



British Columbia Celiac News

Summer 2024

Volume 16 Issue 2

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CCA BC 855544896RR0001
CCA 106844244RR0001

Canadian Celiac Association

L'Association Canadienne de la maladie coeliaque

KIDS CORNER

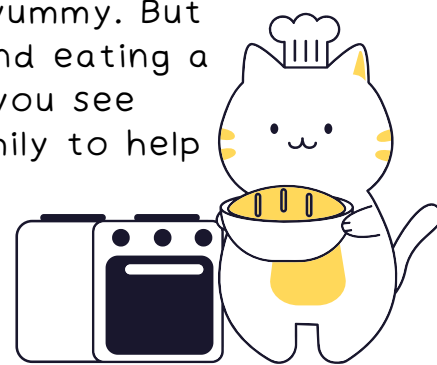


Bon Macaron offers gluten free macarons safe for celiacs, and hosts classes for Kids over 6yrs old! Learn more at bonmacaronpatisserie.com



Sometimes when I am with friends who can eat gluten I wish I could eat their snacks. Is it OK to have a little bit?

It is hard to say no when a treat looks yummy. But remember that getting sick is not fun, and eating a little bit of gluten can make you sick. If you see something you want to try, ask your family to help you make it at home to eat!

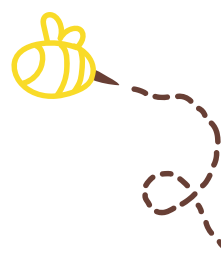


If everyone in class got to eat treats but not me because I'm celiac, it makes me feel lonely.



Grown-ups who are celiac sometimes feel lonely too at parties or on special days. When you can't eat what everyone else is eating, it helps to keep something yummy in your backpack. That way you can eat your treat and still hang out with everybody! Good-to-go or Made Good are my favourites...

What if my friends try and give me snacks but I feel bad saying I am not allowed?



Don't be
AFRAID
to SAY no



There is no need to feel bad, because saying no to a snack is not wrong! Try to say "It's nice of you to offer me your snack, but I'm OK! Thanks though!"



STAY HYDRATED!

The easiest way to keep your whole body healthy, especially your gut, is to drink water. This summer add some extra flavour with lemon, lime, cucumber, mint, or herbal tea bags.

7 DAYS OF READY-TO-EAT GF MEALS

GET **20% OFF**
YOUR FIRST ORDER WITH
THE CODE **#CCA20**



WEEKLY ROTATING
MENU!

GET IN TOUCH

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MEAL PREP

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VOLUNTEERS

IN-PERSON OR WORK-FROM-HOME, THERE IS A ROLE FOR YOU. CONTACT INFO@BCCELIAC.CA TO GET INVOLVED.



CCA VISION STATEMENT:
TO BE THE LEADING ADVOCATE FOR CANADIANS WITH
CELIAC DISEASE AND GLUTEN DISORDERS.

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3rd Annual Summer Photography Contest Winners

There were so many entries to choose from this year, so we featured as many on the cover page as we could. Thank you to those who participated!



In order of appearance from top left: Kyle, Robert, Nejron, Pete, Donna, Lauren, Kathleen, William, Alex, Amy, Aliya and Nikki.



think of us and support the cca bc it's easy!



Corporate Matching Programs

Many corporations have corporate matching programs. In BC TELUS, Seaspac 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



E-TRANSFER: INFO@BCCELIAC.CA

Please include the word "donation" in your name.

Example: John donation Smith

DONATE BY MAILING A CHEQUE TO:

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If you enjoy designing with CANVA and collaborating with a variety of CCA BC portfolios and sponsors, email info@bcceliac.ca to be the next editor.

PRESIDENT'S MESSAGE

As I write this message on a dreary spring day, I was heartened to be told today that we are in a period of six months when the sun doesn't set before 8pm. I'm waiting for the true arrival of summer when the sun warms our spirits and brings opportunities for adventure, relaxation, and new experiences.

Whether you're planning a getaway to a serene beach, hiking through picturesque landscapes, or simply enjoying a leisurely afternoon in your backyard, summer invites us to slow down and savour each moment. It's a time for reconnecting with loved ones, pursuing hobbies, and making memories that will last a lifetime - of course often connected with food!

In this summer edition, we explore the best that summer has to offer. We hope the refreshing recipes and gluten free stories will inspire and elevate your summer experience.

The first day of June marks the start of the virtual Vancouver Half Marathon Charity Challenge. I know several of you have already signed up to walk or run yourselves, or are supporting members of our team with a financial donation.

If you have some energy you'd love to put to good use then why not sign up with this link, meaning a portion of your entry fee is filtered to the CCA BC

<https://raceroster.com/78861?aff=M7XWB>

And of course a sponsorship donation of any size is always welcomed and appreciated
<https://raceroster.com/events/2024/78861/2024-vancouver-half-marathon/pledge/team/65>

Your Board wishes you all a wonderful summer and we look forward to hearing about your GF hits and misses around the province and the rest of the world when you get back from your travels and staycations. Reach out to us any time at info@bcceliac.ca

-Julie

March 2024 – May 2024 Board Highlights

Mar 10: AGM

Thanks to all those who attended our AGM. Attendees enjoyed goodies and special prizes from our sponsors. Thanks to Honeycomb.ai for their prize donation and presentation.

Mar 12: Spaghetti Factory



CCA BC Events Director Aliya Hirji welcomed fellow celiacs at The Old Spaghetti Factory. It was great to see so many new faces and enjoy some delicious gluten-free pasta.

March 18: Prize

Congratulations to the lucky winner of the Ghostfish Brewery Giveaway!



Mar 31: Membership draw

Congratulations to Darlene S., who has the opportunity to make dumplings at home with (seriously delicious) veggie protein courtesy of Ah Nui Foods" by @the_skript_kitchen

Apr 04: CHFA

Julie and Catherine attended the @cahealthfood CHFA NOW trade show in Vancouver to spread celiac awareness and discover new brands.

Apr 21: Omni Kitchen



Brunch at Langley's Omni Kitchen was another opportunity to meet and greet celiacs! Join in our future events and build your gluten free community.

Apr 30: Membership Draw

Congratulations to Emily A., the lucky recipient of @infusionsoysauces!

May 04:



BREWS FOR ALL
CELIAC AWARENESS CELEBRATION

Celiac Disease Awareness Month in BC kicked off with a lively toast of award-winning gluten-free beers!

BC-based brewery Grey Fox, located in Kelowna, held an event called Brews for All in early May to help raise funds for the Canadian Celiac Association of BC.

Held at their dedicated gluten-free facility, the event included live music and gluten-free food truck, Wicked Waffles.

"I've had people literally crying in the taproom they're so happy," says Grey Fox owner and brewmaster Chris Neufeld.

Grey Fox has been open for less than two years, yet has already won a number of important industry awards, including a gold medal at the Canadian Brewing Awards and Conference for their Quick Witted beer.

"People are pretty excited to get a beer that's truly gluten free that actually tastes like a beer and not something beer-like," says Neufeld. "In the gluten-free world there are a lot of near-hits, so it's nice to have a product that even non-gluten-free people can enjoy—not just second best.



Emily Alexander, who attended the event, has been an early supporter. She has celiac disease and was very excited to drink beer that would not make her ill. She calls being celiac "inconvenient," but there is a lot of support from those who experience the same challenges.

"It's not hard once you get the hang of it, and it's really nice to have a community of people who understand," she says.

Tom and Tanya Pruett, who run Wicked Waffles, say they changed the way they ate after suspicion that their son was having issues with gluten when he was very young.

Gluten-free food used to taste like "a brick," says Tom.

"The celiac community has been overwhelmed and extremely appreciative to have somewhere to go out and eat," he says.

Tanya, meanwhile, says she's heard from people who have not been able to go out to dinner together in 20 years for fear of getting sick.





GREY FOX BREWING

CAREFULLY SOURCED INGREDIENTS - DEDICATED BREWING FACILITIES

AWARD-WINNING TASTE



FIND IT THROUGHOUT BC

CHECK GREYFOXBREWING.COM FOR LOCATIONS

@GREYFOXBREWING | GREYFOXBREWING.COM

UNCOMPROMISED
CRAFTSMANSHIP

May 11: Mothers' Day High Tea to-go



Thank you to everyone who ordered a Mother's Day high tea box from @delishglutenfree or celebrated with us at our Vancouver and Surrey events!

We would like to extend our deepest gratitude to our hosts, Liz and Bernice, who so generously opened up their homes to our members, and the wonderful @katie_theharpist who entertained guests at the Vancouver event!



We would also like to recognize our event partner, @delishglutenfree, and our sponsors @glutenull and @littlenorthernbakehouse for their generous contributions!

Global May 12: BC

Our very own Dietitian Jess Pirnak was interviewed by Jennifer Palma on Global News BC! Jess talked all things celiac, *shine a light on Celiac* (shinealightonceliac.org), and Celiac Awareness Month.

Jess Pirnak is a Registered Dietitian and volunteers her time to answer your questions. She is available for a 1-on-1, 30 min discussion, which is free for members. Contact: nutrition@bcceliac.ca

May 30: Membership Draw

Check your email, you might be the winner of 5 FREE meals courtesy of 2 Guys With Knives. Ready made meals delivered to your door!

Members!



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THE CODE **#CCA20**



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.



May 16: White Rock Pier

Celiac Disease Awareness



Dear Members and Families of the Canadian Celiac Association,

I hope this message finds you well. I wanted to extend my sincere gratitude to each of you for joining us today at the Celiac Awareness Day event at Whiterock Beach. It was a pleasure to see so many familiar faces and meet new ones as well. Congratulations to all the winners of our prize draw!

A special thank you goes out to our generous sponsors: Choices Market – Surrey, Nature's Fare – Whiterock, Thrifty Foods, Wendel's True Foods – Langley, and Daiya Foods – Burnaby. With their support, we were able to give out delightful goody bags and conduct an exciting prize draw. Your participation and enthusiasm made the event truly memorable.

I hope you all enjoyed the evening as much as I did. It was wonderful meeting you and your lovely families, and I am grateful for your unwavering support.

Thank you once again for making Celiac Awareness Day a success. Looking forward to our next gathering!

Warmest regards,

Pushpa Kapadia, CCA BC
Surrey Support Group Leader.

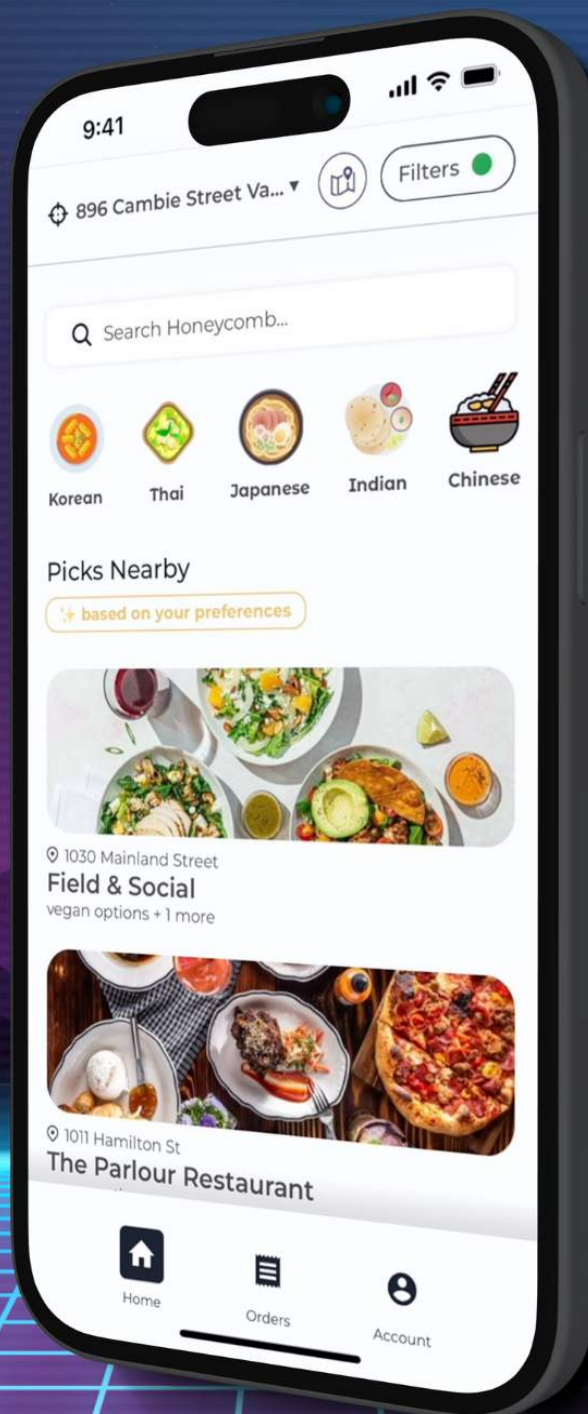
To join, contact:
pushpakapadia@gmail.com



Celiac

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12 months of Membership draws

Renew your CCA BC Membership for 2024

Membership keeps the BC celiac community thriving.

Join/ renew today for only \$20 for the 2024 year to continue receiving member benefits! Learn more at bcceliac.ca/membership



10% OFF

- Alkeme Gluten Free Artisan Bakery orders + subscription services
- Iki Japanese Gluten Free Restaurant
- The Skript (formerly True Nosh) class admission + in-store purchases

Prizes

- Monthly Membership Prize Draw: A sponsor or donor gift valued at over \$25 finds its way to a lucky winner!
- Our generous sponsors make donations all year such as baking mixes, product samples, coupons and more. We pass these forward to our Membership!

Support

- Access to a registered dietitian for a free 30 minute chat. Get on track with gut repair and nutrition at any stage of your celiac or GF life
- Regular email updates on programs, services, and product information in BC

Resources

- Get BC Celiac News Magazine automatically delivered to you quarterly
- Your membership dollars help to keep us running in-person and online as we create original content and resources
- You also support awareness campaigns at conferences, schools and hospitals because we advocate for you!

Thank you to our 2024 monthly membership draw sponsors:

Jan: Wescana & What The Flour

Feb: Grey Fox Brewery

Mar: The Skript (True Nosh)

Apr: Infusion Soy Sauce

May: 2 Guys with Knives

Jun: Innocent Ice Cream

Aug: Alkeme

Sep: Ghostfish Brewery

Oct: 2 Guys with Knives

Nov: Juke Fried Chicken

SUPPORT GROUPS

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

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



PROVINCE WIDE (ON ZOOM)

3RD THURSDAY OF EACH MONTH 7:00PM
CONTACT:
ONLINE.BCCELIAC@GMAIL.COM
OR CALL (877) 736-2240 TOLL-FREE



RICHMOND, OR ANYONE NEWLY DIAGNOSED...

2ND MONDAY OF EACH MONTH 6:30PM
CONTACT VAL:
VAL_VAARTNOU@TELUS.NET
OR CALL 604-271-8828



SURREY, LANGLEY & WHITE ROCK

3RD TUESDAY OF EACH MONTH 6:30PM
CONTACT PUSHPA:
PUSHPAKAPADIA@GMAIL.COM
OR CALL 604-721-0098



UBCELIACS, OR ALL POST-SECONDARY STUDENTS

DATES POSTED ON INSTAGRAM [@UBCCELIACGROUP](#)
CONTACT: ADRIANNA & ABBY
STUDENT.SUPPORT@BCCELIAC.CA



THE FOOD GROUP

CELIACS & FRIENDS GO OUT TO EAT
CONTACT ARICA:
ARICASHARMA@LIVE.CA

ABBOTSFORD

CONTACT UTE:
UTET@SHAW.CA

CHILLIWACK

1ST SATURDAY OF EACH MONTH
CONTACT GERALDINE:
GDAVID@UNISERVE.COM
OR CALL 604-792-2119

POWELL RIVER

CONTACT LIZ OR VAL:
LIZKENNEDY@SHAW.CA
VALHAR@SHAW.CA

OKANAGAN

CONTACT NIKKI:
OKANAGAN.BCCELIAC@GMAIL.COM



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CELIAC IN THE NEWS

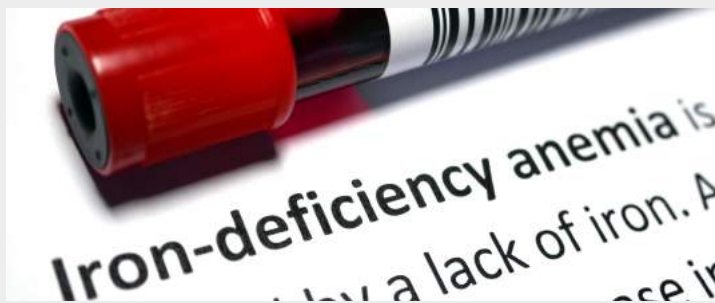
Submitted by Val Vaartnou, CCA BC Member

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

Correlation between Anti-tTG antibody levels and damage to the gut lining in celiac disease.

This study reviewed nearly 2,000 other studies that looked at blood test results of the anti-tTG (tissue transglutaminase) screening tests and the damage found in the gut lining of those with celiac disease. 144 were reviewed in detail. Meta analysis was done on 13 of these studies. Across all comparisons done of different damage levels to the gut lining (Marsh scores) and the associated anti-tTG levels, there was a statistically valid positive correlation between the two results. This indicates the “diagnostic potential of anti-tTG antibody levels and their ability to reflect the degree of damage to the intestinal mucosa.”

For more information: Qureshi M (December 27, 2023) The Correlation Between Serum Anti-Tissue Transglutaminase (Anti-tTG) Antibody Levels and Histological Severity of Celiac Disease in Adolescents and Adults: A Meta-Analysis. *Cureus* 15(12): e51169. doi:10.7759/cureus.51169 .



Iron levels and celiac disease development.

Iron deficiency is common in celiac disease. This study looked at iron deficiency as a potential trigger for celiac disease. The study did find that genetically lower iron levels were associated with increased risk of development of celiac disease. This provides a potential opportunity for celiac disease prevention. More research is required.

For more information:

<https://bmjopengastro.bmj.com/content/11/1/e00123>

6 <https://doi.org/10.1136/bmjgast-2023-001236>

Celiac disease rates lower in Italian children who had been vaccinated for the rotavirus in the previous decade.

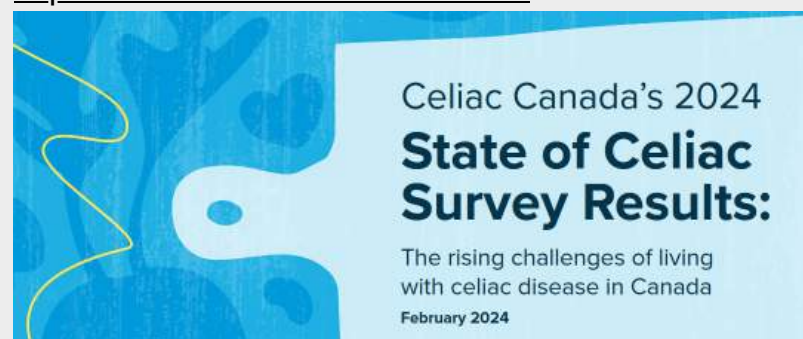
An Italian study out of Catalonia found that rotavirus vaccination showed potential protection against autoimmune conditions like celiac disease. The longitudinal retrospective study showed a downward trend in pediatric celiac disease prevalence. “The findings of the study revealed a standardized seroprevalence of 12.55/1000 in 2013–2019, a significant decrease from 23.62 recorded in 2004–2007. The biopsy-proven crude prevalence was 7.92/1000, and the crude prevalence based on ESPGHAN criteria was 8.74/1000.”

For more information: Arau, B.; Dietl, B.; Sudrià-Lopez, E.; Ribes, J.; Pareja, L.; Marquès, T.; Garcia-Puig, R.; Pujalte, F.; Martin-Cardona, A.; Fernández-Bañares, F.; et al. A Population-Based Cross-Sectional Study of Paediatric Coeliac Disease in Catalonia Showed a Downward Trend in Prevalence Compared to the Previous Decade. *Nutrients* 2023, 15, 5100. <https://doi.org/10.3390/nu15245100>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10745851/pdf/nutrients-15-05100.pdf>

State of Celiac Study – Celiac Canada

Do not forget to read the State of Celiac Study completed by Celiac Canada. This is a repeat of a study completed 20 years ago and gives a status of celiac disease in Canada. The study information can be read at: For more information:

<https://www.celiac.ca/state-of-celiac/>



Autoimmune diseases and adverse pregnancy outcomes: an umbrella review

Thirty-two reviews of 709 primary studies were completed which looked at 12 autoimmune conditions (including celiac disease) and 16 adverse pregnancy outcomes. Findings specific to celiac disease included:

- Significant risk of miscarriage (especially in unmanaged CD)
- No significant risk of ectopic pregnancy
- Pregnancy loss was 6-fold higher odds of recurrent pregnancy loss
- No significant risk of hemorrhage
- Higher risk of delivering via caesarean section
- 2 – 3-fold higher risk of intrauterine growth restriction at birth
- 2.62 times more likely to have a baby small for gestational age, 1.3 times more likely to have a preterm birth and 1.63 times more likely to have a low-birth-weight baby
- Risk of the study is it could not consider all other factors that may have contributed to the results being analyzed such as medications that may have been prescribed or other health factors.

For more information:

<https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-024-03309-y>, Singh, M., Wambua, S., Lee, S.I. et al. Autoimmune diseases and adverse pregnancy outcomes: an umbrella review. BMC Med 22, 94 (2024). <https://doi.org/10.1186/s12916-024-03309-y>

Relationship between vitamin D levels and pediatric celiac disease: a systematic review.

This review of studies concluded that celiac disease pediatric patients were deficient in Vitamin D, however after the GF diet the levels were again elevated. Research is required into the role of Vitamin D deficiency into the development of celiac disease.

For more information:

<https://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-024-04688-0>
_ga=2.103121280.1468666866.1715281141-1160608241.1714435219#Sec5, Sun, Y., Zhou, Q., Tian, D. et al. Relationship between vitamin D levels and pediatric celiac disease: a systematic review and meta-analysis. BMC Pediatr 24, 185 (2024). <https://doi.org/10.1186/s12887-024-04688-0>



Data supports link between female reproductive disorders and celiac disease.

A Cleveland Clinic research project lead by Rama Nanah, MD and including Dr. Benjamin Lebwohl confirmed prior research of the link to celiac disease and female reproductive disorders: “two times higher risk for endometriosis, three times higher risk for polycystic ovary syndrome and six times higher risk for ovarian dysfunction than patients without the condition.” The study identified 9,368 women with celiac disease and compared them with more than 25 million healthy controls. Menstrual irregularities were common in those with celiac disease.

Undiagnosed celiac disease should be considered in women with gynecological disorders. There are possible associations with PCOS and celiac disease, but further research is required.

For more information:

[https://www.gastroendonews.com/PRN/Article/03-24/celiac-disease-linked-female-reproductive-disorders/73038?](https://www.gastroendonews.com/PRN/Article/03-24/celiac-disease-linked-female-reproductive-disorders/73038?_ga=2.27167421.1468666866.1715281141-1160608241.1714435219)

[_ga=2.27167421.1468666866.1715281141-1160608241.1714435219](https://www.gastroendonews.com/PRN/Article/03-24/celiac-disease-linked-female-reproductive-disorders/73038?_ga=2.27167421.1468666866.1715281141-1160608241.1714435219)

Expectancy versus actual gluten intake on gastrointestinal and extra-intestinal symptoms in non celiac gluten sensitivity (NCGS).

This study concluded that a combination of expectancy and actual gluten intake impacted symptoms the most and gluten could not be ruled out as the cause of the symptoms. “Participants, investigators, and those assessing outcomes were masked to the actual gluten assignment, and participants were also masked to the expectancy part of the study.” More research is required to investigate the involvement of the gut-brain interaction in NCGS. For more information:

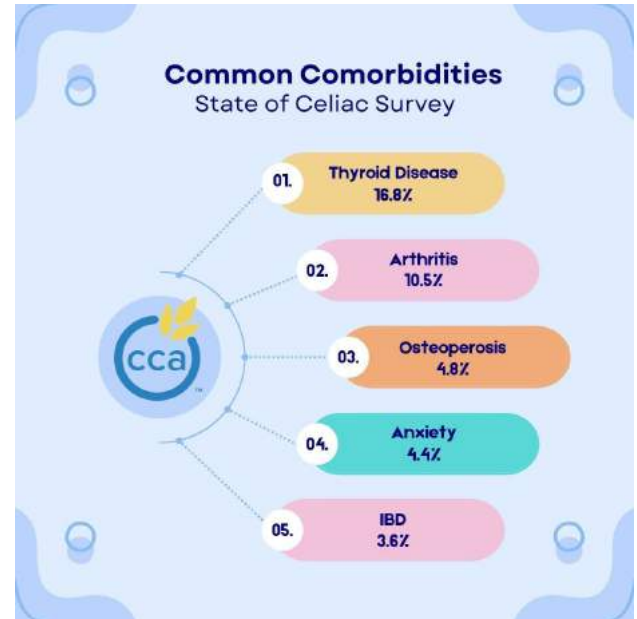
<https://www.thelancet.com/journals/langas/article/>
cont

Are you living with celiac disease?

That's a question that can go two ways; maybe your first response is "yes, I have celiac disease"; but maybe you think more deeply and you would answer "I have celiac disease, but I'm not really living any more". Many of us have been there and can empathise, and we want to reassure you that you truly can "live with celiac disease".

Maybe you feel like your struggles are emotional rather than physical; you might be worrying about what your future will bring – will you be able to find gluten free foods when you travel or go away to university; will you find a sympathetic life partner; will you ever find a local bar that serves great gluten free beer on tap? Are you skipping social events; maybe you feel you have to pack your whole kitchen when you travel; maybe you are avoiding many other foods as well as gluten; do you panic when gluten gets into your personal space or dissociate because it's all TOO MUCH?

Living with a chronic illness often extends far beyond the physical symptoms that manifest visibly. Celiac disease presents a unique set of challenges that



The fear of accidental gluten ingestion can induce a sense of hypervigilance, leading to heightened anxiety surrounding meal times and social gatherings.

extend into the realm of mental and emotional well-being. Beyond the dietary restrictions and medical management lies a profound mental load that individuals with celiac disease carry daily.

This mental load is pervasive and multifaceted, impacting various aspects of life. From navigating social situations to managing relationships and coping with anxiety, the psychological toll of celiac disease can be significant.

One of the most immediate challenges individuals face is the constant vigilance required to maintain a gluten-free diet. Unlike other dietary preferences or restrictions, adhering to a gluten-free lifestyle is not merely a matter of choice but a medical necessity. This means scrutinising food labels, questioning ingredients in restaurant dishes, and often having to decline offerings from well-meaning friends or family members. The fear of accidental gluten ingestion can induce a sense of hypervigilance, leading to heightened anxiety surrounding meal times and social gatherings.

Then the burden of celiac disease extends beyond the individual diagnosed to their immediate support network. **Loved ones often bear the responsibility of understanding the intricacies of the condition, from cross-contamination risks to safe food preparation practices.** This can strain relationships and lead to feelings of isolation, as individuals with celiac disease may feel misunderstood or judged by those who do not grasp the severity of their dietary restrictions.



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FIND MORE RECIPES

Many individuals struggle with feelings of alienation or difference as they navigate a world that often revolves around gluten-containing foods.



The psychological impact of celiac disease also manifests in the form of emotional distress and mental health challenges. Studies have shown a higher prevalence of anxiety and depression among individuals with celiac disease compared to the general population. The constant need to monitor food intake and the fear of inadvertently consuming gluten can contribute to feelings of stress, frustration, and even shame. The limitations imposed by the condition may lead to a sense of loss or grief over the loss of freedom and

spontaneity in social situations and dining options.

For some the mental load of celiac disease can extend into the realm of identity and self-image. Many individuals struggle with feelings of alienation or difference as they navigate a world that often revolves around gluten-containing foods. The pervasive presence of gluten in mainstream food culture can make individuals with celiac disease feel like outsiders, further complicating their sense of belonging and self-worth.

Addressing the mental load associated with celiac disease requires a multi-pronged approach that includes both individual coping strategies and broader societal awareness. Education and advocacy play crucial roles in fostering understanding and empathy towards those living with the condition. Increased accessibility to gluten-free options in restaurants and food stores can help alleviate some of the burden associated with dining out and grocery shopping. **Being an active member of your CCA Chapter can foster a sense of solidarity with others affected by the condition.**

When we acknowledge and address the mental load associated with celiac disease, we can work towards creating a more supportive and inclusive environment for all those affected by this chronic condition.

It might be time to change your mindset and make a change to find contentment with

Renew CCA BC Membership



your celiac life. We have all had to do that, in our different ways. For me, having suffered with the debilitating dermatitis herpetiformis rash for years without relief, I was just so pleased that my diagnosis did not mean a lifetime of taking medication that I practically jumped for joy and embraced living gluten free immediately.

Other celiac friends and colleagues offered their own points of view as well...

Accept that weight gain may be a side effect of the gluten free diet – not only is a lot of our food not as high in fibre and other nutrients as “regular” foods, but your healing body is now absorbing what you are eating

"Helpful" friends and medical professionals will tell you "going gluten free is easy". Yet you will learn that a gluten free option on a menu does not mean a celiac safe option.

You will see servers roll their eyes when you ask questions, you will hear that gluten is burned off in a fryer or barbecue, that a crumb won't hurt.

Take a breath, rise above it!

Sometimes even in higher-end restaurants with (supposedly) fully-trained chefs and kitchen staff, you will learn they have no understanding of what gluten is, and what products contain it. Don't let this stop you going out, use it as a learning opportunity and politely and helpfully explain what words they need to look out for on an ingredients listing

Be kind to yourself - some of your symptoms (including some you maybe didn't realise were gluten-related) will ease straight away when you go gluten free. However, some may take much longer or may not resolve. It is OK to accept that recovery may not be immediate. Equally, not all symptoms are caused by gluten, be aware that there may be other food intolerances or medical conditions going on - you know your body best, don't take no for an answer if you need more support from your medical team

You may find relationships with friends and family change or fall away. You may lose patience with the people who find it "super easy" to eat gluten free for "their health" - and that's OK! Equally, they may find you a burden because you always need to pick the restaurant for a meal out and you won't order food without asking lots of questions. Also totally OK - we are our own best advocates and being verbal is important

You may opt not to eat out or socialise with friends outside of your own home. If that works for you, then great. Not everyone wants to sit in a cafe with a herbal tea watching their table mates tucking into luscious cream cakes and pies. But maybe you would rather have that time with the important people in your life, and if you have to eat steak and baked potato for the third time in a week, so what?

There is research that shows higher levels of depression and anxiety in the celiac community. This is a 24 hour a day, 365 days of the year, condition, with no current cure. We get used to it, but we are in a constant state of alert, aware that anything we eat or drink can make us sick. As our confidence with the diet and our own knowledge grows this lessens, but it does not go away. But try not to be consumed by it

If I had one final piece of advice to give? Live your life! Don't let celiac disease hold you

back. It's a hurdle, but one you are more than capable of getting over. You have adjustments to make, you need to give your body time to heal, you may lose spontaneity. But - you are getting healthier. You don't need to take medication for the rest of your life.

Stay away from fear mongering online, from websites that are not science-based or do not use Canadian labelling laws as their basis. Ask questions of your CCA Chapter volunteers - you CAN lead a normal, valuable life.



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THE LIFE-CHANGING LOAF OF BREAD

Ingredients:

1 cup / 135g sunflower seeds
½ cup / 90g flax seeds
½ cup / 65g hazelnuts or almonds
1 ½ cups / 145g rolled oats
2 Tbsp. chia seeds
4 Tbsp. psyllium seed husks 3 Tbsp. if using
psyllium husk powder
1 tsp. fine grain sea salt add ½ tsp. if using coarse
salt
1 Tbsp. maple syrup - for sugar-free diets, use a
pinch of stevia
3 Tbsp. melted coconut oil or ghee
1 ½ cups / 350ml water

Instructions:

1. In a flexible, silicon loaf pan combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.
2. Preheat oven to 350°F / 175°C.
3. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).
4. Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!



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LAMB MEATBALLS IN ROASTED ROOT SAUCE WITH ZOODLES

Ingredients:

Root Sauce:

1 tablespoon coconut oil or other solid fat
¾ lb red beets (2 medium), peeled
¾ lb yellow beets (2 medium), peeled
12 oz carrots
4 cloves garlic, unpeeled
2½ cups hot chicken bone broth
3 tablespoons lemon juice, Meyer lemon if you can get it
Generous pinch sea salt

Instructions:

1. Make the sauce. Heat the coconut oil in a roasting pan then cut the beets and carrots into similar sized pieces and put into the pan, together with the garlic. Cook for around 45-50 minutes, turning them half way through. Squeeze the garlic out of the cases and transfer to a blender, along with the roasted veggies, chicken broth, lemon juice and salt, and blend until smooth.

2. Meanwhile make the meatballs. Put the ground lamb into a large bowl, add the remaining ingredients and mix well. Fry a small amount of this mixture in order to check you have added enough seasoning and readjust if necessary. Form into 20 walnut-sized balls.

3. Heat a small amount of coconut oil in a large heavy based sauté pan and add the meatballs. If they don't all fit, you will need to do two batches.

Meatballs

1¾ lb ground lamb
2 tablespoon lemon zest, Meyer lemon if you can get it
¼ packed cup finely chopped dill, plus extra for garnishing
3 tablespoon freshly grated horseradish
Generous pinch sea salt
Coconut oil or other solid fat to cook

Zoodles

2 medium zucchinis



Brown the balls on medium heat, turning them to ensure they are evenly colored and regulating the temperature so they don't burn.

4. Remove to a large plate and then pour the beet purée into the empty pan. Arrange the meatballs over the top, cover with a lid to stop the purée spitting and cook for around 10-12 minutes until cooked through.

5. Spiralize your zucchinis with a spiralizer - if you don't have one, use a veggie peeler to create thin, noodle-like strips. Divide zucchini noodles between plates (raw is fine, cook quickly in a skillet if you prefer them slightly cooked).

6. Top the noodles with sauce and meatballs. Serve with grated horseradish and a sprinkle of chopped dill over the top.

INNOCENT ICE CREAM GIVES US THE SCOOP!

Catherine Dunwoody, CCA BC Director, chats with Innocent Ice Cream owner Asacia Biln about her frosty, delicious, gluten-free treats.



Hi Asacia! We love your ice cream. Were you a chef or in the food production business earlier in your career?

I am an avid baker, at-home chef and have worked in restaurant management for years but have never been a professional in a kitchen. I love recipe development; specifically breaking down the science behind food ingredients.

Do you have Celiac Disease yourself?

I do not have Celiac Disease but two of my friends do and have learned a great deal about the disease through them and the GF community around me.

Tell us about your new location.

Our Hastings Street location is brand new! We opened our first brick and mortar on Main Street in 2017 but due to our lease expiring, we had to find a new home and in 2023 we opened our Hastings-Sunrise location.



Did the Kitsilano kitchen come before that? What year? And you only sold from your tricycle in Kits seawall?

That's right. The Kitsilano kitchen was our first kitchen for our first year with the tricycle. It was our test year to see the response from the community. We still see some of these same customers in our new store who bought our treats back then in 2014

In 2016 your food truck started up as well, do you run that all year long? Where do you park it for people to purchase your goods?

Over the winter of 2015, we bought and renovated Sunshine, our solar powered food truck and opened officially in the spring of 2016. We had a permanent location on the beach in English Bay and did private events all around the Lower Mainland. What a fun year!

Do you still book the truck out for private events?

Yes, absolutely! The truck is on the road May to October, and we cater all kinds of events from weddings to corporate staff parties to real estate open houses. You will find us at a select number of public events as well. The tricycle works all summer long as well catering events that require a smaller foot print or a just a sweet, pink photo opportunity along with dessert.

Do you sell more dairy ice cream or vegan ice cream?

I would say we still sell more dairy than plant-based ice cream but that is changing every year. All our baking is gluten-free and plant-based so folks can choose any cookie or waffle cone regardless of dietary needs.



Any new products to add to your menu this summer?

In store we offer milkshakes, soda floats and affogatos along with ice cream pies, cakes and our signature layered pints. Lots for everyone to choose from.

What is your all-time best-selling product?

Our best-selling item is the Fairy tale: Raspberry White Chocolate Ice Cream nestled between two Vanilla Sugar Cookies or the Salty Peanut: Salted Caramel Ice Cream sandwiches between two chewy Peanut Butter Cookies.

INNOCENT ICE CREAM

WINNER OF THE 2024 GOLDEN PLATES AWARD



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