

British Columbia **Celiac News**

Fall 2024

Volume 16 Issue 3

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Thank you to our 2024 monthly membership draw sponsors:

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Oct: 2 Guys with Knives

Nov: Juke Fried Chicken

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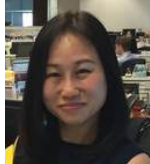
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PRESIDENT'S MESSAGE

As the summer heat starts to fade and the vibrant hues of autumn become more apparent, I want to warmly welcome you to the latest edition of BC Celiac News. Autumn is a time of transition, encouraging us to reflect on the passage of time and the changes it brings. It seems appropriate, then, for me to let you all know that I have stepped aside from the Presidency of Canadian Celiac Association British Columbia.

Over the past few years I have had the privilege of serving alongside dedicated individuals who are deeply committed to the mission and vision of our organization. It has been a rewarding experience to contribute to the meaningful work we do to improve the lives of people with celiac disease.

However, on a personal level the time was right for me to step down from this position, though it was not a decision made lightly.

I am grateful for the opportunity to have been a part of the CCA BC and for the relationships I have formed with fellow board members and the individuals we serve, as well as the wider community across Canada. I am confident that the Chapter will continue to thrive under new leadership and with our dedicated team of Directors.

It has truly been an honour to serve as President and I look forward to supporting future efforts as a continuing Director.

Whatever happens behind the scenes, we remain committed to bringing you stories that inspire, inform and uplift. Whether you're savouring the crisp air on a weekend hike, immersing yourself in the warmth of a good book by the fireplace, or experimenting with new gluten free recipes we hope this issue serves as a companion to your fall adventures.

Thank you for being a part of our community and for supporting me over the last four years. I know you will continue to give that same support to Cynthia Loveman as she steps into the Presidency.

Warm regards,

Julie



I feel honoured to be the new President of the Canadian Celiac Association British Columbia. Since its early beginnings in 1979, our Chapter, which is 100% volunteer-run, has helped improve the lives of thousands of people through education, support, and the funding of research.

None of this would have been possible without the dedication and generosity of Members and Donors, like you. Your support through

volunteering your time, your donations, becoming a member, attending events, joining a support group, and “spreading the word” about celiac disease and the importance of a gluten-free diet, makes a difference each and every day.

I want to thank Julie Clement, our immediate Past President, for her leadership. Julie has successfully steered our Chapter through major changes and challenges, including COVID, and guided our renewal of in-person events and public education efforts. I am grateful that Julie has agreed to remain on the Board so we can continue to benefit from her experience and knowledge.

I also want to thank our past Board Presidents, current and past Directors, and many other long-serving Members who generously continue to give their time to help others. These amazing volunteers provide medically-evidenced guidance, support, and public education in their communities. Their passionate commitment to helping others is truly what volunteerism is all about. Thank you!

If you are new to our Chapter or have been a Member for a while, it is a great time to volunteer. No matter where you live in the province, you can make a difference. You can help define what we do today, and what we can do tomorrow to create a better, healthier future for those affected by celiac disease in BC and beyond.

It is also a great time to become a Member or renew your Membership and encourage others to join you. As a Member, you receive a variety of benefits, including our quarterly magazine, coupons so you can more easily check out gluten-free products, and discounts.

I look forward to meeting you at one of our restaurant events, the Annual Holiday Cookie Exchange, or another activity.

Thank you again for your generous commitment and support.

Cynthia Loveman





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Ingredients:

- 1 and 1/2 cups Wescana Foods Rolled Oats
- 1/2 cup melted peanut butter
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- 1/4 cup chocolate chips
- 1/2 tsp ground cinnamon

Directions:

1. In a large bowl combine all ingredients, and mix to combine into a sticky dough.
2. Scoop mixture using a tablespoon measure, and roll into a ball using your hands. Repeat with the entirety of the mixture.
3. Place each oat ball onto a baking tray lined with parchment paper, and store in the fridge for a couple hours.
4. Enjoy!

Note: Once the oat bites have hardened, store them in a sealed container in your fridge to maintain freshness.

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If you are interested in joining one of our Support Groups, contact one of the facilitators. The information can be found at: <https://bcceliac.ca/support-groups.html>

Note: for anyone who finds it inconvenient to meet in person, there is also an Online Support Group that meets monthly via Zoom.



Richmond



The Richmond support group at **The Catch Kitchen and Bistro** in Steveston on June 10th. The restaurant has a great GF menu, meaning the group enjoyed a delicious meal. Support local restaurants like the Catch who understand celiac protocol in the kitchen!

The Richmond Support group meets on the 2nd Monday of each month. To join in next time, contact val_vaartnou@telus.net

The Food Group

The Food group hosts celiacs, NCGS peoples and their advocates in a casual dining experience. We meet when we can as schedules allow!

On June 27, a few members attended a BC Lions game, where they relished popcorn and nachos—a safe bet for celiacs. Bombay Kitchen's entire menu is gluten-free except for naan, which is prepared and then served separately or not at all upon request. After the game, it was off to **Innocent Ice Cream**.

On August 3rd, we enjoyed **Machete Ancestral Mexican Restaurant**, another fabulous GF restaurant to add to Chinatown's Juke Fried Chicken and Chickpea. With only one gluten-containing item on the entire menu, Machete takes great care to serve up authentic, healthy and safe meals.

To get updates on when the Food Group meets, contact aricasharma@live.ca



UP
DATE



Is a Support Group for You? What might you learn?

by Val Vaartnou, Member CCA BC

I have facilitated support groups for over a decade and have found them to be personally rewarding. As patients often find, being diagnosed with celiac disease can be overwhelming initially and more often than not your health care provider does not have the time or the understanding of how your life changes when you must “go gluten free.” In fact, the words most often heard from the doctor diagnosing is exactly those words “go gluten free.” **Some patients are lucky to find a healthcare provider who has suggestions but often patients are left to their own devices to find out what is needed.**



This is where a Support Group can help you, but Support Groups are not just for the newly diagnosed!

I thought I would ask members of my current support groups why they attended and what value did they get from their attendance. Here are some of their comments:

- I rarely attend a meeting where I do not find something valuable.
- **Fellowship is important**, listen and understand, appreciate hearing about new information and research.
- Topics covered were most informative: probiotics and prebiotics, Jess Pirnak's nutritional information, zonulin information and information regarding dental challenges of celiac disease were some of the examples given.
- Enjoy learning about the products that are available in the marketplace and where I might find them.
- Learning about what restaurants others have had good gluten-free experiences at.
- **Receiving samples of products and/or coupons from vendors.** Often, I would not have tried the product if it were not for being able to try it for a reasonable price. I simply would have looked at the price and said it was not worth it.
- It is nice to have a leader who talks to many other celiacs, is interested in everyone's issues, and brings new information about what is going on in research.
- Learning from one another and sharing recipes or finding out what others found worked to improve their health.

We also talked about what was the most valuable piece of information that you learned that you might not have been aware of if it had not been for the support group. These are some of the comments:

- I learned that I was not alone, that others found it challenging and overwhelming too. It was also OK to sometimes feel bad about having to change my lifestyle to accommodate celiac disease.
- Where to find gluten free products and what brands I should look for.
- **Newly diagnosed should not eat oats, not even gluten free oats**, until such time as the tTG IgA (blood screening test for celiac disease) returns to normal levels. This is not due to cross contamination, but the potential in some individuals for oats to cause irritation in the small intestine and slow healing.

- Changes that take place in labelling. For example, the corn statement which indicates that if corn flour or corn meal are the first two ingredients, the product should have a gluten-free claim to be safe.
- Be kind to yourself. Being vigilant in avoiding gluten is important but mistakes can happen. Do not cause yourself so much stress that you are not enjoying your life.
- **Keep your diet simple and colourful.** Fresh whole fruits and vegetables, lean meats and dairy (if dairy does not bother you) should be the basis of your diet. Gluten-free foods are nice as treats (no more than 20% of your diet) but remember that they are not fortified with vitamins or minerals (usually) and they may have high sugar and/or high salt to make them more palatable given the lack of gluten.



- Always ask questions (preferably in advance at a quiet time of day) before you eat in a restaurant, even if you had good success previously. Always let the waiter/server know you are celiac and no gluten is a medically required diet.
- Support group members were glad to find out that “the majority of medications contain no gluten or very little gluten” (Dr. Pinto Sanchez, celiac.ca website). If a medication says contains “starch” with no indication of the kind of starch it is, it must be investigated with your pharmacist’s assistance. Sugar alcohols, such as mannitol, sorbitol, xylitol etc. are highly processed sugars that are not gluten, but some people do react to them.
- Many newly diagnosed are happy to hear that the Pathways email program and the GF101 webinar held monthly by Celiac Canada can get you started on understanding your celiac disease journey.
- Foods are a great source of vitamins and minerals that may or may not be deficient when you are diagnosed with celiac disease. We reviewed “A Dietitian’s Guide to Supplements for Celiac Disease” by Desiree Nielsen RD <https://desireerd.com/>. Desiree worked at Choices and then started her own practice where she has specialized in digestive issues including celiac disease. She currently is writing cookbooks and doing other promotional initiatives and has handed her practice over to other RDs she has trained.
- Neurological issues are one of the fastest growing categories of symptoms associated with celiac disease: headaches, migraines, peripheral neuropathy and gluten ataxia.

What I would add is something I try to ensure everyone in my support groups is aware about is: **Celiac disease should be managed.** I provide them with the link from Celiac Canada that provides information on how celiac disease should be managed (used to be called Celiac Follow Up Care Resource). <https://www.celiac.ca/healthcare-professionals/management/>

Although this document is meant for healthcare professionals, your doctor may not be aware of it. Provide the information to your doctor so that your celiac disease can be managed going forward. It provides the tests that should be given to ensure your health and when they should be given.





We Are What You Eat

Delicious gluten free snacks aren't something new we've cooked up — we've been perfecting them for over 20 years. And as long as people love delicious food, we don't plan on stopping.



SUPPORT GROUPS

The only treatment for Celiac Disease is a gluten-free diet, which requires significant patient education, motivation, and follow-up.

Slow response occurs frequently, particularly in people diagnosed in adulthood.

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



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IS SUPPORT LACKING IN YOUR NEIGHBORHOOD?

Building a celiac community in your area is easy! It starts small with a coffee date here, a dinner there. Contact us at info@bcceliac.ca to learn more about volunteering.

Royal Victoria Marathon Expo

OCTOBER 11 -12, 2024

Meet the Directors of the Canadian Celiac Association's BC Chapter.
Learn how they can support individuals with gluten-free needs, offering resources and guidance for a confident lifestyle.

Join Us at the Royal Victoria Marathon Expo!

The Canadian Celiac Association BC Chapter is excited to mark our presence on Vancouver Island at the Royal Victoria Marathon Expo. This is your chance to connect with our dedicated Board of Directors and passionate volunteers who are here to support you and your loved ones on your gluten-free journey.

Whether you're newly diagnosed or a seasoned gluten-free pro, our team is ready to provide valuable resources, tips, and guidance tailored to your needs. Discover how the BC Chapter can help you navigate a gluten-free lifestyle with confidence and ease.

Don't miss this opportunity to learn more about our community, programs, and how we can assist you in living your healthiest life. We can't wait to meet you!

Join us and take the next step in your gluten-free journey!



Venue:

Victoria Conference Centre,
Crystal Gardens,
713 Douglas Street, Victoria, BC
V8W 3M7

Expo Hours:

11 October: 11:00 am to 6:00 pm
12 October: 9:00 am to 6:00 pm

SAVE THE DATE

**Popina at
Granville Island**
Sat, Sep 14th at
12pm.

**Troller Ale House
at Horseshoe Bay**
Sat, Oct 5th at
1pm

**Pitt Meadows
Caffe Delish**
Wed, Nov 6th

**Annual Cookie
Exchange**
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Public Library
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Prebiotics vs. Probiotics for Celiac Patients: What's the difference?

By Dr. Harpreet Kaur,
CCA BC Director

Understanding the difference between prebiotics and probiotics is essential, especially for those managing celiac disease. While both play vital roles in gut health, they serve different functions in the body and can significantly impact the well-being of individuals with celiac disease.

Probiotics are live microorganisms, primarily bacteria, that provide health benefits when consumed in adequate amounts. They are often called "good" or "beneficial" bacteria because they help maintain a healthy balance in the gut microbiome. This balance is crucial for everyone, particularly those with celiac disease, as they often have an altered gut microbiota. Research shows that celiac patients tend to have lower levels of beneficial bacteria like *Lactobacillus* and *Bifidobacterium* and higher levels of harmful bacteria.

Including probiotics in the diet helps restore this balance, improve digestion, and reduce symptoms like bloating and discomfort. Familiar food sources of probiotics include:

Yogurt: One of the most popular sources of probiotics, yogurt contains strains like *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, which support gut health. Look for yogurt with probiotic strains by reading the label or getting suggestions from BC Dairy.

Kefir: A fermented milk drink that is rich in a diverse range of probiotic strains, making it more potent than yogurt.

Sauerkraut: This fermented cabbage is not only rich in probiotics but also in vitamins C and K.

Note: Always read the label to ensure these probiotics are gluten-free and safe for you and that there is no cross-contamination when consuming store-bought.

On the other hand, **prebiotics** are non-digestible fibers that serve as food for the beneficial bacteria in the gut. They do not contain live bacteria themselves but help stimulate the growth and activity of probiotics, thereby supporting a healthy gut microbiome. Prebiotics can be particularly important for celiac patients who may have a damaged gut lining and impaired nutrient absorption. Including prebiotics in the diet helps create an environment where probiotics can thrive, promoting gut healing and overall health.

Examples of foods rich in prebiotics include:

Bananas: Easily accessible fruit that contains a type of prebiotic fiber known as fructooligosaccharides (FOS).

Garlic: Besides adding flavor to dishes, garlic contains inulin, a potent prebiotic that nourishes gut bacteria.

Onions: Like garlic, onions are rich in inulin and FOS, making them a valuable prebiotic source.

Asparagus: A vegetable high in inulin, which helps increase the number of beneficial bacteria in the gut.

Chicory Root: Often used as a coffee substitute, chicory root is one of the richest sources of inulin.

Combining prebiotics and probiotics—often called synbiotics—can be especially beneficial for celiac patients. For instance, consuming a probiotic-rich yogurt alongside a prebiotic-rich banana provides the live bacteria and the necessary fuel for them to thrive. This synergy can help enhance gut health, improve nutrient absorption, and support the immune system. As always, it is advisable to consult with a healthcare provider before starting any new supplements or dietary changes to ensure they are safe and effective for your specific needs.



GF

FINDS FOR BACK TO SCHOOL

CCA BC DIRECTOR (AND PROFESSIONAL FOOD WRITER) CATHERINE DUNWOODY ROUNDED UP SOME GREAT GLUTEN-FREE FOODIE-FINDS FOR THE COMING SEASON. WHETHER FOR PACKED LUNCHES OR AT-HOME SNACKS, KIDS WILL LOVE THESE.



The Grain Escape just launched last spring as part of the Silver Hills Company based in Abbotsford, BC. The GF bagels toast up nice but stay soft and squishy (great for packed lunches).



Individually wrapped, Poppies Belgian Coconut Cookies are gluten-free, non-GMO and kosher. Each one is dipped in rich Belgian chocolate and has a delicious chewy texture.



Little ones can be hard to please, but Earth's Best Organic Veggie Puffs are a hit with most. Made with organic veggies like spinach, sweet potato and corn, these contain no artificial flavours. Yummy, melt in your mouth snacks – toddler approved and safe.



Hornby Organic bars are great stashed in lunch boxes or at the desk. Made in a Vancouver Island-based dedicated gluten free facility (plus Certified GF) these bars are organic, lower in sugar and higher in protein than other bars. They come in a variety of flavours plus new smaller sized OSnack bars have been added to the full-sized bar lineup.

BACK
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Marzipan is easy to make! Mix 1 cup of fine bleached almond flour and 1 cup of powdered sugar into a dough, using small amounts of warm water as you knead. That's it! Use food colouring to bring your creations to life!

Dilute 2 tablespoons of water with **green** food colouring and mix it into some shredded coconut flakes to create moss! TIP: If you mix **blue** and **yellow** colouring together, you get more shades of **green**!



When was the last time you tried to eat dirt? **Don't do it!** But if you're tempted, try crumbling up your favourite gluten free brownies and eat that instead!



Chatting With Delish Gluten Free Bakery's Jenna Perreault

There seems to be no slowing down for the owner of Delish Gluten Free Bakery, Jenna Perreault (JP) who recently chatted with CCA BC Director Catherine Dunwoody (CD) about what's new at her three locations this season.

CD: So great to see you again. When did you first open the original Delish bakery in Port Coquitlam?

JP: We opened the bakery in 2011, then Caffè Delish in 2021, and our newest location in Pitt Meadows after that.

CD: Do you have celiac disease yourself?

JP: No, but my grandma does, and she is my inspiration. She is 92 now and very proud of me. She lives in Osoyoos, and I remember when I was a kid there was nothing for her there that was gluten-free in baking. We use her flour blend that took her 20 years to perfect, for almost everything.

CD: Can you tell me about the dinner series at the Pitt Meadows location?

JP: Since cooking is my hobby but baking is my job, we plan to do more of these dinners. Last year we did Ukrainian and Greek themed dinners, and this year we hope to offer twice a month, maybe even four times.



CD: How do we make reservations for those dinners?

JP: We post the information on Instagram and Facebook, with a link to buy tickets. Guests can come and enjoy a bottle of wine too because we have a liquor licence at that location. We can fill 30 seats too.

CD: Any other news to share?

JP: We are also applying for a full-fledged drive-through pick up window at the Pitt Meadows location too.



CD: Any help for the home baker?

JP: You can buy our flour right from us at the bakery for a start.

CD: Are you still delivering on occasion to Victoria?

JP: Yes, we offer pre order and then we drive our truck over and set up at a park on September 19th. It's crazy how many people buy, and we love it.

CD: Any other new offerings we can watch for?

JP: We want to bring on some Roman-style pizza, the rectangular shaped pizzas and our customers are asking for more savoury items too.

CD: Really good GF pizza is tough to find so count me in!

JP: Oh, I know. And ours is definitely really good.



Join our next Dine-out
at Caffè Delish
Wed, Nov 6th!

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Corporate Matching Programs

Many corporations have corporate matching programs. In BC TELUS, Seaspan and Shaw are some of the companies which have these types of programs. Ask your employer if you are not aware of what charitable programs are provided. If there are none, ask your employer if you donate, will they provide a matching donation.

You will be required to provide the following information:

Charitable Name:

Canadian Celiac Association British Columbia
Charitable Registration Number (BN):
855544896 RR0001

Other ways to support

If you would prefer to give of your time, send us an email to info@bcceliac.ca and we would be happy to discuss what opportunities for volunteering exist.

Other ways to donate

Donate celiac-safe non-perishable items to Food Banks BC with the "save me for gluten-free" logo. Visit celiac.ca to learn more.

CREDIT CARD VIA CANADA HELPS



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CELIAC IN THE NEWS

by Val Vaartnou, CCA BC Member and Tomi Ismail, MPH, Volunteer CCA BC

Celiac Disease is an auto-immune disease common in both adults and children. According to Health Canada, it affects 0.5-1% of the North American population, that is over four hundred thousand people in Canada. Finding an economically viable and sustainable therapeutic solution to this disease is critical to the overall health and well-being of those affected by it. Drug discovery and approval is a lengthy process and can take up to ten to fifteen years before the safety and efficacy of a drug is validated, approved and then becomes available in the market. The following are summaries of research in progress or completed from credible medical journals and medical sites.

1. From the field of Therapeutics

Potential new drug for celiac disease: ZED1227

A recent study from Tampere University, Finland, explored the potential of a new drug, ZED1227, to protect against gluten-induced damage in people with celiac disease (CeD). The study aimed to determine if this new drug, a transglutaminase 2 (TG2) inhibitor, could prevent intestinal damage caused by gluten exposure. TG2 is an enzyme that modifies gluten, making it more likely to trigger the harmful immune response seen in CeD. By inhibiting TG2, the new drug could reduce or prevent this damage.

In this Phase 2 clinical trial, 58 people with CeD on long-term gluten-free diets (GFD) were divided into two groups: one received ZED1227, and the other received a placebo. Both groups underwent a six-week gluten challenge, with intestinal biopsies taken before and after. Key findings include:

1. Prevention of Gluten-Induced Damage: ZED1227 effectively prevented intestinal damage, with participants showing gene expression profiles similar to those on a strict GFD.
2. Reduction of inflammation: The drug significantly reduced inflammation by lowering genes associated with the interferon-gamma (IFN γ) response, a critical inflammatory pathway in celiac disease.
3. Maintenance of Intestinal Health: The trial drug preserved the intestinal lining's structure and function. It maintained the expression of genes responsible for nutrient absorption and mucosal integrity at levels comparable to those seen in individuals on a GFD.

The implications for those with celiac disease are: ZED1227 could be a promising addition to a GFD for celiac patients, protecting against accidental gluten exposure and reducing symptoms. While it shows potential, further research is needed to confirm its long-term benefits and safety.

For more information: Nature Immunology | Volume 25 | July 2024 | 1218–1230, Published June 24, 2024, <https://doi.org/10.1038/s41590-024-01867-0>

2. Diagnostics and Prevalence

Celiac disease and pneumococcal infections in hospitalized children in the USA

A recent study published in the Journal of Pediatric Gastroenterology and Nutrition has found a significant link between celiac disease (CeD) and an increased risk of pneumococcal infections in children. By analyzing hospital data from 1997 to 2019, researchers found that children with CeD are more likely to be hospitalized for infections like pneumonia, sinusitis, and bacteremia.

Children with CeD had over twice the risk of pneumococcal-specific infections and a 1.78 times higher risk of infections commonly caused by *Streptococcus pneumoniae* than those without CeD. Additionally, hospital stays for these children were more protracted and more expensive, though the risk of death was not higher.

The researchers strongly recommend routine pneumococcal vaccinations to protect children with CeD from these serious infections. This research highlights the need for extra care in managing the health of children with celiac disease, ensuring they stay as healthy and infection-free as possible.

For more information: J Pediatr Gastroenterol Nutr. 2024;79:335–342., Association between celiac disease and pneumococcal infections in hospitalized pediatric patients in the United States, March 6, 2024, <https://doi.org/10.1002/jpn3.12250>

CELIAC IN THE NEWS

One-year outcomes among children identified with celiac disease through mass screening in USA

A study done in Colorado called The Autoimmunity Screening for Kids study screened pediatric patients for celiac disease and type 1 diabetes for ages 1 to 17. Mass-screening children identified with tissue transglutaminase IgA autoantibodies (tTG IgA blood test screening) were referred for biopsy and evaluated after 12 months. "38 of 42 children reported one or more symptoms." The questionnaire completed at the evaluation found that symptoms, quality of life and iron deficiency improved at the 1-year assessment. This study indicates that mass screening in children may be beneficial.

Clin Gastroenterol Hepatol. 2024 Apr 13:S1542-3565(24)00352-5. doi: 10.1016/j.cgh.2024.03.030

Italian studies results of mass screening of children

Nearly 4500 Italian children between 1 and 17 years of age were screened for the HLA DQ2 and HLA DQ8 genes. 42.2% were found to have one or both genes, and they were then given the tTG IgA screening blood test. 1.65% of all tested were found to have celiac disease. The study indicated that without mass screening, 60% of celiac patients remain undiagnosed.

For more information: [https://www.dldjournalonline.com/article/S1590-8658\(22\)00871-4/fulltext](https://www.dldjournalonline.com/article/S1590-8658(22)00871-4/fulltext)

Diagnostic delay of celiac disease in childhood

This Italian study included over 3,200 children ages 0 – 18 years in referral centers in Italy from 2010 – 2019. They found that the median diagnostic delay of celiac disease was five months (2 – 11 months). Children younger than three years and those with a celiac disease family history were diagnosed sooner, while those with less specific symptoms or failure to thrive took longer to be diagnosed. A prior misdiagnosis was often made if the child had reflux, failure to thrive, "diarrhea, bloating, abdominal pain, constipation, fatigue, osteopenia and villous atrophy." The diagnosis delay in Italy was found to be short, and younger patients were diagnosed sooner. Unfortunately, in Canada, delays due to waits for healthcare specialists, especially to complete the endoscopy, are causing delays in diagnosis, often significant.

For more information: JAMA Netw Open. 2024;7(4):e245671. doi:10.1001/jamanetworkopen.2024.5671

3. Long-Term Effect of Celiac Disease

Gut microbiota in celiac disease

This paper reviews the factors that influence the colonization of the gut flora. These factors include genetics, the immune system, intestinal permeability, food eaten especially at an early age, C-section delivery, use of antibiotics, infections, and gluten. Understanding these factors better through research will identify potentially effective treatments in the future.

For more information, Ann Gastroenterol. 2024 Mar-Apr;37(2):125-132. doi: 10.20524/aog.2024.0862

Obesity is common in individuals with celiac disease.

Celiac disease patients who are white and over 65 years old have a greater prevalence of obesity. Both celiac disease and obesity are impacted by gut microbiome alterations, including "High levels of the *Firmicutes* phylum such as the *Lactobacillus* species." 32.2% of patients in the study who had CD were obese, while only 18.41% of the control group without CD were obese. Among older adults, 48% were obese. *Firmicutes* phylum is also associated with other pathways, including inflammation in the intestines. The "gluten-free diet might contribute to the development of obesity in patients with CD."

For more information: <https://www.drugtopics.com/view/obesity-is-common-in-individuals-with-celiac-disease> Abstract presented at Digestive Disease Week 2024 conference Addanki S, Mashukova AV, Levy A. Unraveling the link between celiac disease and obesity: a potential role of the gut microbiome.

CELIAC IN THE NEWS

Celiac disease-related conditions: Who to test?

A recent review article published in Gastroenterology expands the list of associated conditions that suggest that celiac disease blood screening should also be done. There are added conditions that are considered high risk, including all autoimmune conditions, diseases that mimic celiac disease (including IBS, IBD and microscopic colitis) and several related conditions. This list of related conditions has greatly expanded: "first-degree relatives, idiopathic pancreatitis, unexplained liver enzyme abnormalities, autoimmune hepatitis, primary biliary cholangitis, hyposplenism or functional asplenia with severe bacterial infection, type 1 diabetes mellitus, Hashimoto's thyroiditis and Graves' disease, Sjögren's syndrome, dermatitis herpetiformis, recurrent aphthous syndrome and enamel defects, unexplained ataxia, peripheral neuropathy, delayed menarche or premature menopause, Down syndrome, Turner syndrome, Williams syndrome, chronic fatigue syndrome, IgA nephropathy, and IgA deficiency."

Hopefully greater screening will increase the number of celiac patients diagnosed.

For more information: Gastroenterology. 2024 Jun;167(1):64-78. DOI: [10.1053/j.gastro.2024.02.044](https://doi.org/10.1053/j.gastro.2024.02.044)

4. Nutrition

Maize (Corn) Prolamins could induce a gluten-like cellular immune response in some celiac disease patients.

This is a 2013 article from research done in Mexico, however, for those who have been on a gluten-free diet and are still having issues (non-responsive celiac disease), it might be a consideration. This is not common, however, it is supported by "shared features between wheat and maize prolamins and by some experimental results." Maize prolamins called zeins may cause mucosal damage in a limited subset of celiac patients who are not responding to a gluten-free diet and may have refractory celiac disease, which is rare.

For more information: Nutrients. 2013 Oct; 5(10): 4174–4183. doi: [10.3390/nu5104174](https://doi.org/10.3390/nu5104174)

5. Conferences

May 18 – 21, 2024, was Digestive Disease Week in Washington, D.C., USA.

The Celiac Disease Foundation has generously provided a good summary of lectures, posters and panel discussions on celiac disease discussed at the conference.

This page links to critical celiac disease research summaries presented at the Digestive Disease Week 2024 conference for those interested in staying abreast with the research. For more information: <https://celiac.org/highlights-ddw-2024/>

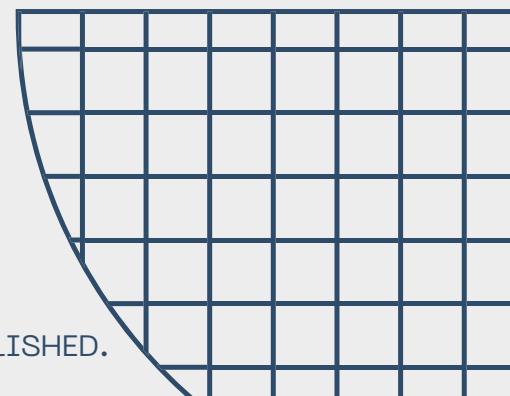
20th International Celiac Disease Symposium ICDS - Sheffield, UK

The International Society for the Study of Celiac Disease (ISSCD) is a non-profit organization of professionals working in the field of celiac disease and gluten-mediated human disease. The 20th ICDS will take place in Sheffield, UK, from 5 to 7 September 2024. The three-day programme includes scientific and clinical forums running concurrently with further satellite symposiums during the breaks and in the evening.

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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: foodyourself.com

Jess is also available for private consultation: foodyourself.com/contact-1/



IS CANDY GLUTEN-FREE?

Are fuzzy peaches GF? Are Starburst GF?

What about Caramilk bars? Are they GF?



Having celiac disease or gluten intolerance you may think many of your favourite foods and candies are off limits, but that's not always the case.

Some candies are gluten-free, while others are not. To help you figure out this million-dollar question remember that in Canada, it is mandatory for the company to label the gluten-containing candy! You will see the warning either in the CONTAINS statement or in the

ingredient list itself. **The label must be written in plain English and identify whether wheat, rye, or barley is included in the product.**

You can start with a gluten-free candy list; however, check the label before you buy, as ingredients may change. It is equally important to keep an eye on pack sizes; not all pack sizes are gluten-free. The names of candies sometimes differ between the US and Canada, so be extra vigilant about this.

Some useful lists:

<https://www.celiac.ca/gluten-free-halloween-candy-list/> (Canada)

<https://www.beyondceliac.org/gluten-free-diet/is-it-gluten-free/candy/> (US)

<https://celiac.org/gluten-free-living/gluten-free-foods/gluten-free-candy-list/> (US)

But to answer your question: Maynards® fuzzy peaches, Starburst® Original Chewy Candy, and Cadbury® Caramilk bars are all gluten-free today! Websites may provide further information, but they are not “legal” statements, and there are no guarantees that the information is up to date. You can phone the company, but they cannot say anything different than what is on the label, and “customer service” staff often don’t have the knowledge to answer specific questions.

Always rely on the label and be vary of pack size.



NOTICE:

Moon's Gourmet Foods have been identified with unsafe labelling due to unlisted wheat and egg. If your pantry contains these products, please take caution!

P U M P K I N S P I C E

"Pumpkin spice" - can either make you cringe or do a happy dance for fall vibes, sweater weather, and delicious treats. To get that high quality pumpkin spice experience, just mix these ingredients together:

Ingredients:

- 3 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- ½ teaspoon ground cloves



P U M P K I N M O U S S E

Ingredients:

- 1 tbsp unflavoured GF gelatin powder
- 1 box of instant GF vanilla pudding
- 1 cup cold milk alternative (we used NOTMILK)
- 1 can of GF pumpkin purée
- 1 tbsp GF pumpkin spice or more to taste

Instructions:

1. Combine all ingredients in a large bowl and mix using electric hand mixer until desired texture is achieved.
2. Top with cinnamon, pumpkin seeds or whipped cream



L A Y E R E D O R A N G E P U M P K I N P U D D I N G

Pumpkin tapioca pudding

ingredients:

- ¾ cup GF pumpkin puree
- 1 tbsp GF pumpkin spice
- ¼ cup GF dry tapioca pearls (sago)
- 2 cups water

Orange chia pudding

ingredients:

- ¾ cup NOTMILK
- ¼ cup GF chia seeds
- ½ tsp GF orange zest or to taste
- ¼ tsp GF vanilla extract or to taste

Tapioca pudding instructions:

1. In a stock pot or saucepan, bring water to a rolling boil.
2. Sprinkle in tapioca pearls and let it cook until thick and most of the water has been absorbed by the pearls and they are mostly translucent.
3. Turn off heat and then pour in pumpkin puree and stir.
4. Place pudding in the refrigerator until cool.

Chia pudding instructions:

1. Thoroughly mix ingredients together ensuring there are no clumps.
2. Place in refrigerator until cool and all the NOTMILK is absorbed.

Assembly:

1. Layer chia pudding and tapioca pudding in a mason jar or glass. Garnish with pumpkin seeds, cocoa, cinnamon or pumpkin spice.

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COOKIES WITH LEMON CURD

COURTESY OF VERONICA LANZ VIA FACEBOOK

Ingredients for lemon curd:

1½ cup (120ml) lemon juice
zest of the juiced lemons
125g unsalted butter, chopped
1 cup (200g) sugar
3 eggs, beaten

Ingredients for cookie dough:

180g unsalted butter, softened
1 cup (200g) sugar
1 ½ teaspoons vanilla extract
1 egg
2 cups (280g) GF flour
½ tsp GF xanthan gum
½ teaspoon GF baking powder



Instructions:

1. Start with the curd: place the lemon juice, zest, butter, sugar and eggs in a heatproof bowl over a saucepan with rapidly simmering water.
2. Cook, stirring continuously, for 20 minutes or until mixture has thickened slightly.
3. Pass through a sieve into a glass/ceramic bowl and cover with plastic wrap touching the surface of the curd to prevent a skin from forming.
4. Refrigerate until cool and thick.
5. Make the cookie dough: preheat the oven to 180°C/350°F; line two large baking sheets with baking paper.
6. Place the butter, sugar and vanilla in the bowl of an electric mixer and beat until light and creamy.
7. Add the egg and beat well.
8. Using a spatula, stir through the flour, xanthan gum and baking powder to form a dough.
9. Roll 2 teaspoons of the mixture into balls and place onto prepared sheets 5cm (2in) apart.
10. Press deep dents into the middle of the balls with the back of a small teaspoon, wetting the spoon if the dough starts to stick – I thought it was easier to do that with my index fingertip.
11. Fill each of the indents with ½ teaspoon of the cooled lemon curd and bake for 10-15 minutes or until golden.

* there was some curd left – I think that ¾ of the recipe should be enough to fill all the cookies
Makes 35 – I halved the recipe and still got 24

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SHEET PAN QUESADILLA

COURTESY OF JULIE CLEMENT, PAST PRESIDENT

Ingredients:

8 large soft GF tortillas - Bakestone Brothers work great, ideally soft ones that don't crack when folded
3 tbsp melted butter, divided
3 cups chopped or shredded cooked chicken
1 cup sour cream
1 can black beans, drained and rinsed
3 cups shredded cheddar or mozzarella
1 package or approx 2 tbsp taco seasoning
1 lime, juiced
1 can diced tomatoes with chilies (drained) or you can use jarred salsa



Instructions:

1. Preheat oven to 450°F/220°C. Brush a rimmed sheet pan with 1 ½ Tablespoons of melted butter
2. Place 6 tortillas around the edges of the sheet pan, with the tortillas hanging halfway over the edge of the pan, leaving a gap in the center. Place 1 tortilla in the bottom centre gap
3. In a large bowl, stir together cooked chicken, sour cream, black beans, shredded cheese, taco seasoning, lime juice, and tomatoes. Evenly spread the chicken mixture over the tortillas
4. Place the last tortilla in the center of the mixture. Carefully begin folding the tortillas that are hanging over the edge of the pan, towards the middle. Brush with remaining melted butter. Place a second sheet pan on top of the folded tortillas and press down a bit
5. Transfer the stacked baking sheets to the oven and bake for 20 minutes. Remove the top baking sheet and bake for 15 more minutes, or until the tortillas are lightly golden
6. Remove the sheet pan from the oven and allow the quesadilla to slightly cool before cutting it into servings

Notes:

You can use any cooked chicken, I like to cook mine in Instant Pot or air fryer and shred it using my electric hand mixer, but chopped with a knife works fine

Once cooled and cut, these quesadillas freeze well and are a great addition to a lunch box.



Across

1 Symptom caused by damaged villi in the small intestine due to celiac disease

4 Current Management of Celiac Disease is through

6 Celiac patient's Kryptonite

8 Part of the immune response found in those with celiac disease

9 Gold Standard of Diagnosis

Down

2 Celiac Disease Type

3 Source of gluten commonly mistaken to be gluten-free

4 Skin rash that is a common symptom of celiac disease

5 The genetic factor that increases the risk fo celiac disease

7 Finger-like projections in the small intestine that are damaged by celiac disease

Crossword

Celiac Fundamentals

Word Search

Q	V	L	Z	E	D	U	T	I	T	A	R	G	L	L
U	X	H	D	U	S	H	R	O	T	W	K	K	L	U
E	D	H	X	P	G	A	Q	U	U	C	U	R	Y	F
F	L	P	S	H	J	S	R	V	A	P	X	F	M	I
L	A	U	B	C	L	K	E	P	G	I	B	F	Q	G
Q	C	L	A	Y	E	N	K	C	I	E	H	N	P	E
I	A	H	T	Y	E	C	Q	C	M	S	R	N	S	D
D	I	R	J	A	A	U	W	V	K	B	H	T	S	K
S	N	A	M	B	C	R	A	N	B	E	R	R	Y	Y
Q	U	I	B	P	Y	E	P	C	K	F	V	L	H	G
B	Y	A	K	F	V	E	H	E	V	T	C	W	E	X
M	W	D	S	P	N	E	M	U	T	S	O	C	Y	A
N	E	G	N	C	M	M	I	G	R	A	T	I	O	N
W	G	I	I	A	R	U	S	U	J	E	K	Q	Y	U
G	S	L	S	J	C	K	P	Y	S	H	C	A	L	B

- Backpack
- Turkey
- Pencil
- Cranberry
- Pie
- Pumpkin
- Migration
- Costume
- Gratitude
- Candy
- Bat



Gluten Free in Barcelona – not a problem!

BY MARK JOHNSON

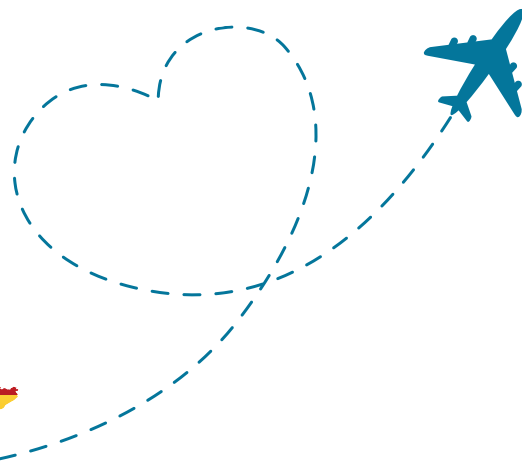
Mark Johnson was diagnosed with celiac disease in 2005 and has been a CCA volunteer since 2006, serving on the boards of directors of National as well as the Ottawa Chapter. Mark has also been the emcee of the past several Celiac Canada conferences. He now lives in Victoria with his wife and three cats.

My wife and I recently traveled across the pond to attend my brother's wedding in Glasgow, Scotland. Naturally, I wanted to work some more adventure in, given how far it is from BC to Europe, and we settled on Barcelona as our interim stop, and spent four days there.

I did the usual pre-travel celiac research, identified some destinations that I wanted to check out, and we headed on our way. The first day in Barcelona, I visited a nearby McDonald's (sorry not sorry) for a gluten-free Big Mac.

Not only does McDonald's (and Burger King) do gluten free in Spain, they do it well – and are endorsed by the Federación de Asociaciones de Celíacos de España (FACE). It was so refreshing!

The bun was excellent – not at all crumbly. If anything, it was on the chewier side, but really, am I going to complain? Browsing the menu, I also discovered that they offered GF buns for the Egg McMuffins, so I returned a couple of days later to try that. The bun was the same as the burger bun – no English muffin. To my surprise, the beverage options along with my GF Egg McMuffin included gluten-free beer! I went with an iced coffee, as I'm not a beer drinker and I figured it might have been one of those "gluten-removed" beers that are not considered safe for those with celiac disease.



The two breakfast sandwich options per the website were the Bacon and Egg McMuffin and the Sausage and Egg McMuffin. I got one of each, and shared with my wife. It was so nice to have the option! Translating from the Spanish, the McDonald's Spain website says, "McDonalds is for everyone, and that's why we offer our fries, burger buns, and even birthday cakes gluten free!" (How come McDonalds in Spain is "for everyone" while in Canada, USA, UK, etc. it is NOT for everyone??)

It's also worth noting that there is *no upcharge* for the GF bun. That means you can get a basic cheeseburger for around 1,65 euro (as I recall) - about \$2.40 Canadian - and no extra charge for GF. \$2.40 is often around what we pay in North America just for the upcharge for a GF bun, let alone the product itself!

Don't worry... I did not ONLY go to McDonald's! For lunch on our second full day there, we went to Messié Pizza, a totally gluten-free pizza restaurant. And the place was packed, despite it being 2:30pm on a weekday. The thin crust carbonara was delicious! For dessert, we headed to Gluten Tag!, a nearby gluten-free bakery, where I had a chocolatey croissant. That same day, we accidentally stumbled across Glutery, another totally GF bakery, so of course I had to try something there too - I enjoyed a fabulous cinnamon bun!



Speaking of bakeries, for one of our days in Barcelona, we embarked on a "three countries in one day" bus tour that saw us visit northern Spain, a town in southern France, and Andorra La Vella, the capital of the tiny country of Andorra. We made sure to visit 0% Gluten, a gluten-free bakery in Andorra La Vella. I bought a number of gluten-free goodies to enjoy there and back in Barcelona - an alfajores, a chocolate-covered pretzel, a raspberry square, and more.

During the Spanish séjour, I supplemented the aforementioned restaurant and bakery visits with some items I picked up at the local Carrefour grocery - for example, muffins, mini-cakes, chocolate-covered rice cakes, and a crab salad and poke salad with no gluten ingredients. And a massive bag of grapes.

Scotland was fine as well, though during our brief visit I largely relied on hotel breakfasts and food that I'd brought with me from Spain. Generally, western/northern Europe I find is always a celiac-friendly place, and I was very happy with my trip, from the food perspective and more generally. Though, upon my return, I did need to recover from the sugar overdose. But you have to try it all, don't you? Kudos as well to Westjet for providing decent gluten-free meals both ways!



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STAYCATION IN VICTORIA!



BC has a lot to offer for a staycation. But every August, I take a two day trip to Victoria as it brings back memories of joyous times with loved ones who have passed.

My trip includes going to the same gluten free/ceciac safe restaurants year after year, but this year included changes to my tradition as one restaurant was no longer safe, and the other restaurant had shut down (**please continue to support ceciac safe establishments so we don't keep on losing them**).

Sunset at Fisherman's Warf



Aliya



Siam Thai



Prep for my trip to Victoria includes picking up GF baked goods and breakfast items from what was previously called Panne Rizo, but it is now **Bakery by Jany Gluten Free Coffee Shop**.

Day 1 in Victoria, I used the Find Me Gluten Free app and decided to try **MAiiz Nixtamal Eatery & Tortilleria** at 540 Fisgard St. in Chinatown. **Everything is gluten-free on their menu....even the churros!** I was in heaven! Indoor and outdoor seating is available. I recommend taking a stroll through Fan Tan Alley, seeing the rest of Chinatown and then making your way to MAiiz for lunch.



On that beautiful Friday night, I walked by the water to Fisherman's Wharf for my yearly GF fish and chips stop at **The Fish Store**. They have a dedicated fryer for their GF fish and chips. Every year, I ask if it is safe to have, and every year they chuckle and say it is still safe. There are various options that are GF, but I stick with the Pacific cod with chips with tartar sauce, coleslaw, and ketchup. I recommend going on a Friday or Saturday night in the summer, as one of the other restaurants offers salsa music and a dance floor. It's an enjoyable way to spend an evening: good food, people-watching, and a sunset over the water.



For lunch the next day, I went to **Siam Thai Restaurant** based on reviews and a craving for Pad Thai. To keep it safe, I substituted the spring roll for more Pad Thai, and note that the portion is then for two!

My dinner go-to is **Bin 4 Burger** which had many GF burger choices on their menu but, still full up on lunch, I had their appetizer roasted red pepper hummus and corn chips option.

My ferry ride back to Vancouver included leftover nachos and hummus, and for dessert, I had churros from MAiiz Nixtamal that I picked up before I left Victoria. Healthy eating can wait until *after* a staycation. I aim to try other ceciac-safe options during my next visit to Victoria in August 2025, and hope to have inspired you to plan your visit!



When using GF apps or taking recommendations, always advocate for yourself and inquire about ceciac safety before ordering any meal!

Get Ready for the Ultimate Holiday Cookie Exchange!

By Julie Clement, Past President

Yes, it's barely September but the most wonderful time of the year is just around the corner, and with it comes one of the sweetest traditions of all - holiday cookie exchanges! Having been brought up in the UK, this was a new tradition to me but one my celiac daughter and I have embraced since becoming involved with CCA BC.

This festive season, why not add a sprinkle of joy and a dash of sugar to your celebrations by participating in our cookie exchange?



The Joy of Cookie Exchanges



Our cookie exchange is more than just a reason to indulge in holiday treats; it's an opportunity to create memories and connect with other members of the celiac community. Imagine walking into a room filled with the tantalizing aroma of freshly baked cookies, each one a unique creation from different kitchens. The exchange is a celebration of diverse flavours and baking skills, where each participant brings a batch of their favourite cookies to share.

Join Us As in previous years we will be meeting in the Auditorium of the **New Westminster Public Library in the afternoon of Sunday, 8th December.**

We will have festive activities for the children, and our popular "best dressed" competition - our previous winners are a hard act to follow!

Full details will be mailed out nearer the time, but essentially each participant brings 30 cookies or individual treats, packaged in bags of 6, along with copies of the recipe.

Everybody spends time tasting all the offerings and votes in a variety of categories, and then when the votes are tallied the exchange itself takes place, with everyone taking home a container of treats. Most importantly, this is a good-natured competition where the winner gets bragging rights and their recipe in a future issue of this magazine, but there are no losers!

If you are not a baker then you are still very welcome to attend, we'd just ask that you bring a package of store-bought treats to share. You can enjoy sampling the goodies and the chat and baking tips, but will not be able to participate in filling up a container of goodies.

Hopefully you are inspired to roll up your sleeves and bake your favourite recipes, or maybe even to seek out a new potential winner.

Remember, celiac-safe is mandatory, but if your cookie can include those with other food allergies (nut free, dairy free etc.) you may score some extra points!



We are seeking a Treasurer to join our Board of Directors.



This volunteer role involves working with CCA-BC's Board of Directors to oversee and approve financial information, ensure best practices are being met (according to government and legal standards) and, with the support of the board a, help create financially sustainable strategies for the organization. The treasurer may choose to focus entirely on this role but is welcome to join other committees at CCA-BC (eg community outreach, research, editorial team, etc). The Treasurer is responsible for financial reports at each monthly board meeting, and QuickBooks knowledge would be an asset.

If you have these skills and want to volunteer, reach out!

We are indebted to our treasurer, Betty Wong, who contributed to the growth of the charity for nearly the past decade. Although Betty does not have celiac disease she volunteered her time and expertise to support the community. Betty will provide a detailed handover and remain available to help and advise as the new Treasurer comes up to speed. If you think you might be interested, check out the link on our LinkedIn page or feel free to email us at info@bcceliac.ca

If this is a position that would suit you well, reach out!

CONTACT US

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COMMENTS	eventsRSVP.bcceliac@gmail.com
SUGGESTIONS	info@bcceliac.ca
CONTRIBUTIONS	(604) 736-2229
	1 (877) 736-2240

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WITH CELIAC DISEASE AND GLUTEN DISORDERS.

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