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The Celiac Circular is a quarterly publication of Celiac Edmonton. Celiac Canada 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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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 over 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 Fall issue deadline is September 30th 2023 and will reach inboxes and mailboxes in late October 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 CC 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

I blinked and it's July! Everyone is out and about, enjoying local festivals, patios, and food trucks. Navigating the world of food that we haven't prepared ourselves is always such a challenge! We Celiacs always seem to be the odd-one-out. Each celiac or gluten sensitive person has a different measuring stick and comfort level when it comes to restaurants. I've chatted with people who won't eat in any restaurant that does not have a dedicated GF commercial kitchen – a tall order as we all know. I've spoken with others who hate asking all the questions, opting to order the same meal every time: salmon and salad with oil & vinegar on the side. I've experienced flippant servers and managers who parade the meal out while loud-talking about the food.



Parents of celiac kids have a double whammy: making sure that food is safe for their kid and taking care of their emotional well-being. Since the Edmonton Chapter undertook two important child and youth initiatives, I've gained a more compassionate understanding of the isolation, challenges and sometimes bullying that kids deal with because of their diet restrictions. The Celiac Kids Rock support group and the Celiac Teen support group provides a safe and fun social event where the kids may eat anything served.

You all have my best wishes for a fabulous Alberta summer! Plan ahead, eat before you go, pack a lunch... but get out there and see everything the season has to offer. After all, there's nothing wrong with a second breakfast if you happen upon a GF food truck!!

Wanda Goulden,
President, Edmonton Chapter
Celiac Canada

2023 CALENDAR OF EVENTS

AUG

Aug 15 Chapter Board meeting -
online Google Meet Session 7pm
TBD Gluten Free Lunch Group meetup TBD

SEPT

Sept 16 Ride Walk Run for Celiac 2023 11-1pm
Sept 23 Celiac Kids Rock Support Group TBD

OCT

Oct 17 Chapter Board meeting -
In person 7pm

Please note that this is not a comprehensive list - please check our website and social media channels for events which may be at the planning phase at time of writing. We are on Facebook, Twitter and Instagram - see page 2.

Gluten-Free Food Guide for Youth

Do you **feel stressed** about your children adopting a healthy gluten-free diet?

We have exciting news for you! Dr. Mager's Research Team is thrilled to announce the upcoming release of our **evidence-based gluten-free food guide**, designed to decrease the burden of your gluten-free lifestyle and promote a nutritious gluten-free diet. The guide should be released by the fall.

Unlike any other gluten-free related resource available, our comprehensive food guide addresses the nutritional limitations commonly associated with the gluten-free diet. We understand the concerns of higher fat and sugar content, as well as lower folate levels in gluten-free processed foods. That's why we've crafted a guide that assists you with **practical and easy-to-use plate models and nutrition tips for a variety of different situations**. Whether you're on the go, dining out, packing school lunches, or seeking quick and easy breakfast ideas, our gluten-free food guide has you covered.

What sets our food guide apart is the unique gluten-free plate. While it may not mirror Canada's Food Guide Plate, our plate offers distinct differences tailored specifically for gluten-free individuals. We emphasize the importance of consuming vitamin D and calcium-fortified plant-based beverages or cow's milk. Additionally, we encourage an increased intake of plant-based protein, with a focus on incorporating more fruits and vegetables into your diet. We understand that children and youth may follow specialized dietary patterns, such as vegan or lacto-ovo. That's why our gluten-free food guide considers their unique needs as well. We provide a wealth of educational materials, offering invaluable tips and insights to make their gluten-free journey seamless and enjoyable.




For updates and more information, visit [<https://conquer-studies.weebly.com/>] and be among the first to experience our gluten-free food guide.





RIDE WALK RUN



 Saturday, September 16, 2023  11am to 1pm MT  Rundle Park, Edmonton



BY LISA RIGNEY

General Information

Beginning at site #5 in family-friendly Rundle Park participants of all ages and abilities can choose a route and method of transportation that best suits their fitness levels and preferences including a 2.5km, 5km and 10km distance for cycling, walking or running. If you choose to walk we ask that you choose either the 2.5km or 5km route. We ask that you kindly leave your pets at home for this event. You will find easy access to lots of free parking and public washrooms are close by in the Rundle Family Centre. The routes are both stroller and wheelchair friendly. Post race activities will include refreshments, gluten free food sampling and games! Bring along the whole family for a healthy celebration of gluten free living!

We encourage all participants to collect pledges from family members, neighbours, friends and co-workers however this is **not mandatory**. If you do not wish to fundraise please don't let this be a deterrent to attend the event - **fundraising is optional**. For those of you who choose to either fundraise or make a donation to the Chapter please note the funds raised are directed to awareness activities and programming locally and in Northern Alberta. You can set up an online donation page or print off a pledge form and start collecting retro style. General donations can be made on our race page on the Running Room Website. I will have great prizes lined up for our top fundraisers.

BE AN ELAH



Pictured above is Elah and her wonderful family. Elah and her Mom Tanya are both celiac. Elah has attended our Celiac Kids Rock Support Group and our Celiac Community Christmas Party. Elah won our top fundraiser prize at last year's Ride Walk Run. She raised an AMAZING \$750 for the Chapter. I learn something each time I organise an event and last year I learned that a ten year old might not get as excited as her parents about a coffee machine. Thank you Keurig for an amazing prize but this year I will ensure that there are additional child friendly prizes lined up.

RACE BAG 2023

Prior to the event you can collect your race kit containing coupons and this year like 2022 instead of a race t-shirt we are providing you with something different. This year we are providing you with two options to choose from - a stash belt or a bamboo cutlery set which includes a knife, fork, spoon, straw and cleaner- both products have a special logo on them which you can hold on to for years to come. A nice way to mark 50 years as an organisation - some race bag memorabilia.



Those who register by Saturday August 19th can select the product(s) of their choice, after that date there is no product selection - it will be on a first come first served basis until supplies last. If you can't make it to collect your race bag on September 15th (at the Running Room Whyte avenue location from 4-7pm) please arrive between 9.30am and 10.45am on event day.

You are invited to enjoy beverages and delicious gluten free samples at our site after you complete your preferred route. I have a feeling this

is the participants' favourite part of the day! Feast your eyes on tables laden with gluten free food to sample. Our volunteers will be happy to serve you and we guarantee you will be excited to head to site #5 to relax and enjoy delicious food.

We are conscious of the cost of living and we continue to maintain the cost of registering for our Ride Walk Run. If you are registering as an individual it will cost you \$25 and if you register as a family it will cost you \$55 for the first five people (2 adults & 3 children) - if you are a larger family you can register additional children at a cost of \$10 for those aged 7 and over and \$6 for those aged 6 and under with a maximum of 8 participants.

Online registration is now open until midnight Thursday September 14th. Simply click this link below to register - <https://www.events.runningroom.com/site/18021/ride-walk-run-for-celiac-2023/>

Please note that you can also register on the morning of the event and can pay by cash or card.

2022 TESTIMONIALS

"I chose to walk at the Ride Walk Run for Celiac 2022 for my husband, for me and for my sister who suffers daily with many symptoms of celiac disease. The park is lovely, the 2.5km route is paved and wheelchair accessible. The race bag I received included coupons, a cookbook and gluten free flour to get you started in the kitchen. I did not win any prizes but what made up for that was the gluten free sample tables. Food was amazing and I had to try one of EVERYTHING!" **Carolyn**

"I very much enjoyed the Ride Walk Run event as I have celiac disease and like to support the Edmonton chapter. I used most of the coupons in the grab bags and I especially enjoyed the gluten free sampling tables! I will definitely be attending the walk this year". **Susan**

"It was an amazing event for my toddler. He was happy that his family was there to support him and to see so many others like him with celiac disease, made him aware that he is not alone". **Subrina**

"The array of food was fabulous! I have never been somewhere where they have said "take one of everything" and I was actually able to. The Ride Walk event is worth it for the goodie bag alone. I felt so treated with coupons, a recipe books, and gifts from Kinnikinnick". **Kira**

"I joined the Ride Walk Run to support my family members living with celiac disease. The day was filled with such joy and high energy! The day was wonderfully organized and there were so many people to chat with for information on recipes and the best places to shop for groceries. The young families had a blast meeting other young families. Once the beautiful walk was finished, there was a large buffet of GF food samples to fill our bellies and inform our minds! Come join for 2023!" **Donna**

It's an AMAZING event so be sure to join us. If you don't want to participate but would like to volunteer please reach out to me at coordinator@celiacedmonton.ca as I have many positions to fill to make this a successful event.

Stay tuned to our website and social media channels which include Facebook, Instagram and Twitter.



OUR MAY AWARENESS CAMPAIGN FOR 2023 WAS ACTION PACKED AND MEMORABLE

BY LISA RIGNEY

In the last issue of our Edmonton Celiac Circular I shared a busy May Awareness 2023 calendar with you which highlighted events and promotions galore for you our valued members. That offering grew when M&M Food Market Callingwood location joined initially for May only but then like their Sherwood Park location they joined our Celiac Membership Benefits Program (CMBP) offering you 10% off their regular priced gluten free products on Fridays. This offering continued to grow and M&M Food Markets Spruce Grove, two St Albert and Namao Centre locations joined. The program grew again when Celebrate Gluten Free joined offering you 10% off the first Tuesday of the month. A big thank you to Everything Keto who joined our May campaign by offering a 10% discount for the entire month of May. If there are any businesses you would like me to contact to join this program please reach out to me via coordinator@celiacedmonton.ca

MAY WAS EVENTFUL AND OUR 50TH ANNIVERSARY WAS WOVEN INTO EVENTS

We had a busy month - four events in total!

KINNIKINNICK'S SHOW KITCHEN IN CELEBRATION OF OUR SPECIAL ANNIVERSARY

The first was on May 12th at Kinnikinnick's special Show Kitchen Event in celebration of our 50th anniversary when Lori Grein (Executive Chef) wove both our logo colours into the day. The food was delicious. Paul (our office volunteer) and I staffed an information table and we had great conversations with both familiar and new faces.

Our membership grew that day too! I got my celiac teen Laura-leigh involved in retro style by asking her to design a poster about us in the magic colour of green. I could not find any 50th balloons so I ended up improvising - if you look closely you'll see a sharpie came in handy.



Our May Awareness Campaign for 2023 was Action Packed and Memorable (Continued)

OUR FIRST IN PERSON MEETING OF 2023 OF OUR CELIAC KIDS ROCK SUPPORT GROUP

Our second event was the following day when 20 children aged between the ages of almost five to eleven years old gathered at where our office is based at the Jerry Forbes Centre for Community Spirit. We had two sets of siblings, two best friends and a few newly diagnosed kids - We had 13 girls and 7 boys. Our theme was "mindfulness in May" - I would like to thank Christie, Deanna (Board member), Teresa (Gluten Free KOB) and my daughter Laura-leigh and her friend Ava who volunteered their time and skills at this event and without whom nothing happens. I learned that Christie, whose daughter Odette has been featured in our newsletter as part of our Celiac Warrior series, is not only a yoga instructor but also a super photographer. If you have a skill that you think you could share with this group please reach out to me at coordinator@celiacedmonton.ca

A gigantic thank you goes out to our friends at Kinnikinnick who as ALWAYS are so supportive of our goals including connecting kids living with celiac disease and making them feel that although their diet is limited they are NOT! They kindly supplied us with two special cookies with blue and yellow icing which were used to decorate our "Happiness" cookies at our cookie station. Continuing with the cookie element of the day Teresa provided everyone with a special classic chocolate chip cookie recipe and a sample which went down a treat. They also supplied us with a chocolate cake which was enjoyed by both the kids and their parents who were at our parents' corner getting to know each other.



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One of our Board members Sam shared an idea on how we could creatively promote our “Save me for Gluten Free initiative” - can you spot the 50TH? These products were donated to The Strathcona and Edmonton Food Banks.



ON MAY 16TH WE HOSTED OUR CELIAC AWARENESS DINNER AT THE WONDERFUL CONTINENTAL TREAT

On International Celiac Disease Awareness Day the gluten free community gathered for a scrumptious three course meal at Continental Treat’s Jasper Avenue location. Chapter members received a 10% discount off their meal and a \$10 coupon enticing us to return again which will be used. Thanks to the donations from Promise Gluten Free, O’Doughs and Piccola Cucina many guests went home with a spot prize.



LIGHT UP AWARENESS CAMPAIGN 2023

The light ups looked amazing this year. After the meal I headed to Hotel MacDonald and again this year I was blown away by how good it looked in our awareness colour. Next stop was a new addition to our campaign - the Legislative Building which I couldn’t get a good shot off but Sohrab reached out to me on Facebook and provided me with an amazing picture - see below. We then drove over the High level bridge and looked for a good angle for a shot. We then drove to Whyte Avenue to see our second new addition to our light up campaign - The Waltherdale Theatre bell tower and I can’t wait to grow this next year. I’ve already reached out to a Yellowknife resident for ideas for 2024!





As the end of May approached we gathered our celiac teens for our first in person meeting at myFRIES and what a way to wrap up a successful month.

I tried to kick off this group last May but interest was low but I don't give up easily. On May 27th 9 teens gathered (11 had registered) for some gluten free poutine at myFries restaurant which is 100% gluten free. We had a great group of young people which consisted of 2 boys and 7 girls and we had one young man who was only recently diagnosed. There were awkward moments at the start and as I said to my own daughter us adults feel this at times too. Once the nerves settled jokes, laughter and conversations ensued and we gathered ideas for our next meet up - Disneyland was suggested!!! Thank you to Maarten who offered a 10% discount to each participant and even took this great picture of the group.



I had stopped off at RioVida before the event and Najah gave me gluten free cheese balls and mini donuts to share!! I also gave the kids a gift bag from the Chapter.

Thank you to the wonderful Deanna (Board member and so much more) who helps me tirelessly in the background as I throw ideas at her. This group is for those age 12 and up living gluten free who would love to meet other teens in the same situation as themselves – a way to connect and form friendships. This group ranged in age from 12 to 14 and after my Facebook post update I now have five more interested teens aged between 12 to 17. Deanna and I are very excited to grow this group.

Thank you to all of you who made May so magical and memorable. Remember although May focuses on spreading awareness you will find opportunities every day.



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A DOUBLE CELEBRATION AT THE GLUTEN FREE PANCAKE BREAKFAST

20 YEARS OF PANCAKE FLIPPING AND CELIAC EDMONTON CELEBRATED CELIAC CANADA'S 50TH ANNIVERSARY.

BY LISA RIGNEY

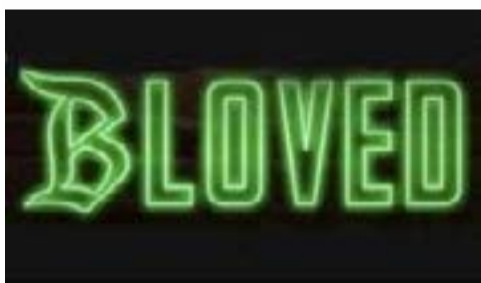
I saw a sea of smiles at this year's special Gluten Free Pancake Breakfast which celebrated 20 years and Celiac Canada's (formerly known as The Canadian Celiac Association) 50th year as an organisation.



It was a full house on street - approximately 580 guests attended excluding our volunteers and Kinnikinnick staff! Blue skies and happy people eating a scrumptious safe gluten free breakfast whilst listening to live music! What more could you ask for!

THANK YOU TO OUR SPONSORS

Thank you to our friends at Kinnikinnick who started this tradition back in 2003 recognising that those living with celiac disease could not attend the annual K Days pancake breakfast. Solution driven, they kicked off the first annual Gluten Free Pancake Breakfast which has been a highlight of a celiac's summer ever since. It was an absolute pleasure to work with the staff of Kinnikinnick. We got to enjoy live music including Marina from Kinnikinnick's debut - she did an amazing job! Did you know that Kinnikinnick supplied the pancakes and a portion of the bacon (the balance was very kindly donated by Grimms - thank you). A gigantic thank you goes to Tim Hortons who supplied the cambros of coffee and hot chocolate and Sobeys (Belmont location) donated a \$200 gift card which was used to purchase the majority of the juice boxes at the event. A great addition this year was our water refill station provided by EPCOR known as "Glass of Sask" and we did our bit to reduce needless plastic bottles. Thank you to Kiwanis who allowed us to borrow two of their BBQ's as ATCO (our previous sponsor) no longer provides this service.



Kiwanis

THANK YOU TO OUR VOLUNTEERS

A lot of work goes into this event but boy is it worth it! We collected the tables and chairs for the event on Friday and it was a hot evening! Thank you to both Brian (our past President) and Paul (our office Volunteer) for becoming our U-Haul drivers on Thursday, Friday and Saturday. On event day the set up crew arrived at 6.30am to turn the street into a safe gluten free outdoor restaurant and they did an amazing job. My next crew arrived at 8.30am and they all went in different directions to make the day seamless-they morphed into traffic controllers, staffed information, pre-registration and registration tables and they became servers, pancake flippers and tossed bacon. They ensured that people knew where they needed to be, they ensured the condiment tables were kept topped up - they were ALL simply amazing. Thank you.

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THANK YOU TO EDMONTON FOOD BANK

Thank you to Susan and Greg from the Edmonton Food Bank who joined us on the day to tell us all about their work. We asked our guests to consider bringing a Food Bank donation in support of our Save Me for Gluten Free initiative and they did - 55kg of gluten free food was donated as were some monetary donations too!



A SPECIAL GLUTEN FREE PANCAKE BREAKFAST



This year is a very special year for Celiac Canada - we celebrate 50 years - isn't that amazing? I have tried to weave this magic number into our events this year and thanks to a lot of gift givers I was able to do a special pre-registration draw of 50 prizes.

Congrats to all the lucky winners.

THANK YOU TO OUR SPECIAL GIFT GIVERS

Thank you to Damaris (Epicure), Scott (M&M Food Market - Sherwood Park location), Continental Treat (Sylvester), O'Dough's (Brenda), Daiya (Dave), Cut Cooking (Meg), WOW Factor Desserts (Lise), Community Natural Products (Kelly), Hornby Organic (Kristen), Poco Loco Cucina (Daryle), Wescana (Randy), Alkeme (Melinda), GF KOB (Teresa), Heur (Anastasiia), Piccola Cucina (Pina and Maria), Grimms (Larissa), Gluten Free Ontario (Jacqueline) and Homegrown Foods (Becky).

Continuing on the 50 note, our wonderful Treasurer, Leanne turned 50 a few days before the event so we organised a special carrot cake purchased from Kinnikinnick and we presented it to her at the event.

ANNOUNCEMENT OF THE NEW "MARTY AWARD"

Like volunteers, donors are the lifeblood of the Chapter. Thank you to those of you who made a donation to the Chapter when you registered using Zeffy or on the day of the event. I got to thank a very generous donor called Marty at the breakfast. I announced that we are in the process of having an award made in his honour - it will be called "The Marty Award". This award will acknowledge exceptional youth who have made a difference to the Chapter. This will be ready for our Ride Walk Run for Celiac event in September. I learnt that Marty, like Leanne, is partial to a slice or two of Kinnikinnick's delicious carrot cake so Marty was presented with a special "Thank you from the Chapter" cake!



Are you interested in becoming a "Local Donor"? Why not become a monthly donor like Vic and our new monthly donor - Gail.

Click here today and I'll give you a shout out on our socials (first name only with permission) -

[Donations - Ways to Give & Support the Edmonton Chapter | Celiac Canada Edmonton Chapter \(celiacedmonton.ca\)](#) - Thank you - donations make the difference.

Here are some more pictures that capture a wonderful day in Edmonton.

Finally we made two news stations - please click the link below to check us out - head to 8:50 on the first clip and 9:18 on the second clip.

[Global News Hour at 6 Edmonton: July 22 | Watch News Videos Online CTV News Edmonton at 11:30 for Saturday, July 22, 2023 | CTV News](#)

Don't forget to register for our next event - Ride Walk Run for Celiac 2023 which takes place at Rundle Park on Saturday September 16th from 11am to 1pm - guaranteed great times ahead.





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CELIAC EDMONTON CHAPTER NEWS

EDMONTON CHAPTER BOARD VACANCIES

Serving the community of persons who are celiac, have dermatitis herpetiformis, and/or are adversely affected by gluten, the Edmonton Chapter of Celiac Canada has a strong tradition of leadership and volunteerism since 1984. There is a committed core of Directors in place, however, we have a critical need to fill the President and Treasurer positions. These are core positions required for the Board to function. We also have openings for additional Directors-at-Large. These are great volunteer positions for you to contribute to the Chapter and celiac community.

We are very interested in recruiting persons from ethnic/cultural communities. Celiac and gluten issues affect all types of persons and we are interested in having more of a cultural perspective on our Board.

We are recruiting to fill our vacant positions for the 2024-25 terms. These positions will be nominated to and voted on at our Annual General Meeting in the fall of 2023.

You don't have to be from the metro Edmonton area to join the Board. As long as you have the ability to attend meetings virtually via Google Meet, you are welcome! The Board could certainly use some input from outside the major urban centers.

If you are interested in joining our Board, or would like more information, please email me at chris@celiacedmonton.ca

WHY YOU

You are concerned about celiac disease and gluten intolerance and want to give back to the community. This is an excellent opportunity to not only help the celiac community, but also to develop your resume by bringing your leadership and administrative skills to the Board.

1. President: Time commitment is variable. The President is responsible for overseeing the affairs of the Board/Chapter and chairing meetings of the Board of Directors. The President is required to have filled a previous position on the Board or have related experience.

2. Treasurer: Is responsible for processing the income and expenses and provides a detailed reporting of revenues and expenditures to the Board. This includes the payroll for one employee. This is completed with the assistance of an external bookkeeper. The Treasurer is also responsible for submitting required work to the external accounting firm to have our annual taxes completed and required reporting to Celiac Canada, the Canada Revenue Agency, AGLC and Alberta Registries.

3. Director-at-Large: Time commitment is approximately 2 hours per month to as many hours as you would like! As a Director-at-Large you are responsible for the general governance of the Chapter along with the other Board members. In addition, you are free to take on any responsibilities or projects you would like to be involved with. You can help with recruitment, hosting events, promoting the Chapter ...the possibilities are endless. We can have up to ten Directors-at-Large on the Board and many hands make light work.

Your interest and participation will be welcomed.

Chris Kluthe
Nomination Committee Chair

MEMBERSHIP AND OUR CELIAC MEMBERSHIP BENEFITS PROGRAM IS GROWING!

I am really happy with the growth of our membership this year. Our special May perks brought interest in joining the Chapter. Subsequently our Celiac Membership Benefits Program (CMBP) has grown and continues to grow thanks to the help of some wonderful local businesses.



As an existing Chapter member here is a reminder that there is value in your Chapter membership card.

- You save 15% off regular priced Kinnikinnick products on the first Tuesday of each month (in store only promotion).
- You save 10% off regular priced gluten free desserts from WOW Factor Desserts every day (two store locations).
- You save 10% off any gluten free supplements or food products (excluding bread and buns) at Homegrown Foods every day.
- You save 10% off your online purchase over \$30 (shipping is free if you spend \$75) from Alkeme Gluten Free Bakery every day. Contact the Chapter Office for your special discount code.
- You save 10% off regular priced gluten free products and six M&M Food Markets (and growing) each Friday (in store promotion only). Participating locations are Sherwood Park, Callingwood Market, Spruce Grove, 2 St. Albert Locations and Namao Centre.
- You save 10% off their purchase at Celebrate Gluten Free Bakery on the first Tuesday of each month (Wednesday if closed on that Tuesday).

CASINO 2023 UPDATE



One word - "WOW" followed by some more words - thank you to our amazing team of volunteers who made this fundraiser a success for the Chapter especially Brian Readman our Past President and our Casino Chair. Thanks to their hard work our coffers are now lined to the tune of \$78,452.96.

These funds are the lifeblood of the Chapter. What are they used for? - they pay for my part time salary and for our office space at the Jerry Forbes Centre for Community Spirit. They pay for ancillary expenses of running the many events we provide. They pay for the photocopying needs of the office and so much more. Without these funds we could not be as active a Chapter as we are. We would not be able to offer the services and events which mark our calendars and are eagerly anticipated each year. We are given this opportunity once every two years and our last Casino Fundraiser was way back in December 2019 so these funds were much needed.

SPREADING AWARENESS - INFORMATION TABLES

In June Connie (GF 101 presenter and Chapter volunteer) and I staffed an information table at the North Edmonton Seniors Association. In July we also staffed an information table at Community Natural Foods at their new premises in Old Strathcona.



SAVE ME FOR GLUTEN FREE INITIATIVE

In May I contacted the Edmonton Food Bank to find out what their immediate gluten free needs were. Armed with this information I visited the Superstore and Walmart and divided the donation between the Strathcona County Food Bank and the Edmonton Food Bank. If you have the ability to donate gluten free food to your local Food Bank please read this link first and be sure to attach our decals so your donation gets into the right hands. [Save Me for Gluten Free - Celiac Canada](#)

Help us help those newly diagnosed or looking for more support - we are here to help all celiacs and those living with gluten intolerance/sensitivity.



You will find this poster at some local businesses like Rio Vida, Kinnikinnick, Earth's General Store to name but a few. Help me help those newly diagnosed - where would you think would be a good place to share these - health food stores and local libraries have been recommended. Please reach out to me at coordinator@celiacedmonton.ca



OUR LATEST 50/50 CASH RAFFLE WAS OUR BEST YET!

Our office computers began acting up and I no longer had the ability to print which posed daily challenges. The problem is that, like me, our computers are aging! We decided to run a 50/50 cash raffle with the purpose of using funds raised to purchase new equipment (we did not have a Casino balance at this date - as noted above these funds will be used for your benefit and the benefit of the Chapter). We ran the raffle for two weeks and the final jackpot totalled \$3,660. Janice was announced the winner and she took home \$1,830. The Chapter raised \$1,560.99 after paying our Rafflebox fees. One of our amazing donors rang the office and made a straight donation of \$4k to assist with the purchase of our office equipment. Stay tuned for updated pictures.

MY CELIAC JOURNEY

BY CHRIS KLUTHE

According to Beyond Celiac celiac disease affects 3 million Americans and is one of the most common occurring, lifelong, genetically determined diseases. Like other autoimmune diseases, celiac disease occurs in more women than men. The disease is currently diagnosed more frequently in women as well, somewhere between two and three times more often. However, a recent comprehensive review of celiac disease by celiac disease experts from Italy and the United States found that when looking at serology of undiagnosed populations, it appears that men have celiac disease at much higher rates than previously believed. The actual female to-male ratio [of celiac disease] is 1.5 to 1, [the review found](#). I reached out to Chris Kluthe who is one of our male Board members and long term volunteers to get his perspective on living with celiac disease from a male perspective.

“My Celiac journey began early in life. As a child I was small and very thin, I wasn’t developing properly. My parents recognized this and consulted a doctor who felt I just wasn’t eating enough, so he prescribed a glass of wine before each meal in order to stimulate my appetite. I didn’t know any other 6-year-olds who were allowed to drink. The drinking didn’t last long as it didn’t appear to be working. I had a good appetite and ate well. I grew up on a farm and we always had lots of good nutritious food. As a child I experienced regular stomach aches and sores in my mouth. I also had pretty bad skin rashes between my fingers. My parents were concerned and I had a few visits with the doctors to try to determine what was ailing me. There weren’t many tests available at the time, and I recall going for one test where I had to drink barium while being x-rayed. There was no diagnosis and the doctors told my parents the stomach aches were likely all in my head.

As I entered my teen years, things began to change. My skin cleared up and the stomach aches were a lot less frequent. I lived a very normal life for the next 30 years, eating gluten regularly. Things changed around the time I turned 40. I was never a big guy and my weight never changed much. I found I was fatigued a lot of the time, even though I had enough sleep. Also, I worked out regularly and found my strength was deteriorating. My back flared up with a bad case of what I now know was Dermatitis Herpetiformis. My doctor at the time wasn’t sure what it was and prescribed a cream, which seemed to help some.



My eventual diagnosis came about when I went to give blood during a blood drive at my work. The nurse took a drop of blood, dropped it in a vial and said, "Oh, that isn't good". The drop of blood had risen to the surface instead of immediately sinking. She advised me that my iron was low and this was a concern for a male, and I should see my doctor. Unbeknownst to me, my doctor was a celiac. She immediately set me up with an endoscopy appointment, and the rest is history. I finally had a confirmed diagnosis.

It took about six months on the gluten free diet and iron supplements before I felt much better. At the time (1998) there wasn't a lot of gluten free products out there. One of my first stops was the Edmonton Chapter, which was located in the General Hospital in Edmonton. They were a big help in providing some literature and advice which got me started. There was really only one gluten free store, Kinnikinnick, that I was aware of, and they were a great place to get some items that I knew would be safe.

I had never heard of celiac disease prior to my diagnosis. And the only other celiac I knew was my doctor. Other than being a member of the Canadian Celiac Association (now Celiac Canada) and learning to read labels and determining what ingredients were safe, I was pretty much on my own. The first while was difficult and the food was boring. I missed having a good beer and all the baked goods I was used to. Slowly, over the years, things began to improve with more businesses producing gluten free products, including beers. Going to restaurants was initially a huge challenge as most had no idea what gluten was. It was frustrating to try to explain to waiters what I required, and occasionally having to return food that I knew was contaminated. I was glutened several times, and learned lessons each time.

These days, being a celiac is much easier. Products are properly labeled; most restaurants are aware of what gluten is and provide gluten free options. I rarely have to return a meal in a restaurant as most are aware of celiac disease. I can even access several brands of gluten free beer these days. There are a good variety of gluten free baked goods, which make me very happy. I even have to watch my weight these days, which I never had to do before I was diagnosed.

It is believed that celiac disease can be genetic. I am not aware of any celiacs in my family, although I suspect my father may have been. I watched my children, and thankfully they do not appear to have the disease. I do have a grandson, though not officially diagnosed, I believe he is celiac and he follows a gluten free diet. This is great for me as I don't have to feel I'm putting someone out when preparing a meal, because now there are two of us. And we're both great at sharing treats with each other.

My journey to diagnosis was long, 42 years, but I was fortunate to live many years relatively symptom free, I'm not sure why the symptoms went away, or what triggered them to start again. I really feel for those undiagnosed celiac's out there who continue to suffer symptoms, without knowing why. I encourage people to get tested, it's so much easier these days with blood testing available. Knowledge can result in leading a healthier life".

Thank you to Chris for sharing his very interesting journey with celiac disease. I found some recent articles on CD from the male perspective and also a podcast which are all worth a read and listen.

<https://www.verywellhealth.com/celiac-disease-symptoms-in-men-563114>

<https://www.beyondceliac.org/living-with-celiac-disease/mens-health/>

<https://theceliacscene.com/cd-male-perspective-canadian-celiac-podcast/>

[Celiac Disease and Men's Health | BeyondCeliac.org](#)

HOW TO ORDER A SAFE GLUTEN FREE MEAL

By Ellen Bayens (The Celiac Scene)



I am very pleased to offer your readers a list of questions that I call, 'Starting the Conversation on Celiac Friendly Dining®. I was pleased to present them as a speaker at the 2021 National Conference and am honoured that they form the basis of Celiac Canada's Dining Out Page. It may surprise you that this exhaustive list was borne out of my own fear of dining out.

When I was diagnosed in 2001, I undertook to learn to read labels for myself and prepare meals at home at the same time that I was preparing meals for my gluten-eating family. How could I possibly trust a restaurant to know everything that I had just learned and more importantly, prevent cross-contamination in a busy, sometimes cramped kitchen setting?

As a volunteer for the Victoria Chapter of Celiac Canada, I began visiting the handful of Victoria restaurants that enjoyed a reputation for serving delicious but most of all safe, gluten-free meals. I soon learned what made them so good at what they had been doing for our community. Readers who attended the 2008 National Conference may remember the 'Gluten-Free Map of Victoria' they received, and the signs in restaurant windows that identified them as having been 'Chapter Approved.' That guide went on to form the foundation of what would become The Celiac Scene!

As I ventured throughout Victoria to interview restaurants who were promoting 'gluten-free, gluten-aware, gluten-friendly, celiac-friendly et al' meals, I had the opportunity to speak to owners and chefs alike and very often, tour their kitchens. What I observed at times was reassuring or so upsetting that I once had to be escorted off the premises. I have literally heard - and seen it all!

Please use this list as your starting point for those very important conversations you will learn to have with restaurants. With practice, it is possible to negotiate a celiac-safe meal almost anywhere you go! Consider this list your 'License to Dine - Gluten Free!'

HOW TO ORDER A GLUTEN-FREE MEAL

Communication is the key ingredient to every successful gluten-free restaurant meal. When diners, chefs and servers are able to collaborate on what is required and what can be reasonably delivered, there is cause for celebration!

The following is a list of suggested questions to help Start the Conversation on Celiac-Friendly Dining®. In very short order, the responses you receive will allow you to gauge any given restaurant's degree of gluten awareness – and willingness. For the very best outcome, call ahead or take your host or server aside before ordering.

NOTE: Restaurants that have carefully researched how to serve us love going into detail. If your questions are met with impatience and exasperation – go with your gut. When restaurants get gluten free right, reward them generously!

HOW TO START THE CONVERSATION!

"Can you tell me about the meals that you recommend to diners who need to eat gluten free?"

ASK ABOUT INGREDIENTS

- What ingredients will be used to make my order?
- How do staff know whether ingredients are really gluten free? Says so on labels? Checked product website? Called the manufacturer?
- Will pure spices, prepared seasonings or soy sauce made from wheat be used to make my meal?
- What other food items are cooked in the oil that 'gluten-free' items are cooked in?
- How are sauces and dressings thickened?

ASK ABOUT PROCEDURES

- How will my server communicate with the kitchen that a gluten-free order has been placed?
- How are gluten-free orders prepared in relation to the regular flow of the kitchen?
- Will staff wash their hands / change gloves / change aprons clean surfaces before preparing my order?
- Will fresh toppings be used to dress my order?
- How do staff ensure that all utensils used in preparing my food are free from any trace of gluten?
- Separate or scrubbed frying pan? Griddle scrubbed? Aluminum foil barrier? Dedicated pots? Dedicated colanders?
- What other precautions do staff take to minimize / prevent cross contamination?
- How will my server confirm with the kitchen that the order they are collecting has been prepared gluten free?
- How will my server confirm that the order they are delivering to me is gluten free?

WHAT TO ASK AT PIZZA RESTAURANTS

How to Order a Safe Gluten Free Meal (Continued)

- Are pre-made 'gluten-free' crusts purchased from a dedicated gluten-free manufacturer? Who is the manufacturer?
- Are 'gluten-free' crusts prepared on-site? During regular operations? Before regular production? During downtimes / days?
- How are gluten-free sauces and toppings prepared? During regular operations? Before regular production? During downtimes / days?
- How do staff ensure that all utensils and surfaces used in preparing gluten-free orders are free of any trace of gluten?
- How will my order be protected from airborne cross-contamination with gluten once it has been prepared and/or while waiting to be served?

The Celiac Scene™ is your premier resource for fabulous gluten-free living in Victoria, Vancouver Island & the Gulf Islands. Owned & operated by celiacs, we guide you to the restaurants we trust and the local gluten-free products we love! We even tell you where to purchase them, at the very best prices. The Celiac Scene is your gateway to Gluten-Free Paradise! www.theceliacscene.com
[@theceliacscene](https://www.instagram.com/theceliacscene)

Thank you so much Ellen for this wonderful article - so much food for thought and great advice. Listen to Sue Jennett interview Ellen on this very topic
<https://acanadianceliacpodcast.libsyn.com/ep-266-restaurant-safe-dining-with-ellen-bayens> Are you hungry for more information?

<https://theceliacscene.com/wp-content/uploads/2021/05/Dining-Out-Gluten-Free-CCA2021.pdf>

<https://theceliacscene.com/how-order-gluten-free-meal/>

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Chinook Market
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Strathcona Market & Cafe
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Coupon has no cash value.



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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.

BALANCING YOUR PLATE WITH VARIETY

It's summertime! I don't know about you, but I tend to eat a little differently when it's hot out! I skip past the soups, casseroles and chilis, and go right for the salads, grain bowls and other cold dishes (like pasta salad) that don't require turning on the darn oven. It's also fun to switch up the recipes from time to time. Plus, there is an abundance of produce coming from local gardens (maybe even your own?) that needs to be eaten! Whether your pattern of eating changes from season to season or you like to stick close to your classic recipes, one thing should stay consistent, and that's variety.

There are many benefits, nutritionally and otherwise, to eating a variety of foods. A huge benefit is the range of nutrients that are offered across the different types of foods. Cutting out a major food group can potentially have a large impact on your health if you aren't substituting with other foods that offer similar nutrients. Eating gluten free is a great example of this - by skipping out on wheat and other gluten-containing foods (see you later, gluten!) we miss out on the chance to consume nutrients such as fibre, B vitamins, protein, and other health promoting plant compounds. But wait! We can add back in those nutrients by consuming a variety of other foods, like gluten free whole grains, legumes (like lentils, chickpeas, beans), meat and seafood, as well as vegetables and fruits. We just have to be more mindful of the substitutions we make and diligent with the foods we choose to consume!

Variety is also good news for your gut - specifically regarding the variety of plant foods you consume (think: whole grains, fruits, vegetables, nuts/seeds, and herbs/spices). According to scientific research, it is suggested that eating 30 or more plant foods per week can lead to a more diverse gut microbiome, which is linked to better health outcomes. If 30 different plant foods per week sounds daunting, I promise you, it's easier than you think! Simply pick one item from each of the following 5 categories: fruits, vegetables, whole grains, nuts/seeds, and legumes. Do this for each day of the week. That

will take you to 35 different plant foods - talk about overachieving! Here is an example of this:

	FRUIT	VEGETABLE	WHOLE GRAIN	NUT/ SEED	LEGUME
DAY 1	Blueberries	Carrots	Quinoa	Almonds	Chickpeas
DAY 2	Banana	Spinach	Wild rice	Flaxseed	Red lentils
DAY 3	Kiwi	Red pepper	Oats (GF)	Pecans	Black beans
DAY 4	Peach	Broccoli	Brown rice	Chia seeds	Tofu
DAY 5	Mango	Sweet potato	Corn (grain)	Pistachios	Kidney beans
DAY 6	Watermelon	Beets	Buck-wheat	Pumpkin seeds	Peanuts
DAY 7	Apple	Green beans	Amaranth	Walnuts	White beans

This didn't even include the herbs and spices category, so if you can sneak those into your week, even better! Having a variety of foods in your diet tends to make meals more enjoyable, your plate looks more appetizing, and allows you to try out different foods and recipes. How will you add more variety to your plate?

THE CELIAC KIDS ROCK SUPPORT GROUP MEET OUR SEVENTH CELIAC WARRIORS AJ

By Lisa Rigney



Meet the very cool AJ (8) who is our seventh celiac warrior in a series of articles on kids living with celiac disease who have attended our Celiac Kids Rock Support Group.

I have had the pleasure of meeting AJ at our online meetings and he attended the second in person meeting of our group in October 2022 and also attended our Celiac Community Christmas Party in early December of last year.

A big thank you to Bonnie who agreed to share AJ's story with us. Our warrior then kindly answered some of my questions about living with celiac disease as a child.

"AJ was diagnosed at almost 6 years old. With his Mom, Grandma, a Great aunt and a Great Uncle having celiac we knew it was a possibility. He had no symptoms that we were aware of at the time. I asked our family Dr to test AJ and his little brother based on the rule of thumb that all first degree relatives should be tested every 2 years. We had made this request before a few times and were refused "because he is a big boy and obviously growing well" this time I insisted. Our Dr called us back in a few days later and said that AJ had tTG level of 199 and that he was absolutely shocked and never would have suggested testing, he was glad we insisted. We were then referred to Dr. Turner, thankfully she felt family history and levels that high were enough for diagnosis so he didn't have to have a biopsy.

Since going gluten free we noticed a more calm and mood balanced AJ. He was having some leg pain we didn't know was related to celiac that also cleared up. With so many of our family living with celiac we have extra support and a wealth of knowledge to draw from which is so nice to have.

AJ has been fortunate with support from school and his activities. AJ Bowls all winter and at their parties he gets his own full gf pizza. His after school program has contacted me to find out his

favorite pizza so they could order his gf one perfectly and also they asked how to make cookies for him on their baking day. School has specific snacks for him on Dragon snacks day. The support is so appreciated. Hot lunch days are harder when there are no gf ordering options, but I will buy him the equivalent (or slightly better) and drop it off at the school which makes him feel special (except the one time I forgot, major mom fail, I've never felt so bad in my life! Be kind to yourself parents, mistakes happen).

It can be fun finding new gluten free options for us, some of AJs favorites are Kinnikinnick donuts and Promise lemon loaf. He loves our homemade cheese drop biscuits, flat bread and pancakes. Also loves when we make our own munchie mix. Because AJ and I are both celiac while Dad and brother aren't, once in a while we will go on gluten free date days and get snacks and lunch just for us".

Bonnie, I too have had many Mom fails (which are really us just learning) - one thing I have learnt is to ALWAYS have a gf snack in your bag for your kiddo. Even recently at a piano recital my daughter received a gift bag laden with snacks but not one product was gf. Her brothers benefited and we gave her own "special" treats afterwards.

AJ you attend French Immersion - how do you tell someone you are gluten free in French?

Sans gluten = Gluten free or Maladie coeliaque = Celiac, blé = wheat
Seigle = rye, Orge = Barley

How did the bowling season go for you?

"Good, I'm going to do it again next year. Baseball just finished and I'm looking forward to swimming starting"

You have a lot of family with celiac has that made going gluten free easier for you?

"It's just chill, we have all the gluten free stuff - it's nice to not be the only one"

What's it like at school? Have you had any issues or has it been plain sailing?

"It's good. Friends are supportive". (His best friend's family always sends a gluten free version for him when they send in cupcakes or cookies). "It's a bit hard when I can't have birthday treats but it's better now the teacher has chocolate drizzled granola bars and gluten free chocolate eggs instead."

What is your favourite place to eat out on your gluten free dates with your Mom?

"That burger at Delux! Mmmmm!" (Delux burger bar St. Albert). "Cinnamon buns from Kinnikinnick are delicious."

What was your favourite online meeting of the CKRSG?

"The sheep cupcakes"



Which was your favourite - our October in person meeting or the Celiac Community Christmas party and why?

“The Christmas party! because of the really good carrot cake”.



Will you be able to attend the Gluten Free Pancake Breakfast or Ride Walk Run this year or better still both? We'd love to see you there.

“I wanna do both! Cuz I want to do a run but also Mmmm pancakes.”

Thank you to Bonnie and AJ 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 an upcoming meeting in 2023. Please follow us on social media to keep up to date regarding the next meeting. We hope to sneak in an online baking meeting over the summer. Please come to our two big events - the Gluten Free Pancake Breakfast and Ride Walk Run for Celiac - these events are for the WHOLE family. We hope to see you there.

Product Review

Queen St. Bakery - Artisan Round Bun

Michelle Brazeau
MGFKitchen



Did you grow up with a Burger Baron in your town or city? I did, and it was the treat that we always loved. The patties were juicy, the buns were soft and warm, and the sauce was the best part. Oh, that delicious mushroom sauce!

While I love a few different gluten free hamburger buns out there, the Queen St. Bakery ones are my new favourite. They taste great, have a fantastic texture, and they don't fall apart when you load up your burger with toppings. They are also pre-sliced, which is always a bonus!

I found these at my local Walmart in the freezer section, and with a slight warming in the microwave they were ready to house my juicy burger and knock-off Burger Baron sauce. You can find that recipe below! I definitely recommend these buns for taste and texture. I hope you enjoy them as much as I do!



Bun Ingredients: Water, Potato Starch, Tapioca Flour, Chicory Root, White Bean Flour, Sorghum Flour, Xanthan Gum, Organic Liquid Whole Egg, Sunflower Oil, Honey, Yeast, Cultured Rice Flour, Salt

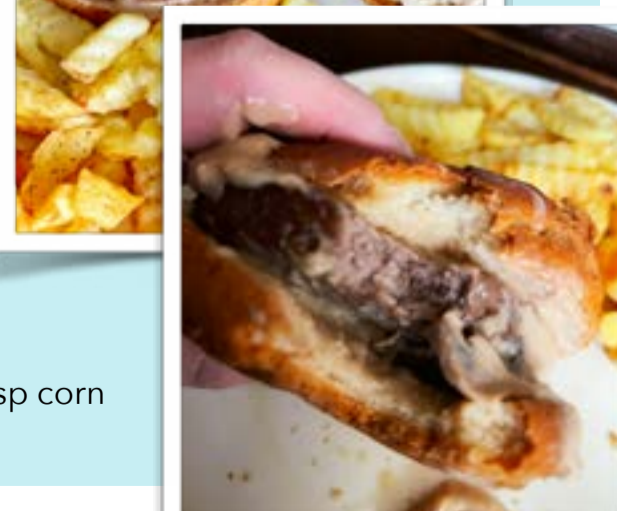
MUSHROOM BURGER SAUCE

Ingredients:

- 1 can GF condensed mushroom soup
- 1 can mushroom slices and stems, drained
- 1/8 cup GF soy sauce
- 1-2 tbsp GF Worcestershire sauce, to taste
- Salt and pepper to taste

Directions:

Dry fry the mushrooms until lightly browned. Add remaining ingredients into pan and warm. If you want a thicker sauce, combine 1 tsp water with 1 tsp corn starch, and stir into sauce until thickened. Enjoy!



RESTAURANT REVIEW - The Raven Crest Golf Club Restaurant

By Tara Trelford <https://countryclubtour.com/raven-crest/>

Hello all Golfers, great news! The Raven Crest Golf Course Restaurant now has a good selection of gluten free options. My husband and I like to eat at the golf course with our friends and this has become easier now as the Restaurant at Raven Crest is going above and beyond to provide gluten free meals and they understand cross contamination. They have a good selection of gluten free sandwiches and my favourite is the Rueben.



The house salad comes with the sandwich and it is wonderful with veggies, fresh fruit and candied pecans (they make their own candied pecans so they know they are gluten free). If you have a sweet tooth and are still hungry after your meal they do have a delicious lemon ice pie that is gluten free. Just let them know you are celiac and they will inform you of your options. Enjoy your golf game and of course your meal and friendship at the venue.



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

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Recipe Corner

Hickory Pulled Chicken with Cucumber Slaw

Ingredients

Hickory BBQ Sauce

- 2 garlic cloves - minced (14 g)
- 1½ cups ketchup (360 g)
- ½ cup brown sugar (90 g)
- 3 tbsp maple syrup (45 g)
- 2 tbsp vinegar (20 g)
- 2 tbsp Worcestershire sauce (gluten-free) (30 g)
- 1 tsp salt (5 g)
- 2 tsp chili powder (4 g)
- 2 tsp dried mustard (4 g)
- 1 tsp black pepper (2 g)
- 1 tsp coriander (2 g)
- 1 tbsp garlic powder (10 g)
- 2 tsp hickory smoke (gluten-free) (10 g)

Cucumber Slaw

- ⅓ cup cider vinegar (80 g)
- ⅓ cup water (80 g)
- 2 tbsp granulated sugar (20 g)
- ½ tsp salt (2 g)
- 1 tsp black pepper (2 g)
- 2 tsp fresh dill - chopped fine (2 g)
- 1 large English cucumber - peeled/thinly sliced (340 g)
- ¼ small onion - thinly sliced (50 g)

Directions

Hickory BBQ Sauce

- In a small pot combine all ingredients and bring to a boil.
- Reduce heat and simmer for 15 minutes, stirring occasionally.
- Remove from heat and let cool.
- Place in an air-tight container.
- For best results, refrigerator for 2 - 4 hours before using.

Cucumber Slaw

- In a medium bowl, combine cider vinegar, water, salt, pepper and dill.
- Add sliced cucumber and onion. Mix until combined.
- Let marinade in refrigerator for 30 minutes.
- Drain excess liquid prior to serving.

Pulled Chicken

- Combine 1 cup Hickory BBQ Sauce with ½ cup water in a bowl or bag for marinating chicken.
- Season chicken with salt and pepper and add to marinade. Refrigerate for 30 minutes.
- Preheat oven to 375°F (190°C).
- Remove marinated chicken from refrigerator and place on a parchment lined baking tray.
- Pour remaining marinade over chicken and cover with tin foil.
- Cook in preheated oven for 25 - 30 minutes turning twice during cooking process (internal temperature 165°F (74°C)).
- Remove from oven and cool for 10 minutes.
- Pull/shred the chicken using the aid of two forks to pull meat apart.
- Place Pulled Chicken in a bowl with any juices remaining from pan.
- Add ½ cup Hickory BBQ Sauce to Pulled Chicken and mix until combined.



Recipe Corner

Hickory Pulled Chicken with Cucumber Slaw (Cont'd)

Pulled Chicken

3 chicken breasts (600 g)
1 cup Hickory BBQ Sauce - prepared (240 g)
½ cup water (120 g)
½ tsp salt (2 g)
1 tsp black pepper (2 g)
1½ packages [Kinnikinnick Hamburger Buns](#) -
6 buns (367 g)

Assembly

- Cut Kinnikinnick Hamburger Buns in half.
- Toast hamburger buns in toaster oven or under the broiler in the oven.
- Brush bases of Kinnikinnick Hamburger Buns with remaining Hickory BBQ Sauce.
- Pile Pulled Chicken on the base of 6 toasted buns.
- Top with drained Cucumber Slaw and top with other half of toasted bun. Serve immediately.
- Yields 6 sandwiches

Tips & Variations

- Hickory Smoked BBQ Sauce can be stored in an air-tight container for up to 1 week in the refrigerator.



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