Cause of Celiac Disease](https://www.atlasobscura.com/articles/history-of-celiac-disease) by Anne Ewbank (<https://www.atlasobscura.com/articles/history-of-celiac-disease>) In 100 A.D., Greek physician Aretaeus of Cappadocia was confounded by patients suffering from weakness, malnutrition and diarrhea, which he dubbed *koiliakos*.



Image source:
www.bakefromscratch.com

Fast forward to 1924 when Dr. Sydney Haas theorized that complex carbohydrates like starch were to blame for the onset of celiac symptoms. Ripe bananas having little to no starch, became the prescription of choice world-wide for parents with children who were suffering, and mistakenly became the cure by Haas' account. His banana cure was highly revered in the United States, and was even supported by banana companies!

By the mid 1930's, pediatrician Willem Karel Dicke was on route to identifying the true cause of this mysterious ailment, even as the shadow of war began covering Europe.

In the winter of 1944, cities throughout the western Netherlands were going hungry as the Nazis began cutting off food supplies due to Dutch defiance. While working in the city of Hague's Juliana Children's Hospital, Dicke unexpectedly began seeing improvements in a group of celiac patients despite their starvation. *"The mortality rate of children in the Netherlands with celiac fell during the food shortage from **35 percent to nearly zero.**"*

As the war ended and allied troops began flooding the cities of the Netherlands, they brought with them gluten containing food, which those who survived were grateful for. Distribution of resources were directed to those in most need, including hospitals. Dicke's celiac patients again began displaying symptoms. This is what at last prompted Dicke to begin a study focusing on the diet and symptoms of 5 patients.

In 1950 his study was published, rooting wheat and rye to the cause of celiac symptoms. Gluten was eventually pegged as the singular trigger. Unfortunately, despite Dicke's visit to America in 1947 to further broadcast his findings, the medical society did not take him seriously at the time.

Celiac Disease affects as many as 1 in every 100 people in North America. As many as 350,000 Canadians could have this disease; however, many remain undiagnosed. (www.celiac.ca)

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Scotiabank Charity Challenge – Virtual Race 2021

Submitted by Val Vaartnou, Past President CCA BC

COVID 19 and the subsequent social distancing that we have all become accustomed to have changed the way we live. It also changed the way the Scotia Bank Charity Challenge happened. Like last year, the race this year will be virtual.



Last year's participants were engaged in several ways and participation was optional other than the race:

- *Facebook challenges*
- *Completing their run, wherever and whenever they wanted to during the set competition dates.*
- *Tracking their time and participation in the challenges*
- *Taking pictures and sharing on the CCA BC Scotiabank Run Facebook page*
- *Coupons from gluten-free vendors for participants*
- *Prizes from our generous sponsors*

At the time I am writing this article we are just receiving information regarding the 2021 Virtual Run.

VIRTUAL RACE DATES: Wednesday, June 2 to Monday, July 5

- **Pricing:**
 - 5K, 10K and Half Marathon Virtual - \$40
 - Kids Race 1K - \$25
 - Repeat and Threeppeat Challenge – CRS is looking at these initiatives to engage with the run/roll/walk community.
- **Race Packet Pickup:** Runners will be able to pickup at Forerunners and shipping will be available at an additional cost.
- **Runner Goodies:** Technical shirt, medal, additional swag as 2021 sponsors are finalized.
- **Referral Donation:** Charities will again be able to share a unique entry link and if successfully used, a \$5 donation will be sent to the charity post event. Please wait and register once we have our unique link so that we can benefit.

*The great news is that it does not matter where you live, you can take part in this year's run!
We would love to have you take part!*

Whether you live in Victoria, on Vancouver Island, in the Yukon, Kelowna, Kamloops or wherever in BC (Canada) you are welcome to join us.

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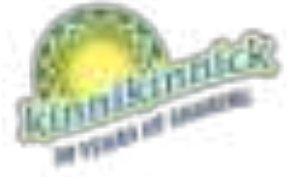
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Celiac in the Kitchen

Roasted Cauliflower Soup



Yields 6 portions. Thanks to <https://www.kinnikinnick.com/>

Serve with Cauliflower Morsels – see recipe in newsletter.



Ingredients:

- 2 medium heads cauliflower (1600 g)
- 2 tbsp olive oil (30 g)
- 1 tsp salt (5 g)
- 6 cups vegetable stock (gluten-free) (1500 g)
- 2 sprigs thyme - stems removed (4 g)
- 2 bay leaves (2 g)
- 2 tsp black pepper (4 g)
- 2 cloves garlic - chopped (7 g)
- 2 shallots - chopped (60 g)
- 2 cups cream 33% (480 g)

Directions:

Roasted Cauliflower (can be roasted in advance)

1. Preheat oven to 400°F (204°C).
2. Chop cauliflower into floret size pieces. Place florets in a bowl. Toss with salt and olive oil.
3. Place seasoned florets on baking trays (use 2 trays to spread out).
4. Bake in preheated oven for 20 - 25 minutes turning florets during baking process.
5. Remove from oven and let cool slightly.

Roasted Cauliflower Soup

1. In a 6-quart pot, add vegetable stock, thyme, bay leaves, pepper, garlic, shallots and roasted cauliflower. Bring to a boil over medium heat.
2. Reduce heat to medium-low, continue to cook until cauliflower is tender.
3. Remove from heat and let cool slightly (10 minutes). Remove bay leaves.
4. Transfer mixture in batches to a blender. Do not fill blender more than halfway. Cover blender with lid and hold lid with a tea towel (contents are extremely hot- may need to vent lid). Pulse the blender to start and then puree until smooth. Repeat with remaining mixture. Transfer puree back to pot.
5. Return to medium-low heat and slowly add cream.
6. Cook until soup is heated through stirring continually.

Optional Kelp Garnish

1. Heat 2 tablespoons olive oil in a medium skillet. Lay 6 kelp leaves in hot skillet.
2. Sear for 2 minutes until edges begin to crisp. Flip kelp leaves and cook other side for 2 - 3 minutes until crisp.
3. Remove from heat.

Assembly: Pour soup into serving bowls and garnish with crumbled crisp kelp. Drizzle with olive oil and serve immediately.

Celiac in the Kitchen

Cauliflower Morsels



Thanks to Kinnikinnick <https://www.kinnikinnick.com/>



Ingredients:

- 1 medium head cauliflower (800 g)
- ¼ cup Kinnikinnick All Purpose Flour Blend (40 g)
- 1 tsp baking powder (5 g)
- 2 large eggs (112 g)
- 1 garlic clove - minced (5 g)
- 1 cup grated cheddar cheese (85 g)
- ½ cup grated parmesan cheese (20 g)
- ¼ cup fresh parsley - chopped (12 g)
- 2 tsp thyme (2 g)
- ¼ tsp chili flakes (1 g)
- 1 tsp black pepper (2 g)
- ½ tsp salt (2 g)

Directions:

Roasted Cauliflower

1. Preheat oven to 375°F (190°C). Line a baking tray with foil and set aside.
2. Wash and trim cauliflower. Using a box grater, grate cauliflower on the medium setting into small fine pieces. Place on a foil lined baking tray.
3. Bake in preheated oven for 15 minutes, turning once during the baking process.
4. Remove from oven and let cool.
5. Using a cheese cloth, squeeze out any remaining moisture from cauliflower. Set aside.

Cauliflower Morsels

1. Preheat oven to 375°F (190°C).
2. Use 2 muffin trays or mini brownie trays. Brush 20 portions with olive oil. Set aside.
3. In a medium bowl, combine all ingredients including roasted cauliflower. Mix until combined. Divide batter into trays (20 portions).
4. Bake in preheated oven for 25 minutes.
5. Remove from oven (leave oven on) and carefully remove Cauliflower Morsels from pan. Place Cauliflower Morsels on a baking tray (bottom side up). Return to oven and bake for 5 minutes until golden brown and slightly crisp.
6. Remove from oven and let cool slightly on wire rack. Serve warm.

Yields 20 Morsels.

Celiac in the Kitchen

Billionaire's Bacon

Submitted by Arica Sharma, CCA BC Board Member

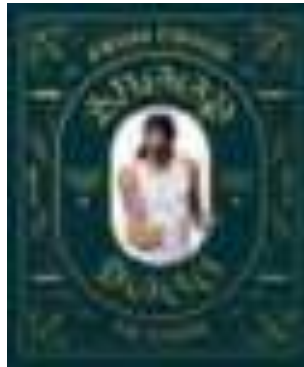
Source: From Crook to Cook (Snoop Dogg's cookbook)

Ingredients:

- ½ cup [100 g] packed light brown sugar
- 1 tsp cracked black pepper
- 1 tsp red pepper flakes
- 8 slices thick-cut bacon

Directions:

1. Preheat the oven to 400 degrees F [200 C], with a rack in the top third of the oven.
2. Line a baking sheet with aluminum foil, place a wire rack on top of the foil, and set aside.
3. In a small bowl, stir together the brown sugar, black pepper and red pepper flakes.
4. Lay the bacon slices on the rack. Spread the brown sugar mixture evenly over the bacon.
5. Place the baking sheet the oven and bake for 25 to 30 minutes, rotating the baking sheet halfway through the baking time to ensure even cooking. The bacon is done when it's crispy and glazed.
6. Remove the baking sheet from the oven and cool the bacon for 5 minutes on the rack, then serve.



Homemade Garam-Masala

Submitted by Arica Sharma, CCA BC Director

Source: [The Indian Recipe Book: Over 200 Deliciously Authentic Dishes by Shehzad Hussain and Rafi Fernandez](#)

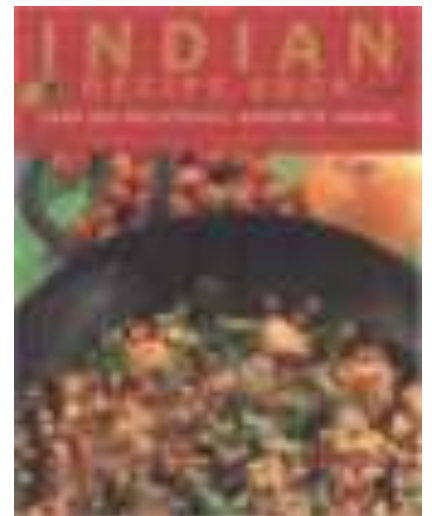
Garam masala can be purchased ready-ground in various mixtures. For an ultra-fresh, home-made variety, try this combination of spices.

Ingredients:

- 4 x 2.5cm/ 1" cinnamon sticks
- 3 cloves
- 3 black peppercorns
- 2 black cardamom pods, with husks removed
- 2 tsp black cumin seeds

Directions:

1. Grind the spices together in a coffee grinder or using a mortar and pestle until quite fine and use in any recipe calling for garam masala.



Celiac in the Kitchen

Gluten Free Samosas

Courtesy of [Gluten Free Samosa Recipe by Archana's Kitchen](#)

Usually, Samosas are a fried or a baked dish with a savory filling, such as spiced potatoes, onions, peas, lentils etc. This gluten-free version of samosas uses rice flour instead of all purpose flour and it is baked instead of fried. If you like this recipe, you can also try other Samosa recipes:

[Moong Dal Mini Samosas Recipe](#)

[Gobi Matar Mini Samosa Recipe](#)

[Mutton Keema Samosa Recipe](#)



Ingredients:

- 2 potatoes (Aloo)
- 1 teaspoon cumin seeds (Jeera)
- 1 onion
- 1/2 cup green peas (Matar), boiled
- 2 tablespoon butter
- 4 rice paper rolls
- 1 tablespoon garman marsala powder
- Salt, to taste

Directions:

1. To begin making the Gluten Free Samosa recipe, peel, dice and boil the potatoes. Mash the potatoes and set aside in a bowl.
2. Heat up butter in a pan and splutter the cumin seeds and then fry the diced onions. Cook till the onions are soft and translucent.
3. Add the cooked onion and spices, salt to the potatoes. Mix until well blended.
4. Add the boiled peas into the potato and set aside. Preheat your oven to 425 F.
5. Fill a large bowl 1/4 full of water. Place the rice paper into the water one sheet at a time. Soak for 1-2 minutes until it is soft.
6. Place the softened rice paper onto the counter and place 1- 2 tablespoon of potato mixture onto the center. Fold the bottom up first, then fold the sides in, fold the top down last. Follow the same steps for each samosa. Place onto a well-oiled pan, brush the samosa with oil as well.
7. Bake them for 20 to 25 minutes turning a few times throughout. Serve hot.
8. Serve Gluten Free Samosa along with [Dhaniya Pudina Chutney](#) and [Masala Chai](#) .

Rice Wrap Dumplings

These gluten-free rice wrap dumplings are easy to make. You should have a bamboo steam to cook them however they are easy and quick to make.



Picture from [corriecoops.com](#)

Ingredients:

- 1 lb of minced pork
- Prawns to taste (I use frozen prawns)
- Green onions finely chopped
- 4 tbsp gluten-free soy sauce (I like Tamari or San-J)
- 2 -3 tbsp sherry
- 1 tbsp sugar
- Salt and pepper to taste

*** For the dumpling I use rice wraps.

Directions:

1. Finely chop cleaned prawns and green onions.
2. Combine all other ingredients other than the rice wraps, in a bowl.
3. To make the dumplings, use a pan or skillet and fill with hot water. Dip a rice wrap in the water for a few seconds and then lift out shaking gently over a sink to get the excess water off. Lay it flat on a plate. Use a second rice wrap to make stronger and avoid leakage. Put 1 tbsp of filling in the centre of the rice wraps.
4. Fold both sides to one over the other to cover the filling and then pinch the top and bottom flaps together to close it off.
5. Cover the bottom of a bamboo steamer with parchment paper so the dumplings do not stick and place dumplings in, so they are not touching one another.
6. Put the steamer in a sauté pan or skillet with about an inch of water. The pan must be larger than the steamer.
7. Turn the heat on the stove to medium high and cook/ steam for about 20 minutes.
8. Serve with some tamari and sriracha sauce or whatever you like.

Celiac in the Kitchen

Gluten Free Salted Carmel Blondie Bites

Courtesy of E.D. Smith

<https://www.edsmith.com/en/recipes/gluten-free-pumpkin-spice-blondie-bites>

Ingredients:

Blondies:

- 1/2 cup (125 mL) gluten-free flour
- 1 tsp (5 mL) ground cinnamon
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) ground ginger
- 1/4 tsp (1 mL) each ground nutmeg and cloves
- Pinch cayenne pepper
- 1/2 cup (125 mL) butter, melted
- 3/4 cup (175 mL) packed brown sugar
- 1/4 cup (60 mL) maple syrup
- 1 egg
- 2 tsp (10 mL) vanilla extract
- 3/4 cup (175 mL) ED SMITH® Pure Pumpkin

Salted Caramel:

- 1/2 cup (125 mL) granulated sugar
- 3 tbsp (45 mL) 35% whipping cream, at room temperature
- 1/4 cup (60 mL) butter
- 1 tsp (5 mL) flaked sea salt, divided

Directions:

Blondies:

1. Preheat oven to 350°F (180°C).
2. Line 8-inch (20 cm) square baking pan with parchment paper.
3. In bowl, whisk together flour, cinnamon, baking powder, salt, ginger, nutmeg, cloves and cayenne pepper; set aside.
4. In large bowl, stir together butter, sugar and maple syrup; stir in egg and vanilla. Stir in pumpkin. Stir in flour mixture, mixing just until blended. Scrape into prepared baking dish.
5. Bake for about 35 minutes or until a few moist crumbs still adhere to tester inserted in centre. Let cool completely on rack.

Salted Caramel:

1. Meanwhile, add sugar to small heavy-bottom skillet. Pour in 2 tbsp (30 mL) water. Cook over medium heat, without stirring, for 7 to 10 minutes or until golden brown throughout, swirling gently if sugar is browning unevenly.
2. Carefully add cream, stirring in slowly with wooden spoon until combined. Cook for 2 minutes. Remove from heat; stir in butter and 1/2 tsp (2 mL) sea salt. Let cool completely.
3. Drizzle caramel over blondies. Cut into squares. Sprinkle with remaining sea salt.

You can also stir in 1/2 cup (125 mL) chopped toasted pecans if you like.

Wrap and freeze the blondies – they're great make-ahead treats.



Naturopathic Doctor's Education

By Dr. Karly McMaster, ND



Did you know that naturopathic doctors are fully trained in the diagnosis and treatment of celiac disease? The fundamental principles of naturopathic medicine include treating the root cause of disease, and often naturopathic doctors (NDs) see patients for chronic concerns like autoimmune diseases, including Celiac disease. Not only are they able to order standard lab work for diagnosis and management of Celiac disease, but they also receive over 400 hours in clinical nutrition counselling and herbal medicine, and can offer guidance in establishing a safe gluten free diet for patients with Celiac disease. Keep reading to learn more about naturopathic doctors' education!

Prerequisites:

Naturopathic medical school admission requires a bachelor's degree, no less than 90 credits from an accredited post-secondary institution upon entrance to the program. Prerequisite requirements for admission include biology, chemistry, organic chemistry, biochemistry, psychology, English/humanities. Additional courses in medical sciences, cultural studies, environmental studies, research, and business are recommended prior to starting the program. Other than academics, candidates are interviewed to evaluate their character, critical thinking and communication skills, and professionalism.

Naturopathic Medical School:

There are currently only six accredited naturopathic medical schools in North America; two of which are in Canada. Each 4-year, full-time program is slightly different, but all graduates are required to pass the same standardized licensing exams, NPLEX, and any further jurisdictional board exams where they intend on practicing. Naturopathic medical school takes a holistic approach to learning, much like the grounding principles of the medicine. Academic curriculum includes approximately 4,800 hours of class and preceptor learning and approximately 1,200 hours of clinical education, which culminates the professional Doctor of Naturopathic Medicine designation. Academics are based around a system-approach where the focus is cohesive between anatomy, physiology, biochemistry, pathology, diagnostics, and pharmacology. Furthermore, students learn all the modalities of naturopathic medicine to guide their clinical management with courses in nutrition, herbal medicine, traditional Asian medicine and acupuncture, homeopathy, physical medicine, and counselling.

Licensing & Board Exams:

After graduation from an accredited naturopathic institution, graduates are required to successfully pass the NPLEX (Naturopathic Physicians Licensing Examinations), which are the standardized licensing exams for North American naturopathic doctors. NPLEX I is the first licensing exam that focuses in all biomedical sciences (biology, chemistry, biochemistry, anatomy, pathology, etc.) and may be taken after completion of the biomedical coursework at an accredited naturopathic institution (generally after the second year of the medical program). NPLEX II is a 3-day series of exams focused on the clinical sciences (diagnostics, herbal medicine, homeopathy, nutrition, physical medicine, emergency medicine) with additional elective exams in acupuncture, pharmacology, and minor surgery. These exams may be taken after successful completion of NPLEX I and graduation from an accredited naturopathic institution.

In British Columbia, NDs are required to have successfully completed NPLEX I and II, and successfully completed the BC jurisdictional practical board exams governed by CNPBC (College of Naturopathic Physicians of BC). These exams are comprised of practical examination of each candidate's ability in diagnostic's and management of disease, physical examination skills, emergency medical skills, physical medicine, and naturopathic manipulation (similar to "chiropractic's"), as well as the jurisprudence written exam. Only after completion of these exams can a candidate apply to the college for licensing, use the "ND" designation and practice medicine.

Continuing education:

NDs in BC are required to complete 40 hours of continuing education every two years, which can be obtained by taking various approved courses. Continuing education ensures doctors are up to date on the latest research and available treatment options.

Naturopathic practice:

Naturopathic doctors don't have "specialties" like gastroenterology because one of our principles is to treat the whole person. Every individual is a complex being and the same condition can present very differently in different people. For a condition like Celiac disease, many people may originally present with only digestive concerns, but for others they may experience migraines, anxiety, depression, skin irritation, joint pain, etc. Autoimmune conditions are complex and chronic in nature, so it's crucial that a thorough history is taken and treatment plan is established that is going to lead each person forward in their journey to health.

An initial consultation with a naturopathic doctor is typically 1-hour long and includes a full medical history, review of previous lab work, and any indicated physical exams. Because the visit is longer than a standard medical doctor's appointment, it allows the ND to address all the pieces of each person's puzzle and helps to determine the best individualized treatment plan for that specific person's needs. The consultation allows enough time for the patient to truly be heard so the doctor and patient can work together in creating the best plan and empowers the patient to be a part of their own health care team.



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Celiac Pregnancy: FAQs



Submitted by: Arica Sharma, CCA BC Board Member with Jessica Pirnak

Jess Pirnak is a Registered Dietician who kindly volunteers her time to write newsletter articles for us, and answers questions from our members.

Jess can be reached at nutrition@vancouverceliac.ca if you have any questions.

She can be contacted for at: <https://www.foodyourself.com/contact-1/Q>.

Question	Answer
I have Celiac Disease and just found out I'm pregnant, now what?	Start taking a prenatal vitamin, watch the caffeine intake and stop drinking alcohol.
Am I considered a high-risk pregnancy if I only have Celiac Disease?	Not necessarily!
Doctor or Midwife?	Your call!
My Doctor just tells me to stay GF, is that all I need?	And make sure you are eating a balanced diet!
Are there tests I should ask for?	Check your ferritin, this regulates iron.
Should I be scouring my kitchen for possible gluten all the time?	Keep up with your cross contamination avoidance routines - make sure your kitchen is always safe!
Am I still allowed to eat take-out?	Of course but no raw fish!
Should I only eat what I have cooked?	You can eat out but make sure you ask your server questions to keep your food safe from cross contamination.
Miscarriage is terrifying me, what can I do to avoid this?	Miscarriage is nothing you have done.
Are there types or brands of vitamins that are better or worse?	Look for supplements that have minimal non-medicinal ingredients. The non-medicinal ingredients should just be the capsule! Choose a vitamin that contains 0.4 mg folic acid, 16-20 mg of iron, vitamins B12 and Vitamin D.
How do I know what quantity of vitamins/ proteins I need?	This is very individual but in general aim to eat a variety of food - whole grains, lots of different colours in the produce department, heart healthy fats and lean protein.
Can I exercise?	Yes, but do not start a new activity.
What foods other than gluten should I avoid?	Raw fish, sprouts, and cantaloupe.
What drinks other than alcohol should I avoid?	Drink lots of fluid and limit caffeine intake to 300 mg/day.
Is there a limit to how much food I should allow myself to eat?	In the 2nd and 3rd trimesters add in more calories! But only about an additional 500 calories/day.
I am concerned about the cost of a nutritionist/ dietitian. What resources are available to me if I have a financial set-back and still wish to continue to receive treatment?	Your doctor can refer you to an outpatient dietitian at the hospital (for free), but the wait times tend to be long.
How frequently do I need to see a nutritionist/ dietitian during and after pregnancy?	Depends on how you are doing! It usually takes 2-4 appointments (in general) to solidify a plan.



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Baby Steps – Celiac Pregnancy (Good for Everyone Too!)



Submitted by: Arica Sharma, CCA BC Board Member with Jessica Pirnak, Registered Dietitian

You have been on top of it all!

Track, and record your cycle? Check! Eating healthy? Check! Pre-natal vitamins? Check! Maintaining a healthy body weight? Check! You have been planning and preparing for the adventure ahead!

But what if you haven't?

We like to imagine that when a baby enters our world, it will be a beautifully choreographed effort by yourself, and loved ones into making, then raising one of the biggest decisions of your lifetime! But sometimes Life shows up, and says Congratulations all the way from left field! If you're at the point of no return, and are anticipating your baby's arrival, there are some important steps you need to take.

1. **Visit your family doctor!** This is a simple one that sounds obvious, but getting a medical health professional on your side is the first step into preparing yourself for what's to come. Now is the time to talk about family health histories, and what preventative measures you may need to take to ensure a smooth pregnancy.
2. **See your Midwife!** In Canada, unless you're considered a high-risk pregnancy, your primary care provider may be a Midwife who is specialized in the

care of pregnant people and their newborns. Learn more about this specialized care option here: <https://www.bcmidwives.com/>

- a. Getting regular tTG tests is a vital part of on-going celiac health. If you haven't been doing so, now is the time! This will help deduce if you are inadvertently ingesting gluten. Your results will determine what steps you need to take in eliminating potential contaminants in your life.
- b. Bloods tests to screen for any nutrient deficiencies will be an on-going effort, so if you aren't already filling your tummy with nutrient rich foods, and vitamins, get to it!

3. **Getting yourself a Dietitian/ Nutritionist** can be part of becoming healthy. Now you even more seriously ask yourself – what should I eat?

This is a question newly diagnosed celiacs are seemingly plagued with, but the needs for a Pregnant Celiac aren't too different than someone who is newly diagnosed. Keeping it simple is the best way to go! Avoid thinking about what you cannot eat, and focus on what you need. Your primary goals are to get the right vitamins in your diet for healthy development of your own body, and that of your baby.

What do you need?	Why? (The below are just one-liners, each vitamin has a host of useful functions!)	Where to get it
Iron	Your body uses iron to make hemoglobin, a protein in red blood cells.	Cold cereal, hot cereal, chickpeas, lentils, mussels, pumpkin seeds, molasses
B12	Vitamin B12 helps keep the body's nerve and blood cells functional, and helps make DNA.	Dairy, meat, Red Star Nutritional Yeast
Calcium	Calcium is stored in bones and teeth, where it supports structure and density.	Cheese, cow's milk, soy milk, tofu, almond butter, salmon, kefir
Zinc	Zinc makes proteins and DNA.	Pumpkin seeds, legumes
Copper	Helps maintain a healthy metabolism, promotes strong, healthy bones, and ensures your nervous system works properly.	Shell fish, nuts and seeds
Folic Acid	Helps make healthy red blood cells, which carry oxygen around the body. If lacking in folic acid, the body can make abnormally large red blood cells which function improperly.	Asparagus, avocado, beets, cooked broccoli, spinach, collards, legumes
DHA	Omega-3 fatty acid is essential for brain development during pregnancy and early childhood. It is also linked to improved heart health, better vision, and reduced inflammatory response.	Cold water fish, walnuts, hemp seeds, flax seeds, chia seeds and pumpkin seeds
Vitamin D	Antioxidant, anti-inflammatory, anti-cancer, mood stabilizer and immune booster.	Cow's milk, non-dairy milks, salmon
Vitamin C	For women who have an increased risk of iron deficiency.	Broccoli, grapefruit, kiwi, mango, oranges, tomatoes, sweet peppers

Baby Steps – Celiac Pregnancy (Good for Everyone Too!)

Creating a schedule or meal-plan can make a big difference in sticking to a healthy dietary routine. We all have busy lives be they social, professional, family or other, and food shouldn't have to add to any stress.

Knowing what's on the menu in advance will contribute to effective time management – no more worrying about what's for dinner or roaming around the grocery store several times per week.

You will also see a more consistent grocery bill. If you can plan your meals to roll-over, you will quickly notice how much money is saved. For example, if you eat roast veggies with eggs for dinner Monday, take those roasted leftovers to make for Soup Tuesday. This will also contribute to less waste!

Don't be too hard on yourself. Making these changes

over-night is difficult. Ask! It's OK if you cross some hurdles or blockades. Tell yourself you are IN this – and we tell you to remember you're not in this alone! We are Celiacs too, with resources and experience available to you via [phone](#), [email](#) or [social media](#).

Take a look at our [website](#) for: [Restaurants guides](#) for dedicated gluten free kitchens, our [recipes page](#) for great GF selections, and our [past newsletters](#) for some highly educational articles! [Membership](#) benefits allow you access to virtual meetings, peer support and more – all for only \$20/annually.

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Featured Business: SaraBella's Gluten Free Café

Submitted by Julie Clement, CCA BC Director



That things must be done differently now is a given as we approach the twelve-month mark of the COVID-19 pandemic. Even gathering articles for our newsletter has been affected, so for this issue we sent some questions to Katherine Taylor, owner of SaraBella's Gluten Free Café in Chilliwack, and hope that you will enjoy reading about her experiences catering to the gluten free community.

Katherine Taylor, Owner SaraBella's



What is your work background?

I grew up working on a farm and did a short stint as a carpet cleaner before I got into the barista life. I started working in coffee shops about 13 years ago and while I fell in love with the work, I realized that I didn't enjoy working for other people.

What prompted you to start your gluten free business? Do you have people in your family with celiac disease or other gluten-related conditions?

About 10 years ago I made a new friend who happened to be celiac. At a time when I was often baking for get-togethers with friends, I felt bad that this friend could never actually eat anything. I started by making cupcakes from boxed cake mixes but quickly realized that they were pretty terrible. I wanted to do better than that, so after a fair bit of research, I was purchasing different gluten free flours and mixing my own blends based on what I had learned. I had a lot of duds, but eventually the blend I made was turning out really well in a lot of different recipes.

Around the same time, I was taking classes so I could learn how to write up a business plan and get things rolling to start my own coffee shop. One of the things I learned was that coffee shops are a dime a dozen and if you don't have something to set you apart from the competition, you'll probably not make it. That's when I decided to merge my dream of opening a coffee shop and my hobby of gluten free baking. Once those pieces fell into place, I took a management job at one of the first coffee shops I'd ever worked at so that I could get the experience I needed to run my own. In 2015 I quit that job to pursue the dream. I spent a year looking for the right location, and in August 2016 I signed the lease and after major renovations we officially opened in March 2017.

How many of your staff are celiac? How do the team stay up to date on the needs of people eating gluten free?

At the moment, none of my staff are celiac though one of them has a sibling who is. We get a lot of customer feedback which is super helpful. People let us know what

they wish they could eat and if it's something we can make happen, we do our best to do it. I love to wander the specialty food aisle at the grocery store to see what's new and I'll often try what I find just to see what we are competing with. I

also just really love food, and since I'm not celiac myself, when I find something I really enjoy I'll start figuring out in my head how I could make it gluten free or vegan (we do a lot of that as well). That's actually one of my favourite things about what we do. Taking regular recipes/meals/treats and making them gluten free and vegan by adjusting the necessary ingredients instead of looking up specific recipes that are meant to be gluten free. I love the challenge of converting recipes and making them work! Not being gluten free ourselves really gives us an edge; if something doesn't taste as good as the regular gluten-filled version then it's not something we want to put our name on. Our products taste just as good as the regular stuff!

Where are your products produced? Is the facility dedicated gluten free?

Currently, all our products are produced in our café in Chilliwack and we are a dedicated gluten and nut free facility. With the new products we've been able to launch during COVID-19, we'll be looking to expand soon to keep up with the demand. We will always be 100% gluten free, though I would love to have one bakery location that does everything vegan but that isn't nut free.

What is your bakery known for? What are your best sellers? What is your personal favourite?

We're known for our huge variety of baked goods. On any given day we have 30+ different treats to choose from in our bake case as well as our menu items and coffee options. I would have to say that our best sellers are our oat fudge bars and our cupcakes. My personal favourite is either our banana brownie with cream cheese icing or the wowbutter confetti bar.

What have been the main challenges and successes you have faced?

I think our biggest challenge in the first year was consistency, but as we've evolved, I think we face the same challenges that all newer businesses face; things like keeping wage costs low without compromising customer service, staying relevant with new products, and making sure your team works well together. Our greatest successes have been the various new products we've been able to launch over the years: our dry mixes that are currently being carried by 9 other businesses, and our frozen take-and-bake cookie pucks, pies, and pizzas.

Do you deliver? To what areas?

We don't offer delivery, but you can purchase our dry mixes on our website and have them shipped anywhere in Canada! <https://sarabellasgf.com/>

Featured Business: SaraBella's Gluten Free Café

What do you see as the future of your business?

I see the future of our business as having other stores carrying our products. We want good gluten free products to be accessible and our first goal is to be in retailers all the way across Canada.

How have you adapted during the pandemic? What has been your greatest challenge, or has there been a silver lining?

We have made a lot of changes during the pandemic. We've switched to takeout only, and we launched several new products in our retail freezer that we just didn't have room or time for before. The greatest challenge has been juggling all these new things all while staffing less. The silver lining has been that we have launched more new products this year than any year before, and we've been able to make significant changes to staffing and operations that we needed to make before but just weren't able to due to customer expectations.

If you were starting over, would you do things differently? Is there any help or support that you wish had been available?

If I could start over, I would do a lot of things differently. I would start with being open fewer hours, having a more limited menu to start, fewer staff. Basically, growing into the demand a little better than we did. It would have been nice to have a mentor to offer guidance with opening a new business, but we made things work!

What would be the most important piece of advice you would give to somebody newly diagnosed with celiac?

Don't panic! It's overwhelming, but there are so many good

products available these days. If you can find a good one-to-one gluten free flour blend (I recommend SaraBella's flour mix) you can continue to use all your favourite recipes without even thinking about it. It's so much easier when you don't have to find new recipes for everything.

SaraBella's Contact Information:

Address: 101-8705 Young Rd, Chilliwack BC V2P 4P3

Phone: 604-392-3378

Website:

<https://sarabellasgf.com>

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Nutrients to Support Your Immune System

Submitted by Val Vaartnou, CCA BC Board Member

Avoiding cold and flu is important and the best way to support your immune system is through food. The following chart indicates the important nutrients and which foods to take to obtain these nutrients naturally. Eating organic is preferred, especially if the food is one of the [dirty dozen](#). Ensuring the food is cleaned carefully does help.

<p>Vitamin C</p> <ul style="list-style-type: none"> • Citrus fruits (preferably) and juices • Kiwi fruit • Red and green peppers • Broccoli • Strawberries 	<p>Vitamin E, an antioxidant</p> <ul style="list-style-type: none"> • Almonds • Sunflower seeds • Hazelnuts • Peanut butter 	<p>Zinc, Important in production of immune cells</p> <ul style="list-style-type: none"> • Oysters • Baked beans • Cashews • Chickpeas
<p>Carotenoids, antioxidants, best absorbed when cooked or eaten with fat, note orange and green.</p> <ul style="list-style-type: none"> • Carrots • Kale • Apricots • Papaya • Mango • Sweet potato • Spinach • Collard greens 	<p>Omega 3 fatty acids, suppress inflammation, help protect against autoimmune disorders.</p> <ul style="list-style-type: none"> • Oily fish (mackerel, tuna, salmon, sardines, herring and trout) • Chia seed • Flaxseed • Walnuts 	<p>Always consult your healthcare provider first before changing your diet and weigh the pros and cons</p>

Featured Business: The Polly Fox Bakery and Bistro

Submitted by Julie Clement, CCA BC Director

When sisters-in-law Kelsey Krahn and Kaitlin Simoes opened The Polly Fox Bakery and Bistro in Abbotsford in 2016 it is fair to say the pandemic was not on their radar. BC Chapter Board Member Julie Clement chatted with them about the challenges and opportunities they have faced in the last few years.



Kelsey had a long history working in the food and beverage industry, whilst also attending Emily Carr University. After graduating and working as a photographer, she found herself drawn back into food and baking, working as a senior baker and recipe developer. Kaitlin has a diploma in Hotel and Restaurant

Management and had spent her career working in various aspects of the hospitality industry including hotels, banquet and convention coordination, spas and food and beverage.

Having grown up in the suburbs of Vancouver, there was nothing gluten free on the market when Kelsey was diagnosed with celiac in 2004. A whole lot of blood, sweat and tears went into home baking projects to fill the void. Fast forward to 2016, and the gluten free culture had grown exponentially, however, the suburbs were still missing a fresh source. The Polly Fox was born to become a local staple for those in need - and for those who just need a great coffee and afternoon pick-me-up, celiac or not.

Julie asked whether they try to recruit staff with celiac disease, and how they keep those staff up to date. "While we don't have any celiac staff members at the moment, we do have a few that avoid gluten as a preference. When hiring, we find that we naturally attract individuals with food sensitivities, allergies or dietary preferences. We have really great open communication with our staff and encourage questions and conversation - if anyone is unsure of a product, an ingredient, a manufacturer, we love to chat about it and clear the air."

All Polly Fox's products are produced on-site in their dedicated gluten free facility. Their products now include quite a few vegan options, which has been wonderful for the vegan community that can otherwise be forgotten. Their best sellers are hands-down the Vegan Apple Fritters and the Salted Cowboy Cookie. As for choosing personal favorites, that proved a tough one... For Kelsey, the Vegan BLT on Focaccia and the Vegan Baked Donut. For Kaitlin, a Vegan Cashew Bar and Vegan Seasonal Bowl.

Whilst the global pandemic has brought its own challenges, Kelsey and Kaitlin have had other issues along the way. They explained some of the problems with sourcing and

the cost associated with gluten free ingredients; it becomes difficult to stay competitive with pricing when everything has enormous mark ups. As for their biggest successes? "Winning Best New Business of the Year! That was such a huge personal achievement. But also becoming known as a local staple and source of information and support for those with food allergies and intolerances. There was a lot to learn while opening The Polly Fox: local bureaucracy for obtaining permits, timelines almost always being a mere suggestion, and the immense need for work/life balance!"

During the first wave of COVID 19, the Polly Fox closed their doors and operated as pre-order only. One day per week was dedicated to curbside pick-up, and one day per week was local delivery. It was a great pivot for Kelsey, Kaitlin and the team to stay relevant, and to continue to get product out the doors and to their guests. The biggest challenge was anticipating day-to-day needs, the prospect of new mandates and protocols, and ensuring that everyone stayed safe and healthy. Experiencing a drop in revenue has of course been challenging, "We cannot express enough how important it is to support your local businesses right now."

For now, the Polly Fox does not deliver but the pandemic has created an interesting shift in consumer habits: there seems to be a higher focus on keeping spending local, an ease of purchasing, and online sales. They are taking a bigger look at their retail products, and how to provide greater accessibility to the market. "We would love to broaden our humble shop and find great "stockists" in new communities!"

Julie asked if, given everything they know now, they would do things differently if they were starting over. "We actually wouldn't do anything differently! It has all been such a big learning experience that we have been able to use the learning during this bizarre new season that we are all blindly navigating. Beginning a new venture is daunting, and in that moment, it would have been helpful to have a local support system to help guide necessary permits, building resources, important timelines. Something to help take the guesswork out of such foreign territory."

And finally, a last piece of advice for someone newly diagnosed with celiac - "Read labels and know your ingredients. Gluten is tucked away in so many things and has so many different names. It gets easier!"

The Polly Fox can be found at:

33780 Essendene Ave
Abbotsford, BC
(T) 604-744-1881 and
check out their website
[The Polly Fox.](#)





CLOUD 9
GLUTEN-FREE

Spring Up Your Baking!

Try this Cloud 9 Classic Lemon Bundt Cake



For the bundt cake, you'll need:
1 1/2 cups Cloud 9 All Purpose Baking Mix
1/2 cup Baking Soda
1/2 cup of Salt
25 Cup Sugar
75 Cup White Butter

4 Eggs
1/2 cup of vanilla extract
For the lemon glaze, you'll need:
1/2 cup of Sugar
1/2 cup of lemon juice

Easy to make instructions:

1. Preheat oven to 350°F
2. Mix 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, mix by hand until well incorporated
5. Alternately add 1/3 cup of ingredients, add from the butter and the baking mix
6. Sprinkle with 1/2 cup of vanilla extract, mix until well combined
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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Rules: Follow @cloud9glutenfree and #cloud9glutenfree

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Calgary Education Committee Reaches Out

Submitted by Dr. Jenny Jagers, PhD



Many times, a medical doctor can solve our biggest woes, and their investigations can lead to a diagnosis that changes a life. For patients with Celiac Disease, these answers can still take as many as 10+ years to find and, for some, many of the problems that come along with Celiac Disease don't end with the diagnosis. Many of those with chronic illnesses, can eventually feel that their medical team is sometimes lost or even less knowledgeable of their situation than they are. Many are hungry for further knowledge after a diagnosis, especially if health doesn't return quickly. Even if/when recovery does occur, many patients will still wonder if they can do more. For an individual patient, focused on their own illness, feeling that their physician isn't their ultimate source of information can feel isolating and scary.

Physicians, as much as they want to help, often face steep hurdles in their practices. These can stem from time constraints, system limitations, and restrictions on resources. Additionally, science is moving forward at an incredible pace. The knowledge amassed within a year of graduating medical school is overwhelming and doesn't slow down over years spent in practice. Even the education regarding Celiac Disease within current gastroenterology classrooms is sometimes sadly minimal amidst the bevy of other intestinal disorders and diseases. Having resources that are easy to access and up to date can be invaluable when trying to keep up, resolve a patient's issues, and perform follow up care, but these resources are incredibly hard to find. Even the time needed to find them is often a barrier for physicians.

This problem is multi-layered and complex, but for the past year, progress towards greater awareness and education for medical professionals has been underway within the Calgary Celiac Association's Education Committee. The

Committee, along with key members from other chapters such as British Columbia, have been developing an educational program aimed at medical professionals who are most likely to suspect, diagnose and treat those with Celiac Disease. This includes general practitioners, nurse practitioners, gastroenterologists, endocrinologists, rheumatologists and even reproductive and fertility specialists among many others.

The program focuses on current knowledge of Celiac Disease and summarizes years of research into actionable practices that promote early diagnosis and appropriate follow up care. Within the program, non-medical aspects such as where a patient may find more peer supports, like the Canadian Celiac Association, as well as when to rely on dietitians and other consultation resources are simplified and provided. As a priority, this program appeals to medical practitioners in terms of actionable items and easy solutions, with end goals of shorter time to diagnosis, improved follow up care and delivery of resources to the newly diagnosed. The program also is respectful and realistic of the expectations and time a physician may have when working within a busy practice. These aspects make this program very different from the usually care-orientated, and interpersonal supports typically seen within organizations such as the CCA, which could mean it will be impactful to a group not currently impacted by recent efforts for awareness and education.

By approaching support from a new perspective, the program aims to help physicians navigate the ins and outs of Celiac Disease from an educational point of view, alerting them to the high prevalence, and providing guidance for follow-up care. This may relieve some anxieties of the unknown, reduce stereotypes/misinformation, inform physicians of the numbers of patients they should expect to find having Celiac Disease, and how to ensure their time is optimized. Potentially having the information available will also inspire those physicians who are unaware of Celiac Disease, to pursue this prospect for the first time.

The program is currently under development and will hopefully become available to medical professionals in fall 2021. Several educational institutes who support and develop continuing medical education in Canada will be given the materials at no charge so that they can be offered to the widest audience possible. The committee is hopeful to see the outcomes of this in as little as 1 year after distribution within our local community. Potentially, the program may be available through other avenues such as patient advocacy, universities, medical schools and various conferences.

As a team, the Education Committee, is a diverse group, ensuring a well-rounded perspective on this project. The project was spearheaded and initiated by Dr. Jenny Jagers, PhD, shortly after attending medical school and realizing the deficits surrounding current medical education. Jenny

Calgary Education Committee Reaches Out

has been a volunteer with the education committee since 2019. Jenny was diagnosed in 2003 and has been an active Celiac advocate since, running a dinner club, a kids' camp, and now as a member of the Education Committee and Celiac 101. Tracy Mackie joined the Calgary board in 2016 and has been the Chair or Co-chair of the Education Committee since 2017. Tracy learned that both her children had Celiac Disease when they were 2 and 3 years old and she has been determined to offer all the normal foods kids love while learning how to keep them safe and healthy. Tracy works as a Nurse Practitioner with adults and children, and in her spare time loves to bike ride, swim, scrapbook, and teach. James King, has since left the committee, was instrumental in the project having brought his current graduate education in epidemiology and current celiac knowledge to the group. Hannah Klappstein joined the education committee about a year and a half after being diagnosed with Celiac Disease. Even after a year and a half, the memories of how lost, discouraged, and frustrated she felt in those first few months were fresh in my mind. Hannah joined the education committee in hopes of making it easier on those who are newly diagnosed, and to help spread awareness about the disease to ultimately make it easier on all of those who live with Celiac Disease. Jenna Wenkoff was very recently diagnosed and joined the Education Committee to help others learn while she was learning. Jenna offers a fresh perspective and experience,

essential to understanding current trends, diagnostic conversations and initial impressions. Emily Halliday is a strong celiac advocate and ally. She has focused on travel safety, cooking and baking gluten free and brings the awareness of Celiac Disease into perspective for daily and social life. Emily currently functions as secretary of the Education Committee. Most recent addition to the committee is Lisa Cerato. Lisa joins the education committee with a background in healthcare.

Significant contributions were made to the project during 2020 by key members of the Canadian Celiac Association British Columbia (CCA BC). Lizbeth Wall, past President of the CCA BC, met with Jenny in early 2020 to help introduce her to the CCA BC and its members and has been integral to the groups' coming together and its support. Jessica Pirnak, registered dietitian advisor, provides dietetic perspective and information on the referral processes essential to the project. Julie Clement, director on the CCA BC board, has provided an international viewpoint, research on trends, internet use and prevalence of Celiac related topics. Val Vaartnou, past President of the CCA BC, has contributed years of peer-reviewed journal summary knowledge and references from her literature reviews and summaries published in the CCA BC newsletters.

Board Highlights

Board Highlights - CCA BC – November 2020 to February 2021

- Congratulations to all who helped us reach our goal in raising \$10K in the Scotiabank Charity Challenge. At the November 24 Board meeting a donation of \$8,500 was approved for the J A Campbell Research Fund for research into Celiac Disease and a \$1,500 donation to CCA National for operations.
- The Annual General Meeting will take place via Zoom on Sunday, March 7, 2021 at 1:00 pm. See notice in this newsletter for further details.
- A year end fundraising campaign "Hope for the Holidays" kicked off on-line in early November. The objective of the campaign was \$3K. Thanks to all our loyal supporters we raised over \$4K during this campaign.
- Cinde Little gave a baking class to the Children's and Parent's group in early December. Fun was had be all and future cooking classes will be scheduled.
- Scotia Bank Charity Challenge will again be a virtual event this year and is set for June 2 to July 5. Stay tuned for more information.
- No restaurant events due to COVID 19.

CCA exists to help you thrive—not just survive

By Meredith Birchall-Spencer, CCA Director



Emily Before Diagnosis of Celiac Disease and After



Emily's Story:

At age five, Emily was all skin and bones. She was frequently sick and had no energy. Her parents, frightened and desperate, were determined to find the cause for her deteriorating condition. They thought the worst. After being repeatedly misdiagnosed over the course of six months, Emily finally underwent a blood-screening test for celiac disease. The result? Her tTG levels (the autoantibodies used to test for the disease) were sky-high. Emily was sent to Stollery Children's Hospital in Edmonton for confirmation of celiac disease.

While shocked to hear the diagnosis, Emily's parents were relieved to finally have an answer. With support and information from the Canadian Celiac Association, Emily's family learned how to manage the diet and cope with daily life. With energy and stamina, Emily started playing competitive softball, doing gymnastics and basketball - things she would have never been able to do if she hadn't been diagnosed.

Sadly, it's estimated that 85% of Canadians have been misdiagnosed or underdiagnosed, which means they're struggling—and suffering—needlessly. Celiac disease is a lifelong, genetic autoimmune condition that has no known cure or pharmacological treatment. Left unchecked or undiagnosed, it can lead to life-altering and life-threatening conditions.

Celiac disease is one of the most common chronic gastrointestinal disorders. It is estimated that 1% of the population is affected by CD, but majority of these individuals remain undiagnosed. Celiac disease was thought to be a rare malabsorptive disorder of infancy and childhood. However, it is now considered to be a common, multi-system disorder that can present at any age when gluten is present in the diet. Despite this prevalence, awareness of celiac disease among health professionals remains poor. Two large Canadian surveys have demonstrated that the mean duration of symptoms before diagnosis of CD in adults is about 12 years. That's a decade of needless suffering.

Cathie Cretney's Story

"As a kid I was irritable, I couldn't gain weight, I didn't want to eat, and I had a terrible time concentrating in school—and the struggle continued into adulthood," says Cathie Cretney from Waterloo, Ontario. "After the birth of my third child, I truly thought I was going to die. I was just so sick with vomiting and diarrhea."

When her family doctor couldn't figure out what was wrong, he finally sent her to a gastroenterologist who diagnosed Cathie with celiac disease and told her to eat a gluten-free diet—still the only known treatment for celiac disease.

The Cretney's



That's when her life changed. She began eating a gluten free diet and regained her health. Since then, more than 11 members of her family have been diagnosed with Celiac disease. As a genetic disease if you have a relative with it, you will be at a higher risk of having it too.

A diagnosis, however, is just the beginning. Being diagnosed with celiac disease—being told that you have a chronic, lifelong condition—means changing your lifestyle, your habits, and your entire mindset as far as your relationship to food goes. It's a constant battle, and it's a lot to absorb.

Food is medicine, but the work of the CCA extends well beyond providing access to essential nutrition information. The CCA works tirelessly with food manufacturers and government agencies to improve regulations and legislation, including advocating for OHIP coverage blood screening in Ontario – the last province to not cover this first key step to diagnosis; educates healthcare professionals to shorten diagnosis times, conducts and distributes science-based, accurate information and medical guidelines through its expert Professional Advisory Council; educates food establishments on best practices for managing gluten and partners with the Gluten Free Certification Program (GFCP) to increase access to gluten-free products in local grocery stores, and working with food banks across Canada to increase access to safe food through the Save Me for Gluten Free initiative.

CCA exists to help you thrive—not just survive

When you're diagnosed with celiac disease, it's life-changing to have reliable educational resources at your fingertips, ongoing one-on-one support, and an advocate constantly working on your behalf. If you or someone you love eats a gluten-free diet, you can thank the CCA for making it easier to identify safe gluten-free foods and products, and easier to find safe restaurants when you want to dine out. The CCA is funded through donations and sponsorships from generous Canadians who understand

that the CCA is a lifeline for thousands of families across Canada who live with the reality of celiac disease and gluten disorders.

If you think you may have Celiac disease, are looking for support or are interested in learning more about the CCAs resources and programs, visit Celiac.ca.

Starbucks Allergy Information

Beware of Starbucks products as some I would not have thought have gluten!



Carmel Macchiato

Maple Macchiato

Hot Chocolate with Carmel

Carmel Frappuccino

Avoid anything with java chips.



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Messages From Your Leaders

Claiming the Celiac Disease Tax Credit - Comment from Shaun Fitzpatrick, past CCA BC Board Member:

I know that it takes a lot of time, so, most celiacs do not do it. Because Pam (Shaun's wife) and I are both celiacs it is worth doing. I will be claiming \$2,800 for us in total. I noticed that more than 50% of that amount was for just two items - bread and muffins. I would advise other celiacs to at least keep track of their two or three 'big ticket' items - 80% less work but 50% of the benefit. Anyway, I know that everyone's situation is different. Some people do a lot of baking. We do none.

Due to COVID 19 and the provincial health guidelines that change from time to time, confirm with the contact person whether any meeting is taking place. Some groups are holding Zoom meetings.

Support Groups

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

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

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

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