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The Celiac Circular is a quarterly publication of the Canadian Celiac Association, Edmonton Chapter. The Canadian Celiac Association is the national voice for people who are adversely affected by gluten and is dedicated to improving diagnosis and quality of life.


The Gluten Problem: Found. Treated. Cured.

Board meetings are held monthly, online. Meetings are open to all members interested in the management of the Edmonton Chapter, including the planning of events. Check the calendar of events for meeting dates.


Have a question? Need some guidance? We're here to help!


The Edmonton Chapter is committed to building a strong celiac community through events, awareness, and education. Our volunteers are trained to offer assistance with the gluten free diet and resources available. You can reach us by:


 780.485.2949

 info@celiacedmonton.ca


 www.celiacedmonton.ca

 Edmonton Chapter –
Canadian Celiac Association

 @edmontonceliac

 @celiacyeg

Or you can send mail to:

 CCA - Edmonton Chapter
9, 12122 68 Street
Edmonton, AB T5B 1R1



2023 BOARD MEMBERS

The board of directors and committees are made up of dedicated volunteers committed to contributing to the celiac community. New volunteers are always welcome.

If you'd like to contribute to the work we do, consider volunteering for the board or serving on a committee. Contact us for more information.

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PROGRAM COORDINATOR

Lisa Rigney
coordinator@celiacedmonton.ca

ADVERTISING

Lisa Rigney

NEWSLETTER

Steven Efondo
CeliacCircularEdmonton@gmail.com

MEDIA CONTACT

Lisa Rigney
780.485.2949

WEB PAGE

info@celiacedmonton.ca

PRODUCT REVIEWER

Connie Hilton

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ONLINE SUPPORT GROUPS

Did you know that there are many online celiac support groups to help you?

NATIONAL GROUP

- The CCA National body (now Celiac Canada) has a facebook group “Celiac Canada Support Group” which has almost 20,000 members representing celiacs from coast to coast.

LOCAL GROUPS

There are many online local support groups and the ones listed below are not associated with Celiac Canada.

- [Gluten Free Edmonton Support Group](#) 
- [Edmonton Celiac Family Support Group](#) 
- [St. Albert Gluten Free Community](#) 
- [Gluten Free Fort Saskatchewan](#) 

If you have a support group which you would like to see listed above for future issues of our newsletter please contact me at coordinator@celiacedmonton.ca

ANNUAL SUBSCRIPTION RATES

Non-Member Rates	Edmonton Chapter Members
\$10/year for electronic copy via email	Free electronic copy for Lifetime members (Lifetime membership costs \$20)
\$25/year for non members. \$20/year for members for printed copy sent by regular mail.	

The Summer issue deadline is June 1st 2023 and will reach inboxes and mailboxes in late July/early August 2023.

INTERESTED IN ADVERTISING?

Do you own a business and would like to advertise with the Edmonton Celiac Circular? We offer competitive quarterly and annual rates for our advertisers.

For more information, please contact our advertising coordinator by phone on 780.485.2949 or via email to coordinator@celiacedmonton.ca

Edmonton Chapter Office Hours

Our chapter office is open:
Mon-Thurs 12:00pm-3:00pm
We are located in the Jerry Forbes Centre for Community Spirit.

NATIONAL OFFICE

Want to get in touch with the CCA National office?
Phone: 1.800.363.7296
Fax: 1.905.507.4673
E-mail: info@celiac.ca
Web: www.celiac.ca

Please do not expect our office staff to recommend a doctor, dietitian, a gastroenterologist or medications.

Our staff are trained to offer help with the gluten free diet. They are not trained medical practitioners and cannot offer medical advice.

Your pharmacist should be able to help you with advice about medications.

To find a physician go to www.cpsa.ab.ca. Physician search is on our home page.

President's Message

The Easter long weekend came and went with the usual “celiac travel” challenges. I can say with confidence that celiac travel has become easier over the last few years, and we are lucky in so many ways. After all, celiac disease and gluten sensitivities have a known trigger and can be controlled – unlike most (all?) other autoimmune disorders. Yet, a long weekend away with more than my fair share of salads and GF energy bars left me

contemplating a pet peeve: why do restaurants contaminate perfectly good potatoes in mixed fryers? Granted, we're a minority, but one-to-three percent of the population is a respectable number of patrons. On that note, I'd like to give a big shout-out to the commercial kitchens that have dedicated GF fryers for fries, breakfast potatoes or chicken wings – it opens so many menu options for celiac guests.



Stay tuned for a busy year for the Edmonton Chapter, with upcoming events including the May Celiac Awareness campaign and planning for the Celiac Pancake Breakfast with Kinnikinnick.

Lisa, our Chapter coordinator, will share all upcoming events on social media and by email. I'm looking forward to dinner at Continental Treat on May 16th: the menu is extensive, delightful, and completely gluten free. Love it!

Do you have ideas, tips or suggestions? Send us a note or post on our Facebook page – we're always looking for feedback and news about GF-friendly food. Happy spring, all!

Wanda Goulden,
President, Edmonton Chapter
Canadian Celiac Association.

WE NEED YOUR HELP THE CHAPTER REQUIRES A TREASURER.

Have you experience as a Treasurer or are you interested in becoming one with the full support of our existing Treasurer. The time commitment is variable but it can be considerable. This position is supported by a Bookkeeper to supply monthly reports to the Board and an auditor for annual reports at the AGM. Overall the Treasurer is responsible for:

- Ensuring the finances of the Chapter are in order.
- Ensuring all monies paid to the Chapter are deposited and amounts owing are paid.
- Keeping the signing authority of the Chapter current.
- Completing the monthly reporting requirements.

To find out more please contact our Treasurer at treasurer@celiacedmonton.ca and she will be happy to discuss the position requirements and training with you.

2023 CALENDAR OF EVENTS

MAY

May 29 Gluten Free Living 101 Session 7pm

JUNE

Jun 7 Information Table at NESAs Health & Wellness Fair 10-2pm

Jun 20 Chapter Board meeting - in person session 7pm

JULY

Jul 22 Gluten Free Pancake Breakfast with Kinnikinnick 9-11am

Please note that this is not a comprehensive list - please check our website and social media channels for events which may not be listed above.

MAY AWARENESS 2023 CALENDAR

DATE	EVENT/SPECIAL PROMOTION	DETAILS
All May for Chapter Members	Continental Treat Fine Bistro - Jasper Ave location	CTFB will offer a free choice of dessert to any Chapter member dining at their 9698 Jasper Ave location. You will need to show your server your valid CCA Chapter membership card.
All May for Chapter Members	Delux Burger Bar - St. Albert & Ice District locations	Delux Burger Bar will offer 10% off at their St. Albert or Ice District locations for the month of May when a valid card is presented.
All May for Chapter Members	Rio Vida Gluten Free Bakery	Save \$2 on Rio Vida's Chocolate cake/cupcake dry mix or White cake/cupcake dry mix - pay \$8 for the month of May on presentation of a valid card.
All May for Chapter Members	Cafe Bicyclette	Cafe Bicyclette will offer 10% off at their cafe for the month of May when a valid card is presented.
Every Tuesday in May for Chapter Members	Ben's Meat & Deli	Ben's will offer 10% off all purchases except freezer orders or case lot deals on each Tuesday in May when a valid card is presented.
May 12th 9:30-1:00pm	Kinnikinnick	Kinnikinnick will be hosting their Show Kitchen in honour of our 50th anniversary.
Saturday, May 13th	Celiac Kids Rock Support Group	We will host our first in person meeting of 2023 "Mindfulness in May" at the JFC from 10.30am to noon.
Tuesday, May 16th	myFries Pouterie	BOGO deal - buy 1 small classic poutine & get 1 for free.
Tuesday, May 16th 7pm till late	Celiac Awareness Dinner at Continental Treat Fine Bistro (Jasper Ave Location)	Come celebrate International Celiac Disease Awareness Day by enjoying a wonderful gluten free meal with your community.
Tuesday, May 16th	High Level Bridge - EXISTING Epcor Tower - EXISTING Fairmont Hotel Macdonald - EXISTING Old Strathcona Farmers Market Clock Tower - NEW Community Centre - Sherwood Park - NEW Legislative Building - NEW	These buildings/structures will be lit GREEN in honour of International Celiac Disease Awareness Day 2023.
Wednesday, May 31st	Celebrate Gluten Free Bakery	Celebrate Gluten Free Bakery will offer 10% off your purchase when a valid card is presented.



Let's Paint this Town Green

MAY AWARENESS 2023

BY LISA RIGNEY

May is a big month –

An important month as it is all about shining a GREEN light and raising awareness about a disease which has impacted us all.

Some of you are celiac and some of you are like me and are a parent of a celiac child . We are all impacted and together we can strive to educate those who know little or nothing about this disease. Every day is an opportunity but May is special - together let's start a conversation and raise awareness!

In the background I have worked hard to make this year different from what we offered in 2022. I've added a couple of new buildings to our light up campaign on International Celiac Disease Awareness Day. As a valued Chapter member you will save some \$'s if you visit the businesses who are collaborating with us this May - thank you to Continental Treat Fine Bistro, Kinnikinnick, Delux Burger Bar, myFries, Celebrate Gluten Free, Rio Vida, Cafe Bicyclette and Ben's Meat & Deli. Please see our special May calendar on page 5 for more information.

You will learn more about our three exciting events below.

COME JOIN US TO CELEBRATE OUR 50TH AT KINNIKINNICK'S SHOW KITCHEN ON FRIDAY, MAY 12TH FROM 9:30AM TO 1PM



Come join us at Kinnikinnick's store (10940-120 St. Edmonton) on May 12th anytime between 9:30 am and 1pm for this free event. Kinnikinnick Corporate Chef Lori Grein will be in the Kinnikinnick Show Kitchen preparing some lemon blueberry inspired recipes which represent our logo's colours. Why not try a selection of recipes created for you to make at home. The Chapter will be on hand with an array of information on celiac disease. We look forward to seeing you there.

CELIAC KIDS ROCK SUPPORT GROUP FIRST IN PERSON MEETING OF 2023 - SATURDAY, MAY 13TH FROM 10:30AM TO NOON.

Do you have a child living with celiac disease aged 5 - 12 years old who would love to meet other kids living with this disease? Have you heard of our Celiac Kids Rock Support Group established in 2021? Are you available to attend our FREE in person meeting on Saturday May 13th from 10:30am to noon at our office in the Jerry Forbes Centre? This is our first in person meeting of 2023 so we are very excited! The theme of our event is "Mindfulness in May". Christie will be leading a 15-20 minute yoga session. How fun is that? Teresa from Gluten Free KOB will also be hanging out with us (some of you have met Teresa during our online baking sessions).

Deanna will educate the kids on nutrition in her usual interactive style. There's more - our WONDERFUL friends at Kinnikinnick are helping us celebrate the CCA's 50th anniversary by sponsoring a cookie decorating station. I have another sweet surprise too - to be revealed on May 13th! Spaces are limited! Please register ONLY your celiac child(ren) using the link below. One parent is more than welcome to stay and hang out at our "Parents corner".

<https://www.zeffy.com/en-CA/ticketing/b02617ae-adf8-46d6-8c11-7f3f7ee54660>

JOIN US AT OUR CELIAC AWARENESS DINNER IN CONTINENTAL TREAT FINE BISTRO ON TUESDAY MAY 16TH FROM 7PM TO LATE!

This event will take place at Continental Treat Fine Bistro (9698 Jasper Ave, Edmonton, AB T5H 3V5) on Tuesday May 16th from 7pm. Guests are offered a Seasonal Menu costing \$49 per person and as a Chapter member you will save 10% off this price. Family and friends are welcome to attend.

After our event please drive around Edmonton to check out the buildings/structures that will be lit **GREEN** for you. Please share your photos/videos with us for our social media platforms and the summer issue of our newsletter. Additionally, as a member of the Edmonton Chapter you can use your valid membership card at Continental Treat Fine Bistro (Jasper Avenue) and receive a free dessert ALL MAY. This is NOT run in conjunction with the above

Seasonal Menu offered for our event. To register for this event please click the link below.

<https://www.zeffy.com/en-CA/ticketing/cfab908a-e6ea-4d84-a30f-59a10d49f4b0>

We look forward to seeing both familiar and new faces at these events. Remember that every day is an opportunity to raise awareness and educate others.





CONTINENTAL TREAT FINE BISTRO

Celiac Awareness Dinner

STARTER

Choice Of:

Helena's creamy dill pickle soup

or

Continental house salad

ENTREE

Choice Of:

Beef rouladen served w/ mash potatoes, savoury mushroom gravy and red cabbage.

Or

Pork or chicken schnitzel served w/ potato salad and side of creamy dill sauce.

Or

Salmon w/ maple demi-glace served w/ mashed potatoes & vegetables.

Or

Gourmet pierogis; A mix of aged cheddar & potato, spinach mushroom & feta cheese, & wild mushroom sauerkraut.

DESSERT

Chocolate brownie, Tiramisu, Black forest cake or Apple strudel.

May 16th, 2023

www.ctfinebistro.com

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CELIAC BENEFITS MEMBERSHIP PROGRAM

IT PAYS TO BE A MEMBER!

Being a member of the Edmonton Chapter has value in all senses of the word. As a member you have a card that looks like this



You can use this card to save you \$'s at these participating businesses:

KINNIKINNICK



Save 15% off all regular priced Kinnikinnick products only on the first Tuesday of each month (This applies to in-store purchases only).

WOW FACTOR DESSERTS



Save 10% on all gluten free desserts any day. (This applies to in-store purchases only).

HOMEGROWN FOODS



Save 10% on any supplements that specify they are gluten free, as well as any gluten free products not including bread and buns any day. (This applies to in-store purchases only).

ALKEME GLUTEN FREE BAKERY



Alkeme Gluten Free Bakery are offering Chapter members 10% off their online purchases subject to a minimum order of \$30. Shipping is free to BC & AB if you spend \$75 or more - please use discount code **CCAEDMONTON** upon checkout. Here is the link to the [Store Locator](#) for those interested in trying the products before ordering online. Alkeme will be adding a lot more stores in Edmonton so this list will be expanding in the next few weeks. Please contact hello@thisisalkeme.com should you have any questions.

THANK YOU TO OUR CASINO CREW FOR ALL THEIR HARD WORK AND DEDICATION

By Lisa Rigney

Did you know that Alberta has a unique charitable gaming model? It is the only province in Canada where charitable organizations are licensed to conduct and manage casino events. A Chapter may only use the proceeds for expenses that are essential to its charitable programs and the proceeds must be used within 36 months of receipt.

On Sunday March 12th our two day and biggest fundraiser commenced at the Starlight Casino in West Edmonton Mall. This type of fundraiser is generally every two years and like donations are the bread and butter of the Chapter. The last Casino Fundraiser was way back in December 2019. We have been well overdue for this event and our bank balance will attest to that. Normally these events happen biannually but like everything else it was delayed due to you know what.

Our Casino Chair Brian Readman (Past President) was busy organizing this event. A Casino License needed to be applied for, 36 day and night shift volunteer positions needed to be filled as mandated by the AGLC (Alberta Gaming, Liquor and Cannabis) and three paid casino advisors needed to be engaged. All positions were filled and we were lucky enough to have some back up volunteers. The Starlight Casino provided the Chapter with permission to bring in our own gluten free food. To this end Kinnikinnick, Sobey's, Superstore, Walmart and Costco were visited - a typical shop for anyone buying gluten free!



Thank you to ALL the wonderful volunteers who devoted their time - some even doing two shifts - you are invaluable. Pictured above from left to right is Brian Readman (mentioned above), Wanda Goulden (our current President) and Don Briggs (another Past President) - what a team.



Thank you to our casino crew for all their hard work and dedication (Continued)



Did you know that the Canadian Celiac Association (now Celiac Canada) is 50 this year - how amazing is that! We will be marking this big milestone in many ways as the year progresses. My Ferris wheel of ideas is spinning! We kicked off the festivities by providing our volunteers with two special cakes purchased from Kinnikinnick which looked amazing and were served on blue and yellow plates as coordination is very important!

“As Casino Chair and on behalf of the Chapter I would like to pass along a thank you and my appreciation to the 28 great volunteers who filled the 36 positions at the two day casino event. Without you these events don’t happen. I would also like to thank those that agreed to be on the standby list. As an organizer it is of great comfort to know there is someone to call in case of a cancellation. Lastly, a big thank you to Lisa, our Program Coordinator, for arranging all the food that was enjoyed by everyone”.

Brian Readman
Casino Chair

THANK YOU TO THOSE WHO ATTENDED THE REVIVAL OF OUR GLUTEN FREE LUNCH GROUP

By Lisa Rigney

On Monday April 3rd our Gluten Free Lunch Group met and enjoyed gluten free food and each other’s company at Mill Woods Senior Centre. There was lots of conversation and sharing which is what the celiac community does so well. I’d like to thank Don (Past President and current Volunteer) who kindly took on the reins of organizing this event. Your efforts were greatly appreciated.

As the year progresses new venues will be tried on various days and times - this is a flexible group. Thank you in advance to Reesa who has agreed to help organize the second meeting of this group. Stay tuned for more details. This is a great way to try new gluten free foods and meet new people.

UPDATES FROM CELIAC CANADA

NAME CHANGE



On February 7th the Canadian Celiac Association kicked off our 50th anniversary year with an announcement of the change in name to Celiac Canada. To learn more click [News - Canadian Celiac Association](#) Given the size of the CCA our brand transition will take time. You will see a transformation with our Gluten Free Certification Program (GFCP) trademark to match the new name of your favourite certified products. The transformation will take place over time in your local grocery stores as companies change over their labels.



2023 BRINGS OUR 50TH ANNIVERSARY



On a dark and stormy winter night in February 1973, the first North American celiac patient group held its first meeting at a Waterloo, Ontario hospital. Founders Kay Ernst and Nora Reck were determined to create an organization where people could seek support, expert education and invest in research and one that would advocate for access to safe gluten-free food because no one else would.

Today, Celiac Canada continues our founders' dream and remains the only national celiac patient organization that is 100% dedicated to this mission of diagnosis and empowerment.

On February 11th, members of the CCA went back to where it all began - almost - and had a celebration of this milestone event in our history. Check out this youtube video to learn more - <https://youtu.be/P8E3hjGTISU>

Throughout 2023, Celiac Canada will be looking back through time to our founding women - they are the inspiration for our Volunteer Recognition Program which launched this year. Additionally, we will be celebrating the food manufacturing partners who have been with us for a long time, and who have helped bring safe food options to our community since the GFCP began. Here is a link to our growing [GF Product Finder - Canadian Celiac Association](#)

Click this link [50 - Canadian Celiac Association](#) to learn more and you will also find a link to episode 256 of A Canadian Celiac Podcast where you can listen to Sue Jennett as she broadcasts live from the CCA's 50th Anniversary kick-off celebration on February 11th in Waterloo, Ontario.

Additionally, the Edmonton Chapter will be marking this wonderful milestone throughout the year in creative ways. We already served a commemorative cake to our casino volunteers back in March. In May the number 50 will be featured at our event with the Celiac Kids Rock Support Group. Later in the year we will mark this anniversary in memorable ways at both our Gluten Free Pancake Breakfast and our Ride Walk Run for Celiac Disease 2023.

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OAT SAFETY

<https://www.glutenfreewatchdog.org/news/gluten-free-watchdog-cannot-recommend-any-brand-of-gluten-free-oats/>

Celiac Canada has been made aware of a statement from a US-based dietitian, regarding the safety of gluten-free oats including certified products in the United States. The findings, as we understand, have not been verified by the US Federal Department of Agriculture.

The gluten-free certified products that carry our mark are not sold in the United States. Producers of food for our program must meet one of the highest industry standards and our suppliers must meet this threshold in order to carry the mark. They are independently audited.

There have been no consumer complaints or recalls of any gluten-free oat-based products carrying the Gluten-Free Certification Program mark.

If any individual feels they have become ill from any food product, gluten-free or otherwise, they should report it immediately to the Canadian Food Inspection Agency. Follow this link to learn more https://www.celiac.ca/living-gluten-free/food_recalls/

We actively work with our vendor partners and Health Canada to monitor and do active surveillance on food ingredients in order to keep the public safe.

HOW TO EAT GLUTEN-FREE AT A LOWER COST

By Nutrition Services, Alberta Health Services

Given rising food costs, people following a gluten-free diet may be spending a lot more money on food. In this article, we share ways to spend less money on food while following a gluten-free diet.

- Focus on whole-grain foods that are naturally gluten-free. For example, unpeeled potatoes, brown or wild rice, quinoa, or snacks like air-popped popcorn. These may be cheaper alternatives to specialty products like gluten-free pastas, breads, and crackers.
- Review flyers, search store websites, and print internet coupons for gluten-free products. Make sure the coupons are valid in Canada.
- Consider ordering directly from gluten-free retailers or online warehouse companies that stock a large variety of gluten-free foods. They may offer lower prices, free shipping, and other promotions. To lower the cost even more, coordinate your orders with friends or family also following a gluten-free diet.
- Check if stores have discount or loyalty days. Use those days to stock up on higher priced gluten-free foods but keep expiry date in mind.
- Think about other ways to use sale priced, gluten-free brands. Maybe one brand of buns is better for garlic bread than sandwiches. Or use one bagel brand for toasting and another for tuna melts.
- Try baking your own snacks using gluten-free flour or baking mixes. For example, gluten-free muffin mix is often cheaper than gluten-free muffins from a bakery and the mix will make more muffins.
- Use herbs such as rosemary, thyme, basil, oregano, and lemongrass to flavor foods instead of buying costly gluten-free sauces.

For more ideas, see [Tips to Spend Less Money on Food](#) and [Budget Tips](#).

INCOME AND OTHER SUPPORTS

- If you are receiving income assistance, such as AISH or income support, you may be eligible for extra money to help pay for the cost of gluten-free food. Ask your doctor or medical team about special diet funding.
- 211 Alberta (ab.211.ca) is a provincial directory that can be used to find financial benefits, programs, and services. Call, text, and chat options are available.
- Local Family and Community Support Services (FCSS) offices have information about community programs: [Find Your FCSS Program - FCSSAA](#)

GLUTEN-FREE RESOURCES

For more information on gluten-free eating, see the handouts and class offered by Nutrition Services:

- [Gluten-Free Diet](#)
- [Fibre and the Gluten-Free Diet](#)
- [Helping Your Child with the Gluten-Free Diet](#)
- Class: [Celiac Disease: Going Gluten-Free](#)

FOR MORE SUPPORT

- Talk to your healthcare team
- Call Health Link at 811 and ask to talk to a dietitian, or complete a self-referral at ahs.ca/811
- Visit ahs.ca/nutrition



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ATTENDING A SUMMER CAMP AS A CELIAC KID - WHAT YOU NEED TO KNOW AND DO!

By Lisa Rigney

It's that time of year when spring is trying to arrive in Alberta and we are already thinking about summer and what to do with the kids. Summer camps are the perfect ingredient for a fun filled summer but this decision can bring a mixture of emotions from excitement to trepidation for us parents. It can be daunting when we have to pass on the reins of looking after our child's dietary needs to someone else. Two Moms of celiac teens have provided us with wonderful insights, advice and lessons.

Michele's daughter attended a camp regularly and she had very positive experiences for a number of years and then it changed. After some digging Michele learned that the chef had changed and this was the root of the problem. Being a proactive person she reached out to the camp with helpful feedback and suggestions which was positively received by the camp and considered for this camp season. She has helped pave the way for other celiac kids as her daughter has aged out of summer camps now. She advised the camp that "I can assure you that it would make the families of celiac children SO happy to know that they can be confident in sending their children to summer camp knowing their children's dietary needs would be taken care of". Here are some great suggestions she made to the camp.

"I wanted to provide you with some ideas of items that would make camp a better experience. Of all people, we realize that there are added costs to eating gluten free. Knowing that, I would be happy to provide items, or offer a 'surcharge' for foods that I knew she could eat if it would improve her food experience while at camp. I'm fairly certain that if the past 2 years of eating had been her first experiences, she would not have returned. We often make these pancakes at home, in fact, we make them for our whole family, and buy them in large commercial quantities as they taste as good as 'normal' homemade pancakes! One batch can be made in a clean frying pan/griddle, and extras can be refrigerated or frozen for future days".

"Muffins are also great for breakfast and usually available at Superstore. You can also make them from Duinkerken mixes with blueberries, chocolate chips or whatever you choose to mix into it. The cost is not too much more than the ones you can buy premade, and they taste good. If serving muffins, there are also naturally gluten free protein options that can be added, like Greek yogurt which can be topped with gluten free granola (see below for KIND granola). Another breakfast option is oatmeal - literally 1 cup of oatmeal and 2 cups of water microwaved. The only concern is you would need gluten free oatmeal".



“There are options for Gluten free chicken strips, sold at either M&M meat shops (easiest to find, but pricey unless on sale) or Ben’s Meats in the west end which sells Flamingo brand chicken strips (and burgers and nuggets). These are actually delicious”.



Michele provided some additional advice for this article. “There are a couple things I would say that parents can do before signing their kids up for camp. Here are what I would tell them:

1. Carefully read through the website or documentation to see if they make a reference to accepting campers with dietary restrictions. If you don’t see anything, contact the camp as soon as you can to ask some questions.
2. Ask questions of the camp director or their person in charge of camper safety/food preparation such as:
 - ◊ Has your camp successfully had other campers with serious dietary restrictions? (I always ensure that they recognize that while we understand that they cannot be 100% certain that my child will be safe, I still expect them to take celiac disease as seriously as anaphylaxis).
 - ◊ Ensure that the camp knows that you are willing to work with them to make sure your child has a safe diet and good experience at camp.
 - ◊ Is your camp cook an employee or a volunteer (often trained cooks will be more familiar with the guidelines around food and allergy safety than volunteers).
 - ◊ Can you give me a sample of a normal weekly meal plan? How will that be different from what my child will be eating?

- ◊ Does your kitchen have an area that can be used to prepare food without contamination from gluten products?
 - ◊ How will my child receive their allergen free food? Will it be discreet, or will they stand out when receiving their food?
 - ◊ How will my child’s food be identified as specifically for them? Will it be labeled at all, or can they pick it up from a different area from all the other food?
 - ◊ How will you let me know if there is an issue around their dietary needs while at camp? (ie. Indicate what you would like to happen - I would like a phone call if there is a mix up or an issue. Also, make sure they know what to do in the event of cross contamination/symptoms).
3. Make a note of registration cut off dates, cancellation policies and refund policies. You want to be sure to have a spot for your child before going to all the trouble of ensuring they can eat safely at camp.
 4. It’s unlikely that the camp will allow you to send food items with your child, but you are always able to ask if you can offer some suggestions for good food options (easy to purchase, locally available and items with portions for more than one person are best - they are feeding many people in a camp setting, after all).
 5. Send a reminder email shortly before the camp to the person that you originally spoke to, making sure that they are prepared to have your child eating at their camp week.
 6. When you check your child in, make sure they have the dietary restrictions on their medical form/in their notes, and let your child’s camp counsellor know, if possible.

Kids with dietary needs have the same desire to get out into nature as every other child. A successful camp week is worth all the advance preparation. I always make sure to give the camp feedback from my child - they deserve to know that their campers enjoyed/didn’t enjoy their experience!”

Back in February I shared a post on our Facebook page on behalf of our friends at the Calgary Chapter regarding the Rod McDaniel Celiac Kids Camp (you will find more information below about this camp). Crystal commented “It’s totally worth it! Especially to give your kid a chance at a “normal” camp experience. My son attended from 7 to 16. Made the drive from Grand Prairie. He made some great friends from other areas”. This comment made my heart happy and I reached out to Crystal to see if she would like to contribute to this article and I got the answer I hoped for. Here are Crystal’s tips and tricks for celiac kids attending summer camps.

“My son attended the Calgary Celiac camps from ages 7-16, until Covid hit. This year he will be 20. As a mom I wanted to give my son as many “normal” experiences as possible. When he was 6 I found the Calgary Celiac Association put on a camp for kids. The next year I jumped on the opportunity to get him signed up. Making the drive from Grande Prairie was hardly a factor for him to spend a week with kids who were just like him, to not even have to spend a moment second guessing the food that goes into his mouth meant the world to me.

When attending a non-celiac camp, I recommend that parents do their homework, and always ask lots of questions about food that will be provided, especially if there is a shared kitchen camp. Obviously, how the food is prepared and kept safe will be questions to ask. Ask if your child's food can be made first and ask about what products they will be using to feed your child. This way you can also show your child what the products look like so they can be more confident that they are being provided the proper food. Ask what the meal plan is for the week so you can bring already prepared meals for your child. But the biggest tip is to work with your child to be able to confidently ask about their food. Don't be afraid to provide suggestions or ask if you should be providing food. The nice thing is fruit and veggies are naturally gluten free but you have to look at the processed foods.

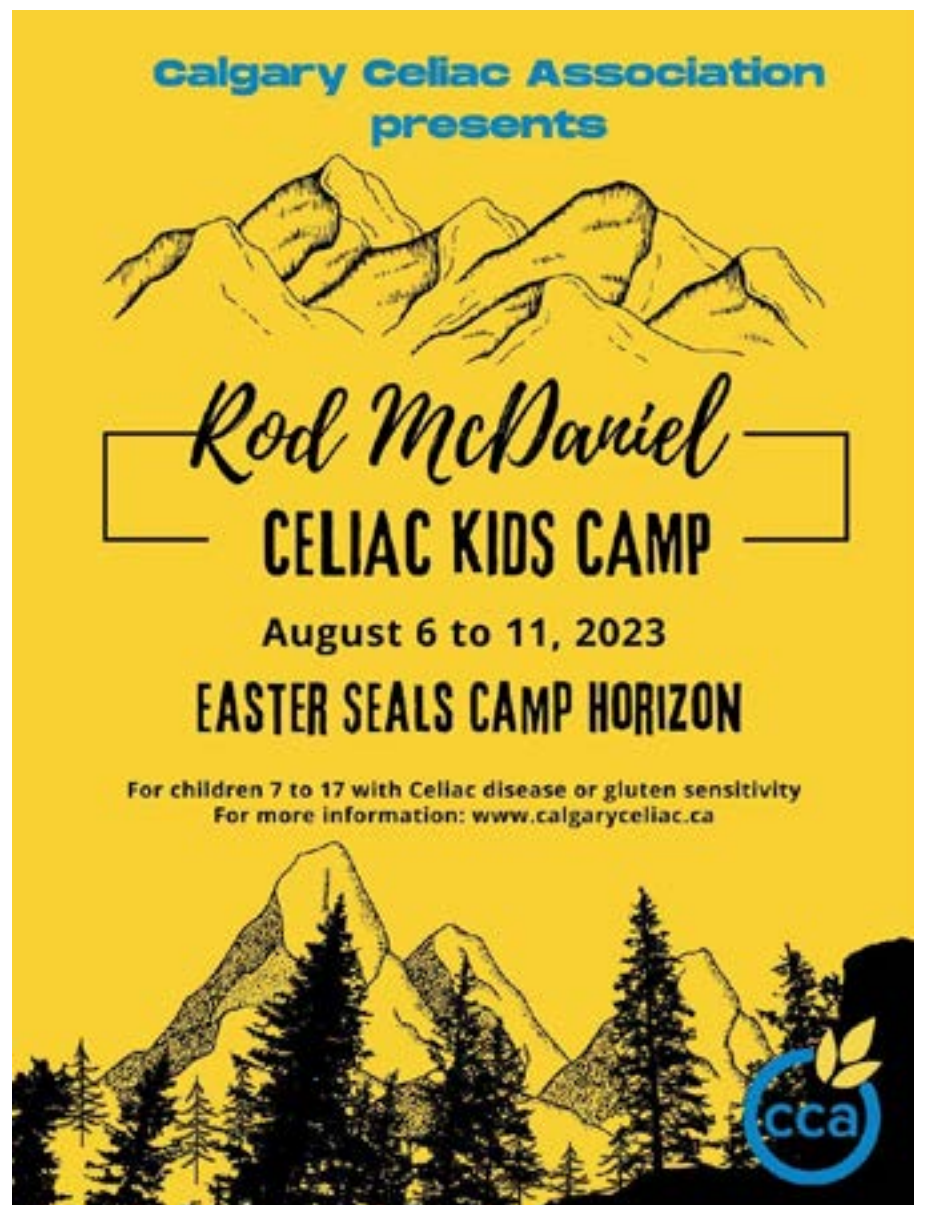
Ask if there will be special treats needed. There is nothing worse than celebrating a birthday watching everyone eat cake and your child gets some carrot sticks. Some kids are cool with this, but it is nice not to be "different" and to explain that you can't eat this or that.

Asking questions and providing education to others is your friend. Also, keep it simple. Remember gluten will be found in more processed foods such as breads, pastries, meats (sausages/pepperoni), and some sauces. I do have to mention that now it is so much easier to find gluten free alternatives than ever before.

My son was also a Cub Scout during this time as well. He did have understanding leaders who were open about food when it came to meetings and camping. In Cubs there were a few kids that were gluten free so they would be put in a patrol together so their food was kept safe from contamination. As Scouts they would meal plan before camp and go buy their own groceries. I also would provide meals if a substitution was needed. I would pre-make grilled cheese and pancakes or waffles that just needed to be warmed up. I would wrap them in tinfoil so they could be warmed up on a fire/grill, safely from contamination.

One of the best tips I can give you when you pick up your child from camp is to make sure you have a snack or light meal ready for them in the car. This way you can drive home and throw them in the bath and they can relax immediately".

Thank you to Michele and Crystal for their wonderful contributions to this article. They showed us that kids can successfully enjoy summer camps like everyone else. Like always it means extra planning and communication which is what celiac parents do best.



The Rod McDaniels Celiac Kids Camp hosted by the Easter Seals Camp Horizon is the ideal venue. The name says it all. The weight lifts instantly. Not only can the kids enjoy safely prepared gluten free food, they can also enjoy activities like white water rafting, a rope course, hanging out by the campfire, go karting, rock wall climbing. Any child requiring a GF diet qualifies for the subsidy graciously donated by the Rod McDaniel Family Foundation (non celiac siblings can register too but cannot apply for the subsidy). One very generous donor and Chapter member made a \$2,000 contribution this year which was matched by the Edmonton Chapter. Isn't this a great investment of our donation and fundraising efforts?

Registration is now closed. If your child has registered for this camp and attends this summer please reach out and perhaps share your experiences with us. We'd love to hear from you.

THE WORLD OF GLUTEN FREE FLOUR

By Cinde Little of Everyday Gluten Free Gourmet



Whether you're new to gluten free or keen to understand more, there's a lot to learn. It's not difficult but it does take time and attention.

This broad overview of gluten free flour will help you understand why some baked goods taste amazing and others fall short.

When I started baking gluten free I found that the sheer number of new words made recipe reading confusing. Add to that all the diet names I had never before been interested in (keto, paleo, grain-free etc) and it was overwhelming.

Wheat flour is 70-75% starch and 8-11% protein (gluten). This is helpful in understanding why gluten free flour is a combination of flours and starches.

Here is a list of 28 ingredients you might see in gluten free recipes. Once you start recognizing new words, even if you're not sure what they are, it feels less intimidating.

- Gluten Free Flour List
 - ◇ Rice Flour: White rice flour, brown rice flour, sweet rice flour
 - ◇ Grain Flours: Corn flour, millet flour, sorghum flour, teff flour, oat flour
 - ◇ Pseudo-grain Flours: Quinoa flour, amaranth flour, buckwheat flour
 - ◇ Nut Flours: Almond flour, coconut flour (not technically a nut), peanut flour, macadamia nut flour and more.
 - ◇ Seed Flours: Flaxseed meal, sunflower seed flour and more.
 - ◇ Other Flours: Potato flour, cassava flour, cornmeal, masa harina and more.
- Gluten Free Starches and Binders
 - ◇ Starches: Tapioca starch, cornstarch, potato starch, arrowroot powder, gluten free wheat starch*
 - ◇ Binders: Xanthan gum, guar gum, psyllium husk powder

The good news is that people all over the world are cooking up amazing gluten free food with these ingredients and you can too.

*In 2019 Celiac Canada approved the use of 'certified gluten free wheat starch' as an ingredient in gluten free products.

Quotes for gluten free living: "You don't know what you don't know."

THE PURPOSE OF FLOUR

Most of us have used all-purpose wheat flour in the kitchen for years without feeling the need to know anything more about it. All-purpose wheat flour is a combination of hard and soft wheat and thanks to gluten for most home cooks it truly is a flour for all purposes.

When you switch to gluten free it isn't that simple. All the gluten free flours and starches available can be blended into endless combinations taking advantage of their individual properties. Yet without gluten there are unique challenges with different types of recipes.

Before we cover tips for working with gluten free flour let's clarify the role of flour in cooking and baking.

Flour is typically used for three purposes:

1. To thicken sauces, gravies, soups, stews, custards and more.
2. To coat meats, vegetables, tofu and more.
3. To create structure in baked goods.

These three processes rely on the different properties that wheat flour has.

For gluten free cooking we are trying to mimic the properties of wheat flour for each individual type of recipe.

To thicken sauces we can use cornstarch, sweet rice flour, potato starch and masa harina.

A gluten free flour blend doesn't work as well for coating meats. Tapioca starch and cornstarch create a crunchy breading that sticks well to meat. For a light, crispy batter brown rice flour with cornstarch works better than a blend you would use for baking.

To create structure, the biggest challenge for gluten free bakers, we often add a binder. Yet with so many combinations of flour and starch there is no magic formula. One flour blend may work well in muffins but not so well for cookies.

There are plenty of guidelines and charts recommending percentages of each flour to use in a blend. The best way to understand gluten free flour is to start baking. I use my recipe for Banana Muffins to experiment with different flours since I make them often enough that I can recognize slight changes.

The good news is that people are cooking amazing food with different flour combinations and you can too. Even with other dietary restrictions there is always more than one flour blend that will work.

Quotes for gluten free living: “Everything is hard before it’s easy.”

GLUTEN FREE FLOUR BLENDS VS MIXES

The word mixes and blends are sometimes used interchangeably but they are not the same.

A gluten free mix typically refers to a flour combination plus other ingredients like baking powder or soda, salt and perhaps flavourings. Popular mixes in the grocery store are for pancakes, muffins, cookies and cakes. They usually have a single purpose so are not intended to be used in a recipe calling for flour.

Gluten free flour blends are simply a combination of flours, with or without the addition of a binder. A flour blend can be used for many purposes thus the names All-Purpose, Cup 4 Cup, All-In-One etc.

THE MYTH OF AN ALL-PURPOSE GLUTEN FREE FLOUR BLEND

There is no single gluten free flour blend that replaces wheat flour in every recipe.

Some people may disagree with that statement but it would be more accurate for that person to say it works for all of the recipes they make. If there was a single gluten free flour blend that worked in every recipe we would all be using it.

The flour blend I use works in about eighty percent of my baking and this makes life in the kitchen easier. I make dozens of recipes using this flour blend even though my old recipes have been altered to adjust for the properties of gluten free flours. From cinnamon rolls and crepes to churros and Yorkshire pudding, I have a blend that works for most of the things I make.

This same flour blend does not give the best results in yeast bread recipes, homemade pasta, dinner rolls, some cakes and cookies and on and on. A good goal to start out with would be to find a flour blend that works in most of the recipes you like to make. I would also add that your baking should be so good the non-gluten free eaters want to eat it too.

As you gain experience with gluten free baking you will be more comfortable trying new ingredients and more challenging recipes.

Quotes for gluten free living: “Sometimes you win, sometimes you learn.”

FLOUR BLENDS: STORE BOUGHT VS HOMEMADE

Here are some things to consider when deciding if you want to buy a store bought flour blend or try making one yourself.

Homemade GF Flour Blend	Store Bought GF Flour Blend
You know the exact amount of each ingredient.	You can read the ingredients but you don't know the exact amount of each flour or starch.
Less expensive per cup but you need to buy and store the individual flours.	More expensive and you don't need to buy and store other flours.
More flexibility to experiment and find what works best for you.	Less flexibility to experiment.
Your flour setup allows you to easily make recipes using different flours.	In order to make recipes using different flours you will need to purchase them.

If you're brand new to gluten free I suggest you try a few popular gluten free flour blends. Pay attention to the ingredients on the package and the taste and texture of the foods you make.

When I started gluten free baking over ten years ago there were only a few flour blends available. Many people were making their own flour blends and I wasn't satisfied with what I could buy so I just made my own.

It still took me a few years of trial and error plus lots of baking that was just pretty good, until I finally found the right flour blend I use now. It's a game changer when you can bake food that doesn't taste gluten free.

Bloggers have lots of tips for people learning to bake gluten free and many of us started blogging specifically to share what we learned the hard way. The gluten free diet itself has a steep learning curve and baking has its own (very steep) learning curve.

HOW TO STORE GLUTEN FREE FLOUR

Like most foods gluten free flours also have a best before date stamped on the package. It takes time to determine how much of the different flours you will need so it's worth storing them properly so they don't go to waste. All ingredients should be stored in an airtight container in a cupboard away from the light.

I have never had any flour go bad but those with a high fat content are most at risk so best stored in the fridge or freezer.

Brown rice flour, almond flour and coconut flour are the most likely to go rancid if left at room temperature for more than a year. I keep a canister of brown rice flour at room temperature but store the remainder of the bag in the freezer. I don't use coconut flour or almond flour as often so I keep them in the freezer.

I store all the other flours at room temperature unless I buy them in a large quantity. In that case I fill my canister and store the rest in the freezer.

If you live in a hot climate you may need to be more careful about storing your flour in a cool cupboard. I recommend you come up with a system to keep flour in your freezer so you can buy larger amounts.

10 TIPS FOR COOKING WITH GLUTEN FREE FLOUR

1. Gluten free flours and starches do not absorb fat and liquid as well as wheat flour.
2. Using two fats, like butter and oil together, can help flour absorb the fat more fully.
3. Letting dough or batter rest for 15-30 minutes allows liquid and fat to be absorbed more fully.
4. Adding more liquid can help with absorption, but then requires a longer baking time.
5. Use two leavening agents (ie. baking powder and baking soda) to create light, airy baked goods.
6. Gluten free baked goods take longer to cook than baking with wheat flour.
7. Cooling time is critical as the structure continues to form as baking cools. It may taste under done or gummy if not cooled enough.
8. If baking browns on the bottom before the food is fully cooked, double up your baking pan to prevent over browning.
9. The high starch content of some flour blends can result in a gritty texture.
10. Cookies are high fat, high sugar with a short cooking time. Try recipes written for gluten free then tweak them to be like your old favourites.

THE JOY OF BAKING

There's a lot to learn about cooking and baking and I try to share information to help you enjoy the process. These final words are from Julia Child, a famous chef and cookbook author.

"Learn how to cook; try new recipes, learn from your mistakes, be fearless, and above all have fun!"

Written by Cinde Little, Everyday Gluten Free Gourmet

BIO:

Cinde writes the Everyday Gluten Free Gourmet food blog and teaches cooking classes, both virtually and in-person. As a health educator and adventurous home cook she encourages everyone to simply get in the kitchen and cook. Learn, share and keep cooking the foods you want to eat. That's a recipe for creating a healthy gluten free lifestyle.

Visit the blog at www.everydayglutenfreetourist.ca. Learn more about flour in her 12-post series starting with [How To Use Rice Flour](#). Each post includes a YouTube video, recipe links as well as links to all 12 posts. If you're thinking about making your own flour blend check out this post with a downloadable table, [11 Gluten Free Flour Recipes](#).

THERE IS LOTS HAPPENING ON INTERNATIONAL CELIAC DISEASE AWARENESS DAY ON TUESDAY, MAY 16TH.



Our friends at myFRIES are celebrating by offering a BOGO POUTINE day. Pay them a visit and enjoy their delicious gluten free offerings and spread the word to your friends and family.

THE NUTRITION CORNER

Nutrition Questions answered by Deanna Mack (RD)

ABOUT DEANNA MACK:

Deanna Mack is a Registered Dietitian in Edmonton and was diagnosed with celiac disease in 2014. She is no stranger to label reading and dealing with food accommodations, especially since her husband has dealt with nut allergies most of his life. Deanna is passionate about nutrition, cooking, fitness and travelling, and strongly believes that you don't have to be an expert in the kitchen to enjoy great tasting food!



Deanna is the nutrition educator for the CCA Edmonton Chapter and is a member of the Board of Directors. She has been volunteering with the chapter since the beginning of 2021. You can find her assisting with the Gluten Free Living 101 sessions, the Celiac Kids Rock Support Group and other events throughout the year. She enjoys educating others about the gluten free diet and what it means to live with celiac disease.

Frozen Produce - A Nutritious and Budget Friendly Option All Year Long

It is no secret that fruits and vegetables belong in a healthy and nutritious diet. In fact, according to Canada's Food Guide, half your plate should be comprised of a variety of these colourful foods. However, with the cost of fresh produce on the rise because of rampant inflation, buying these products can become increasingly more difficult to do on a budget. The seasonality of products further impacts the cost of fresh produce, depending on the time of year and how far the produce has to travel before it is sold. How can we incorporate more produce into our diet without breaking the bank? One answer: frozen produce.

When most people hear about the idea of frozen produce, they quickly jump to the idea of making fruit smoothies. This is arguably the most popular way that frozen fruits are used (and a great idea, I might add), but is only one of the many ways in which you can incorporate both fruits and vegetables as part of your daily intake. Below are some suggestions for using frozen fruits and vegetables in a simple, everyday way:

Ways to Use Frozen Fruits:

- Make a nutritious smoothie
- Sprinkle over a bowl of cereal or cooked oats
- Pair with yogurt as a snack
- Make a fruit salad for dessert
- Use as a topping on pancakes or waffles
- Add to baking recipes
- Throw into water for an infused flavour (bonus: they will act as ice cubes to keep your water cold!)

Ways to Use Frozen Vegetables:

- Pan fry and add to your favourite casserole
- Add to your smoothies (spinach and kale work great for this)
- Throw into your pastas, soups and stews
- Make fried rice
- Serve as a side dish - cook in olive oil, garlic, and herbs

Many pose the question, are frozen fruits and vegetables as healthy as their fresh counterparts? The answer is yes, since they are picked at peak ripeness (most nutritious at this stage) and are then flash

frozen to maintain their nutrient levels. Vegetables may be blanched before freezing, but this has little impact on the nutrients overall. Freezing also helps to slow down the loss of nutrients over time.

You can find a large variety of frozen fruits and vegetables at your local grocery store, or you can use your own fresh produce to freeze and save for later. Buying in bulk (think Costco or family sized items) as well as shopping when products are on sale can further reduce the cost of produce.

Using frozen produce also helps to reduce waste, as you only use what you need and the rest can be stored in the freezer, ready to use at a later date. You are not fighting the clock in the same way that you would if the produce was fresh and expiring in the next few days.

Using frozen fruits and vegetables can also save on preparation time, since you no longer have to peel and chop - the work is already done for you. Save time and money - now that is a win-win situation!

Some recipes may rely on the texture of a fresh fruit or vegetable for best results - and that is okay! Using both fresh and frozen produce in your meals and snacks is a great way to stick to a budget, and still have a variety of fruits and vegetables in your diet that you can enjoy.

How will you incorporate more frozen produce in your diet?

THE CELIAC KIDS ROCK SUPPORT GROUP

MEET OUR FIFTH AND SIXTH CELIAC WARRIORS IDENTICAL TWINS ABIGAIL AND SYDNEY

By Lisa Rigney

Meet Abigail and Sydney (8) who are our fifth and sixth celiac warriors in a series of articles on kids living with celiac disease who have attended our Celiac Kids Rock Support Group. I met the girls at our first in person meeting of the Celiac Kids Rock Support Group last June and they left a lasting impression - double cuteness. Since then they have attended our Celiac Community Christmas party and our two online baking events this year. Thank you to Teresa from Gluten Free KOB who taught us how to make banana oatmeal muffins in February and for educating us with lots of cool techniques. In April she showed us how to perfect pavlova in time for Mother's day. The kids got to enjoy the fruits of their labour after both events. Thank you to Amy, Abby and Sydney's Mom who agreed to share the girl's diagnosis story. Our warriors then kindly answer some of my questions about living with celiac disease.



“Meet Abigail and Sydney Cooper; identical twin girls born in July 2014 at almost 37 weeks gestation. The girls were typically developing happy babies and were born at good weights for twins (5-8 and 5-11). They are now happy, energetic and delightful 8-year-old girls with dynamic personalities. They are in Grade Three and enjoy the after-school sport of Cheerleading. They are athletes with Alberta Cheer Empire and their team's name is the Hotshots! Abby and Sydney both enjoy practicing cartwheels wherever they are! The girls also enjoy swimming and water slides, especially when their family is on vacation in a hotel; their favourite resort is the lodge at Kananaskis.

Abby and Sydney have always been tiny, but at their four-year-old check up with their pediatrician, the doctor was concerned about a lack of growth for both girls. The doctor ordered many blood tests, and the results showed their tTG was high. There was also another marker that was low, so the doctor took that as a priority and that took about six months to resolve. In January 2019, we redid the

bloodwork and found the tTG elevated again. We were referred to Dr. Turner at the Stollery and had biopsies in March 2019. Sydney's biopsy came back with more significant damage than Abby's, but because they are identical twins, Dr. Turner completed genetic testing on Abby and determined that Abby had the gene as well. We had two four year olds with Celiac disease who now needed a gluten free diet! There is no history of celiac disease in our family so this was all new! The important part of this diagnosis story though, is that they never experienced symptoms; their only symptoms were low growth rate.

Sydney and Abby have always been very picky eaters; successful food choices were always very limited and trying new foods was not on their list of fun tasks! Switching to a gluten free diet was not very easy; there were quite a few bribes to try new things. As they have grown, their food choices have expanded slightly, thanks to stores such as Ben's Meats, Kinnikinnick and grocery stores that consistently carry their favourite Schar and Kinnikinnick gluten free products. The twins also very much enjoy french fries at restaurants, so we are always on the lookout for new restaurants with dedicated gluten free friers. So far we love McDonalds, The Local, The Icehouse (Canadian Brewhouse) and the restaurant at Kananaskis. Because the girls are so picky, sometimes the only thing gluten free at a restaurant that they will eat is ice cream, so Mom and Dad allow it and we eat a meal before or after at home. They enjoy going out for social reasons, and pop and ice cream is usually wonderful for them with a nice visit!

The twins have adapted to attending other social events and bringing their own gluten free treats. They have favourite donuts and cupcakes they will bring to parties and the teachers at school are good to have gluten free options when the class gets a treat. The girls are experts at knowing what candy is gluten free, but they especially miss twizzlers and smarties; they enjoy the alternatives, but dream of twizzlers and smarties that are gluten free!

We are so very grateful for the Edmonton Chapter of the Canadian Celiac association. The girls have met other children with celiac disease and explored new foods (sort of). They have loved participating in the online baking meetings and had a blast at the in-person Christmas party and kids meeting last summer. We can't wait for more events for them to get to know their friends better!

Abby and Sydney's growth curves have both increased since diagnosis. They are now “on the chart” and progressing! They are active and healthy and very used to the limitations that this condition brings”.

QUESTIONS FOR ABBY AND SYDNEY

How do you find being celiac at school?

A I sometimes feel sad because I can't have hot lunch.

S Challenging because I see kids with foods I can't eat but I don't want to get sick.

Can you name one positive thing about having celiac disease?

A There are good foods that are gluten free that I like.

S I don't have to eat certain things because they have gluten - like tacos :)

Can you tell me your top three favourite gluten free foods?

A Hot dogs (Butterball), gluten free waffles and gluten free cake.

S Gluten free waffles, Kinnikinnick donuts and apples.

Have you enjoyed being part of the Celiac Kids Rock Support Group and meeting other children living with celiac disease?

A Definitely yes, I like to talk to them and get to know them.

S Yes because I get to meet new friends.

What event did you enjoy the most this year and why?

A Online baking muffins! It was fun and delicious.

S Christmas party was awesome because I could eat everything.



Thank you to Amy, Abby and Sydney for sharing their stories and for being part of our support group and newsletter. If your child would like me to write up a piece about them, please contact me at coordinator@celiacedmonton.ca to arrange.

We look forward to many meetings in 2023 to connect children living with celiac disease with others in a creative and meaningful way with a large helping of fun. Remember your diet is limited but you don't have to be - celiac kids rock! We hope to see you at our first in person meeting of 2023 on Saturday May 13th.



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PRODUCT REVIEW

By Connie Hilton



JUST SOUP

At times it is convenient to have some soup on hand instead of starting from scratch. I came across a brand called Just Soup at Sobeys. They have several different varieties available including Garden Vegetable, Creamy Tomato Basil, Creamy Mushroom, Butternut Squash and Sweet Potato. They are all labeled gluten free.

I chose the Creamy Mushroom and was impressed by the fresh ingredients. (It also comes in a very nice reusable jar.) The flavour was delicious and I would certainly buy this again. I found it a little thin for my liking, but with some gluten free crackers it would be great. The soups are a little pricey at around \$6.00 per jar, but worth it if you want something without a lot of additives.



ITALIAN STUFFED GNOCCHI WITH CHEESES

While shopping at Costco, a package of Italian Stuffed Gnocchi caught my eye. The package does not have a Gluten Free symbol, however in checking the ingredients there were no gluten containing items listed. I am very sensitive when it comes to any gluten, and I have no issues with these at all. The decision to try these will have to be a personal one if you are concerned that there is no GF label.

I absolutely love these! They are a nice switch from potatoes, rice and pasta. They are quick and easy to prepare several ways: cook them in boiling salted water as per package directions; toss with olive oil and air fry for 6 - 8 minutes at 375 or cook in the oven in a sheet pan meal with peppers, onions, and sausage or chicken. I found that they have plenty of salt so give them a taste test prior to adding any salt.



RESTAURANT REVIEW - CHATEAU LOUIS ROYAL COACH DINING LOUNGE

By Don Briggs (Past President & current Chapter Volunteer)



Chateau Louis was the first hotel in North America to be certified by the Gluten Free Food Program (GFFP). It was also the venue for our 2018 National Conference where celiac's from across Canada enjoying their GF meals. I know many of our members frequent the Chateau, but if you have not you need to try it. Every Saturday they have a gluten free buffet and every item is delicious. The special is Roast AAA top sirloin with another choice of chicken or fish to round out your meal. When you are finished your main course, you must try at least one of their six GF desserts. My first experience there was for my birthday, I had a great meal and was on my third dessert when they brought out a piece of birthday cake. The waitress just looked at me and said "you'll want this to go, won't you?" I of course just shook my head and said "yes". One of the best takeout items is their buttermilk fried chicken with steak fries. We ordered these several times during the pandemic. So for an enjoyable GF and worry free evening I highly recommend you try Chateau Louis.

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Skip The Depot is a door to door bottle collection service that makes refundable recycling and fundraising easier than 1 2 3 - donate with ease. Why not start donating your bottles to us today without leaving your house. Simply download the app and select Canadian Celiac Association Edmonton Chapter upon refund and use promo code CCAEDMONTON.

<https://app.skipthedepot.com/celiacedmonton>

It's as easy as that - keep your vehicle clean and save some gas money!.....and you're helping us help you. Thank you on behalf of the Edmonton Chapter.



Recipe Corner

Canada Day Maple Leaf Cookies

Loaded with natural maple flavour and cut into a delicate maple leaf. Recipe created by Chef Lori Grein

Maple Leaf Cookies

1 package Kinnikinnick All Purpose Flour Blend (454 g)
1/2 tsp baking soda
1/2 tsp salt
3/4 cup butter - soft
1/2 cup granulated sugar
1/2 cup brown sugar
2 tbsp pure maple syrup
2 large eggs

Maple Filling (Optional)

1/2 cup butter - soft
2 tbsp pure maple syrup
2 cups icing sugar
2 tbsp cream 10%

Decorations (Optional)

200 g white chocolate - melted (for dipping)
red sprinkles (gluten-free)
edible red gel (gluten-free)

Cookie Dough

Combine Kinnikinnick All Purpose Flour Blend, baking soda and salt. Set aside. Cream butter, vanilla, and sugars until light and fluffy. Add eggs one at a time, beating well after. Add maple syrup. Mix until combined.

Slowly add dry ingredients to creamed mixture. Mix until fully incorporated. Finish mixing dough on counter with your hands to form a smooth dough. Form dough into a log. Chill covered dough for 2 hours.

Forming Cookies

Preheat oven to 350°F (176°C). Line baking trays with parchment paper. Set aside. Divide dough into 3 portions. Roll dough on parchment paper - about 1/8" thick (use additional Kinnikinnick All Purpose Flour Blend to aid in rolling out). Cut into desired shapes using a cookie cutter or paring knife. Continue with remainder of dough. Place on baking trays (2" apart).

Bake in preheated oven for 8 - 10 minutes. Cool for 5 minutes and remove from pan. Cool cookies before decorating or filling.

Optional Maple Filling

In a small bowl combine maple syrup and cream. Set aside. In a medium bowl, mix softened butter until smooth. Slowly add sifted icing sugar 1 cup at a time alternating with maple syrup/cream mixture. Mix until smooth and incorporated.



Recipe Corner

Canada Day Maple Leaf Cookies (Cont'd)

Loaded with natural maple flavour and cut into a delicate maple leaf.
Recipe created by Chef Lori Grein

Optional White Chocolate Coating (melt prior to dipping)

Using a bain marie (snug bowl over a pot of water), melt chopped chocolate.

Remove from heat and cool slightly. Dip Maple Leaf Cookies in melted chocolate halfway on an angle or drizzle with chocolate. Allow excess chocolate to drip off prior to placing on parchment paper. Sprinkle with optional sprinkles or drizzle with gel. Let set in the refrigerator for 30 minutes.

Assembly Maple Filled Cookies

Match cut out cookies tops and bottoms. Pipe a thin layer of Maple Filling on the base of each cookie.

Top with matching cookie to create a sandwich. Press slightly together to spread Maple Filling evenly between Maple Cookie. Refrigerate for 30 minutes to allow Maple Filling to set. Enjoy as is or dip half the cookie in melted White Chocolate. Decorate dipped Maple Leaf cookies with optional sprinkles prior to chocolate setting. Or, drizzle with optional red gel once chocolate has set. Gel will remain tacky.

Yields 40 (1½") Cookies



Recipe Corner

Raspberry Blood Orange Swirl Buns

Try this twist to a classic. Loaded with raspberries and a touch of citrus flavour. Recipe created by Chef Lori Grein

Ingredients

Dough

1 package Kinnikinnick All Purpose Flour Blend (454 g)
1 tbsp xanthan gum (12 g)
2 tsp salt (10 g)
1 tsp baking powder (5 g)
2½ tsp quick rise instant yeast (10 g)
½ tbsp granulated sugar (6 g)
¼ cup water - warm (50 g)
1¼ cups 2% milk - warm (260 g)
3 tbsp canola oil (36 g)
3 tbsp butter - soft (45 g)
3 large eggs (168 g)
1 tbsp lemon juice (17 g)
2 tbsp honey (30 g)
½ medium blood orange - zested/juiced

Raspberry Blood Orange Filling

½ medium blood orange - juiced/zested
½ cup seedless raspberry jam/jelly
2 cups raspberries - broken into pieces

Directions

Dough

Lightly grease a 9 x 13 pan. Set aside.
Use a stand mixer and paddle attachment for best results.
In a small bowl combine yeast, water and sugar. Let sit for 5 minutes. In a medium bowl, combine 1 package Kinnikinnick All Purpose Flour Blend, baking powder, xanthan gum and salt. Set aside. In mixing bowl combine eggs, oil, butter, honey, lemon juice blood orange zest and juice. Mix for 30 seconds. Add warm milk and yeast mixture. Mix for 1 minute. Slowly add flour mixture to liquid while continuing to mix. Mix on low speed until combined. Mix on medium-high speed for 2 - 3 minutes.

Proof Dough

Lightly flour countertop and scoop dough into a mound. Sprinkle with Kinnikinnick All Purpose Flour Blend and lightly knead until dough is workable and less sticky (approx. ⅓ - ½ cup flour required). Form dough into a log and cover with plastic wrap. Let dough rest for 30 minutes.

Raspberry Blood Orange Filling

In a small bowl combine seedless raspberry jam, blood orange zest and juice. Mix until smooth. Set aside. Break fresh raspberries into small pieces. Using a paper towel remove excess liquid. Set aside.

Simple Syrup (Optional)

Bring sugar and water to a boil, do not stir. Boil for 3 minutes. Let cool completely. Simple Syrup can be stored in the refrigerator for up to 3 weeks.



Recipe Corner

Raspberry Blood Orange Swirl Buns (Cont'd)

Try this twist to a classic. Loaded with raspberries and a touch of citrus flavour. Recipe created by Chef Lori Grein

Simple Syrup (Optional)

1 cup granulated sugar (240 g)
1 cup water (240 g)

Cream Cheese Icing (Optional)

125 g cream cheese – softened
¼ cup butter – softened (45 g)
1½ cups icing sugar (240 g)
1 medium blood orange -
juiced/zested

Additional

½ cup Kinnikinnick All Purpose
Flour Blend - required to
knead buns
Optional: brush with olive oil
or melted butter prior to bake

Blood Orange Cream Cheese Icing (Optional)

Mix cream cheese until smooth (approx. 3 - 5 minutes). Add butter and mix until combined. Slowly add icing sugar alternating with blood orange zest and juice. Mix until smooth. Store in the refrigerator until ready to use.

Assembly

Roll proofed dough out on slightly floured parchment paper to ½ inch thick (approx. 10" x 12"). Spread dough with Raspberry Blood Orange Filling. Sprinkle with broken raspberry pieces. Using the parchment paper to help, roll dough tightly into a log widthwise. Cut into 12 - 15 Raspberry Blood Orange Swirl Buns. Nestle close together in 9 x 13 baking pan. Cover and proof for 50 minutes.

Bake and Finishing

Preheat oven to 375°F (190°C). Brush top of buns with optional melted butter or olive oil before baking. Bake in preheated oven for 27 - 30 minutes. Remove from oven and immediately brush or spray with Optional Simple Syrup. Cool for 10 minutes before icing with Optional Blood Orange Cream Cheese Icing.

Tip:

To create a proofer – place a cooling rack on top of a 9 x 13 pan filled with boiling water. Place pan on top of cooling rack. Cover with a kitchen towel.

For best texture consume within 48 hours or freeze leftovers.



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CIRCULAR

Canadian Celiac Association –
Edmonton Chapter
9, 12122 68 Street, Edmonton, AB T5B 1R1

*located in the Jerry Forbes Centre for
Community Spirit

Phone: 780.485.2949

E-mail: info@celiacedmonton.ca
www.CeliacEdmonton.ca