



2024 brings a new President, Vice President & Treasurer

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**Job Opportunity -
Program Coordinator**

..... p8

**The Gluten Free Food Guide
for Kids is Here**

..... p13

**Smiles Galore at Our Second Celiac
Community Christmas Party**

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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



2024 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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VICE PRESIDENT

Michelle James

SECRETARY

Samantha Cyrkot

TREASURER

Renée Girogi

CASINO

Leanne Townsend

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Chris Kluthe

Victor Mitchell

Gary Marcellus

Gail Atamanchuk

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Deanna Mack

Patricia Amer

Leanne Townsend

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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 22,000 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](#) 

New Celiac support group at the Mill Woods Senior Center. These meetings will focus on the concerns of celiac seniors. Meetings will be held on the last Tuesday of the month from 10:00 to 11:30am. Reach out to info@celiacedmonton.ca if you would like to learn more about this group.

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 spring issue deadline is March 31, 2024 and will reach inboxes and mailboxes in late April 2024.

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.

Please call our office at 780.485.2949 to book an appointment.

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

Happy New Year everyone! I hope you all enjoyed a wonderful holiday season. As I write this message Edmonton is experiencing its first significant cold spell of the winter. It's -32C outside and my family is staying warm indoors, baking cookies.



This is my first message as the new President of the Edmonton Chapter of the Canadian Celiac Association (Celiac Canada). I am new to both the organisation and the Board. Though I do not have celiac disease myself, two members of my immediate family do. I live in a gluten-free household and understand the challenges faced by those with celiac disease.

Right now I am busy learning about the Edmonton Chapter and my role, and meeting all the Board members. Basically, I am scrambling to get my feet under me, so I can support this fantastic organisation and all of you, our members. I encourage you to read through this newsletter to learn more about the activities and events hosted by the Edmonton Chapter. I will be in a better position to highlight these in future newsletters.

The Chapter is going through some significant change at this time. First, there are changes to the Board. I'd like to thank Wanda Goulden for leading the Edmonton Chapter for the past two years and for the wealth of information she provided to support me through the transition. I'd also like to thank Sarah Redfern for her guidance and support to Edmonton Chapter as Vice-President. The

Board is working to fill the Vice-President position, and I will provide an update in the next newsletter. The other significant change is that Lisa Rigney is stepping down as our Program Coordinator. Lisa has been with Edmonton Chapter for three years. Under her leadership and hard work, we have seen our membership grow to more than 400 members, the revitalisation

of our social media presence, and the expansion of the activities and events hosted by the Chapter. I want to thank Lisa for all she has done for the Chapter and for her patience and support as I joined the organisation. Lisa will be dearly missed and we wish her all the best. Filling the Program Coordinator role is the number one priority for me and the Board. There is information about this position in the newsletter, below. We will work quickly to fill the role. However, there may be a period of time when there is no one in the role, and of course, some growing pains as we onboard our new Program Coordinator, once they are hired. I thank you for your patience during this transition.

Please follow us on Facebook, Instagram and X and share the occasional post on your own social media feeds, and please come out and volunteer with us if you are able.

I look forward to meeting you at our events in 2024.

Seán Murphy,
President, Edmonton Chapter
Celiac Canada

2024 CALENDAR OF EVENTS

JAN

Jan 20 Celiac Kids Connect -
online baking session 10-11am

Jan 22 Gluten Free Living 101 7-8pm

FEB

Feb 20 Chapter Board meeting -
online Google Meet Session 7pm

MAR

Mar 19 Chapter Board meeting -
online Google Meet Session 7pm

APR

Apr 16 Chapter Board meeting -
online Google Meet Session 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.

THE FUTURE OF CELIAC EDMONTON DEPENDED ON YOU – THE CELIAC COMMUNITY AND WE ARE DELIGHTED TO INTRODUCE OUR NEW TEAM

BY LISA RIGNEY

Did you know that the Canadian Celiac Association Edmonton Chapter (now known as Celiac Edmonton) was incorporated on September 21, 1984 to help support people with celiac disease in Edmonton and Northern Alberta. In fact we are one of the very first Chapters! We will celebrate our 40th anniversary this year!

We have a Board which comprises a President, Vice President, Treasurer, Secretary and a number of Directors-at-Large. Celiac Edmonton employs a part time paid Program Coordinator - me! and we have one office volunteer. In order to function we need not only the latter positions but also volunteers and we are very lucky to have a great pool of hard working dedicated people we can reach out to when event planning. We also have amazing local, national and international businesses who have generously sponsored our events. It's a team effort. In order to survive and grow we also need to be financially healthy - we raise funds in various ways - bi-annual Casino's, fundraising events, 50/50 raffles and donations!

It became very apparent after our Annual General Meeting which took place on November 21st that our future was hanging by a thread and we were unsure if we would be celebrating our 40th. Our President Wanda Goulden had served her two year term. Our Treasurer Leanne Townsend has not only served her two year term for 2021 and 2022 but also continued in her role for 2023 as we were unable to fill her position at our 2022 AGM. We actively looked to fill these two positions in 2023 but unfortunately we came through our 2023 AGM with these two critical gaps in the Board executive. Thank you both for being part of the Chapter's

history and for raising your hands and doing an excellent job in these two key positions. Both Wanda and Leanne had never served on the Board before assuming the role although both had relevant experience and were members of the celiac community. Leanne will continue on as a Director-at-Large and we will see Wanda volunteering at future Chapter events.

We were in a very precarious position - dire! Wanda sent an email to our membership on December 1st with a call to action expressing the need to fill these key positions and highlighted what would happen if we couldn't. We also posted on our social media platforms and on our webpage to reach the greater celiac community.

The key messaging from this email/post was that "Celiac Edmonton is a Registered Charity, not a club and that Canada Revenue Agency rules for charities require a President, a Treasurer and a Secretary. If we go into 2024 with no President and no Treasurer, the Edmonton Chapter must be dissolved, and we will be required to distribute our bank accounts to another charity. This is a people problem. The membership is growing and the bank account is the healthiest it's ever been".

It was a very sad situation as we are a vibrant Chapter. I have been Program Coordinator for the past three years and I have seen nothing but growth - growth of enquiries, growth of membership, growth of volunteerism, growth of sponsorship and growth of events. Celiac Edmonton has been busy supporting a growing community.

The hard truth was that if we did not fill these positions by the end of December there would be NO CELIAC EDMONTON. We are thrilled that we got our Christmas miracle and we are delighted to announce that we have a new President, Treasurer and a new Vice President - welcome Seán, Renée and Michelle. You will learn more about them and the rest of the Board below.

We would also like to express our gratitude to Dory Sample and Sarah Redfern for serving on the Board as Director-at-Large and Vice President respectively.

NEW Seán Murphy, President

Seán is new to Celiac Edmonton and to the board. Two of Seán's immediate family members have celiac disease and he lives in a gluten-free household. He is well versed in the challenges facing the celiac community. Seán's family has found the information and support provided by Celiac Edmonton to be very helpful in managing their celiac disease, and he is joining the board as a way of giving back and supporting others with this disease. Seán is recently retired from the Alberta Public Service and has experience on several professional and volunteer boards in the Edmonton area.

NEW Michelle James, Vice President

Michelle is eager to assume her role as a Vice President, embracing a more proactive stance in advocating for and supporting the celiac community. Since her son's diagnosis in 2013 at the tender age of 2, Michelle has been a Chapter member. Her personal journey with gluten-containing grain allergies, dating back to her diagnosis in 1996, fuels her commitment to the cause. With a rich background serving on various boards, Michelle's life passion lies in enhancing the well-being of those around her. As a certified health care aide and dedicated educational assistant specializing in supporting medical and neuro-diverse students, she continuously educates herself to provide the best assistance. Michelle brings a wealth of experience and heartfelt dedication to her role as a Vice President.

NEW Renée Giorgi - Treasurer

Renée is a professional bookkeeper and tax preparer who has served on numerous boards in various positions and is excited to join the Celiac Edmonton Board as Treasurer. Renée was diagnosed in 2017 with celiac disease and gluten ataxia, with an upgrade to refractory celiac disease in 2022. In her spare time, she enjoys time in nature, hiking and adventuring with her French bulldog Louis Vuitton, travelling, and is an avid hobby cook and foodie. She is honoured to have the opportunity to serve the celiac community, which has been a wealth of information and support in her journey.

Samantha Cyrkot - Secretary

Samantha joined the Board of Celiac Edmonton in 2020. She began as a Director-at-Large before taking on the role of Secretary. While she does not personally have celiac disease, she is very knowledgeable about it as she completed a Master's degree on this topic and is currently a health researcher in child health. Samantha is excited for another great year on the Board and looks forward to connecting with the celiac community.

Monica Istvan, Director-at-Large

Through a long diagnosis process, Monica, a now confirmed celiac who has eaten gluten free for 23 years after her primary care physician suggested professional counseling in response to her symptoms. Thankfully she was pointed to the gluten-free diet by a chiropractor. Monica joined the board in October 2012. She has planned and organized some major spring suppers of which the gluten free chinese supper at The Lingnan has been most popular.

Chris Kluthe, Director-at-Large

Chris was diagnosed with celiac disease in 1998 and is a long-time member of the Canadian Celiac Association, and the Edmonton Chapter. He appreciated their efforts supporting persons with celiac disease and gluten intolerance. He knows firsthand how hard it can be on newly diagnosed persons to find support and information and found both the Canadian Celiac Association and Edmonton Chapter very helpful to him. He was first invited to join the Edmonton Chapter Board as a Director in 2019 and is continuing on the Board. Since joining the Board, he has learned just how much other like-minded persons coming together can benefit the gluten free community. He is looking forward to working with the new members of the Board. Chris is semi-retired and volunteers with other non-profits as a way to give back to his community.

Leanne Townsend, Director-at- Large

Leanne was diagnosed in 2016 and is the only person with diagnosed Celiac disease in her extended family. She was looking for a way to participate with others in the community when she stumbled upon the Edmonton Chapter of the Canadian Celiac Association (Celiac Edmonton). She started her time with the association as the Treasurer for the past 3 years and is now moving over as a Director at Large and will be taking on the Casino Chair position. Many of you will hear from me in the next 12-18 months as we gear up for our next casino.

Patricia Amer, Director-at- Large

Patricia was diagnosed with celiac disease in 2015 and discovered the Edmonton Chapter soon afterwards. The Chapter was extraordinarily helpful with navigating the transition to a gluten free lifestyle. She has been a Director at Large since 2022 and enjoys volunteering at Chapter events. She is excited to continue her role on the Board and help grow the Chapter's presence in the community.

Deanna Mack, Director-at- Large

Deanna has been the nutrition educator for Celiac Edmonton since 2021. As a Registered Dietitian, she puts her knowledge to use by assisting with Chapter programs such as GF Living 101 and the Celiac Kids Connect group. She also joined the Board in 2022 as a Director and is thrilled to continue for another term. After being diagnosed with celiac disease back in 2014, Deanna relied on the Chapter for guidance so she is honoured to now give back to the community in this capacity.

Victor (Vic) Mitchell, Director-at-Large

Vic is a retired home renovation contractor who has been involved in various projects for the Edmonton Celiac Association for a few years. "Being a Celiac, for me , as it may be for you, is a way of life as I was diagnosed in Belfast, Northern Ireland when I was two years of age. I am honored to be on the Board of our vibrant, kind and inclusive Chapter". Vic's goal is to promote a gluten free lifestyle as a positive, enjoyable way of life.

Gail Atamanchuk, Director-at- Large

Gail has been a member of the Edmonton Chapter since her diagnosis of celiac 10+ years ago and is in the second year of her term with the board. She has found working with the board very enlightening and is looking forward to a new year of working with the Chapter to make a positive impact in the lives of those with celiac disease in the Edmonton and Northern Alberta community. She and her husband love to travel the world when not spending time with children & grandchildren in Nova Scotia & Saskatchewan. The celiac circle has allowed her to share her ever evolving trove of gluten free travel tips and safe spots with other celiacs with the itch to explore.

Dani Hartigan, Director-at- Large

Dani has served on the board in different capacities over the years including Secretary, Vice-President and Director. She was diagnosed as celiac almost fifteen years ago and remains the only diagnosed member of her family. Undaunted, she is often testing new recipes and discovering new treats. She is mom to two very active young boys, and lives the gluten free dream working for a large local gluten free company.

Gary Marcellus, Director-at- Large

While living in Ft. McMurray in 1987 Gary was diagnosed as a celiac. Little information and gf products were available and his mom would send a care package from Kinnikinnick for him. He bought a bread machine in order to make bread and the results were less than stellar. "Nowadays so much information is available through

Celiac Canada and other sources. I always trust information from Celiac Canada, while internet information might not be as accurate. All grocery stores now have products. The Edmonton Chapter provides many events and programs for the membership. I would encourage all members to read the newsletter and check the website for events and programs".

NON BOARD MEMBER

Paul Tymchuk - Office Volunteer

Paul was diagnosed with celiac disease in 2011. He is a long time member of the Chapter and he became an office volunteer in 2016. Paul answers your email and telephone enquiries and is always willing to lend a helping hand or ear. He processes your membership applications and donations. He has volunteered at many of our events over the years.

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A LOOK BACK ON THREE YEARS AS PROGRAM COORDINATOR WITH CELIAC EDMONTON

BY LISA RIGNEY



WE'RE HIRING

PROGRAM COORDINATOR

part-time, hybrid position

Are you someone who is organized, creative and a good communicator? Join our passionate team and help make a difference for the celiac community!

If interested, contact Seán
at sean@celiacedmonton.ca

My connection to celiac disease began in 2017 when my daughter, then aged 8, was diagnosed. She was and still is the only celiac in our extended family. I was very overwhelmed in those early days. I attended my first GF Living 101 a couple of months later and found it invaluable - I left feeling more empowered. We attended our first Ride Walk Run in 2018 and little did I know that I would organise this event from 2021 to 2023! In January 2020 I reached out to the Chapter to see if there was a group for celiac kids offering to set up one if there wasn't. I wanted Laura-leigh to meet other kids just like her. I used Facebook to gauge interest and found I was not alone. I became a volunteer with the Chapter and I set up our first meeting of the Celiac Kids Rock Support Group for March 2020 - our caption was "your diet is limited but you are not". A pandemic put a pause on my plans!

I applied for the Program Coordinator position in late 2020 (I had never worked for a charity organization before) and started in January 2021 - it proved to be a role I thoroughly enjoyed. It has been an absolute pleasure and time has flown by! As a mother of three school going children the flexibility offered worked perfectly for me. Our office is based at the Jerry Forbes Centre for Community Spirit which houses many other non profits and which has proven to be an invaluable resource. I have had the pleasure of working with Brian Readman and Wanda Goulden - both past Presidents and a great Board of Directors. Paul, our office volunteer, has been exceptionally helpful during my tenure - an ear for my ideas and a hand always at events. I have worked with amazing volunteers without whom no events take place. I have formed wonderful relationships with many local businesses and lastly I have got to meet a lot of you, the celiac community which has warmed my heart.

When I started one of my personal goals was to establish a support group for children living with celiac disease. This took place in May 2021 during May awareness month. It wasn't as I'd envisaged it back in early 2020 but we didn't want the pandemic to put a halt to everything so we turned to technology and hosted our first online meeting which was successful and a starting point. We hosted two more online meetings that year and I learnt that in order to keep the meetings interactive, interesting and engaging I had to step out of my comfort zone and do some baking with the kids. We made granola bars and cookies. Deanna, Director-at-Large has been assisting with this group since inception and has been a wonderful person to bounce ideas off. In 2022, I reached out to Teresa from Gluten Free KOB to see if she would be interested in assisting us with the online meetings as she was the real deal and she kindly obliged and has been instrumental in helping us grow this group and has inspired a new generation of mini gluten free bakers. We were able to host our first in person meeting in May 2022 which was wonderful as we finally got to meet some of the kids we had met online. The group has gone from strength to strength. To run these events I have learned you need a theme and you take it from there. I learnt that one Mom from the group taught yoga so I got her to be part of one of the in person meetings. We even had a name change from the Celiac Kids Rock Support Group to Celiac Kids Connect - less of a gluten free mouthful!

Development of a group for celiac teens has been on the agenda too. We hosted our first gathering at myFries back in May of 2023 - this group entered with some trepidation but left with smiles on their faces. I think our Celiac Kids Connect will organically grow into a future teen group. To get existing celiac teens involved with the Chapter we have encouraged volunteerism and we have introduced a peer to peer support group.

If you are looking for a flexible position and like me the celiac community has a special place in your heart - why not consider the position? Are you energetic? Are you organised? Creative? Do you enjoy meeting people, educating newly diagnosed and event planning? This could be the job for you. No day is like the one before - variety is definitely a key ingredient. I'll add that I had not done any event planning prior to taking on the role and even though there is a lot of work involved you can't beat the joy you feel when you see a sea of smiling faces at the Gluten Free Pancake Breakfast or at Ride Walk Run!

The role offers continuous learning and growth. I have assessed what worked well at events and what needed to be improved upon and implemented these changes at the next event. Our Gluten Free Pancake Breakfast used to be a cash only event - in the past two years we have offered the option of both pre-registration and card payment which has worked really well. Our Ride Walk Run used to be on a Sunday in August in Goldbar Park and now takes place on a Saturday in September in Rundle Park. This year we had our first cookie decorating station at the event in addition to live music which helped elevate the event. Our numbers were almost double from the previous two years - learn from the past and don't be afraid to develop and bring forward new ideas to the President and Board.

The pandemic changed the landscape for our Gluten Free Living 101's from an in person only event to a mix of online and in person events last year. We learnt that we could capture a wider geographic audience by offering these sessions online. In the past three years we have run a number of successful 50/50 raffles which were used to help purchase new computers for the office and for our Christmas hamper appeal which we ran in 2021 and 2022.

I hope I have painted a picture of the role for those interested. To learn more why not reach out to Seán Murphy, our new President at sean@celiacedmonton.ca. Thank you to everyone who I have met along the way - you are the reason the Chapter is successful and a great local resource. I wish Seán and the Board all the best for 2024 - may it be a memorable one and Happy 40th anniversary to Celiac Edmonton for September!



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OUR 2023 JOYCE FRIESEN VOLUNTEER ACHIEVEMENT AWARD RECIPIENT ANNOUNCED AT OUR ONLINE 2023 AGM ON NOVEMBER 21, 2023.

BY LISA RIGNEY

The Joyce Friesen Volunteer Achievement Award is given in memory of Joyce Friesen in recognition of her dedication, support and service to the Edmonton Chapter of the Canadian Celiac Association now known as Celiac Edmonton. Joyce was a founding member and honorary lifetime member of our Chapter, a person whose life was a model of volunteerism.

In my role as Program Coordinator I've seen first hand that volunteers are an integral part of Chapter - the lifeblood. Things can't happen without dedicated, hard working volunteers. Thank you to all of those who raised your hands in 2023.

SPOTLIGHT ON THE 2023 AWARD RECIPIENT DEANNA MACK



I met Deanna for the first time in early 2021 when I was very new to my role. She stopped by the office to drop off a volunteer application form and to see how she could help out. We stood 6 feet apart back then. Now she not only is a big part of the Chapter but she is often by my side at events.

Deanna's first volunteer position was taking on the role of co presenter at our Gluten Free Living 101 sessions with our long term volunteer and past Director-at-Large Connie Hilton. This big step is testament to the type of person Deanna is. Prior to 2021 all our GF Living 101 sessions were in person but we had to adapt during the pandemic. Deanna easily transitioned to the online format in order

to make sure that those newly diagnosed were still getting the support they needed at the very hard initial part of their journey and transition to the gluten free diet. She has done an amazing job and along with Connie she hosted our first in person GF Living 101 session since 2020 at Community Natural Foods which was a big success. Here's what Connie had to say about Deanna:

"Deanna is an excellent presenter for the GF Living 101 courses. She is very knowledgeable about celiac disease and understands the challenges of newly diagnosed participants. She is kind and compassionate and quick to offer empathy and reassurance. Deanna is a credit to Celiac Edmonton".

Deanna is a Registered Dietician and I am always looking for great content for our quarterly newsletter so I reached out to her to see if she would be interested in writing for our new Nutrition corner and as usual she raised her hand. You'll find a great article about shopping gluten free later in the newsletter.

One of my personal goals on commencing my role as Program Coordinator was to set up a kids group for those living with celiac disease. Deanna was eager to become involved and together we have watched the growth of our Celiac Kids Connect group which meets both online and in person. In the background Deanna is always receptive to my ideas for the group which I am so grateful for. Last year Deanna and I met our celiac teens for the first time at myFries - she has immersed herself into so many aspects of the Chapters initiatives.

There's more. We host three big events throughout the year - our Gluten Free Pancake Breakfast, Ride Walk Run for Celiac and our Celiac Community Christmas party and yes you've guessed it Deanna has volunteered at them all.

In 2022 Deanna became a Director at Large and has contributed wonderfully at our monthly Board meetings ever since. She has raised her hand yet again and will serve for another two year term.

On behalf of Celiac Edmonton thank you Deanna for all your hard work - you are the epitome of volunteerism and are an integral part of the Chapter. Wanda Goulden, our Past President said of her "Deanna is an engaging and valued volunteer, we are lucky to have her".

If you are interested in volunteering at an event this year and would like to be placed on the "Volunteer Contact List" please reach out to me at coordinator@celiacedmonton.ca



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EXCITING NEWS

HAPPY NEW YEAR!

2024

The long-awaited Gluten-Free Food Guide for Children and Youth, crafted by Dr. Mager's Research Team at the University of Alberta, is officially here! We're thrilled to share this journey with you.



Scan the QR code to access the full Gluten-Free Food Guide

<https://drive.google.com/file/d/1CpMuC2kIU43T3MGAMnnrfsqgACUjOtC/view?usp=sharing>

CLICK HERE

Our **evidence-based gluten-free food guide** is designed to promote a nutritious gluten-free diet. We understand the challenges that are faced at the beginning of your child's journey with celiac disease and the ongoing challenges with helping your child eat a balanced and nutrient-rich diet. That's why our guide is more than just a resource; it's your ally in practical and easy-to-use nutrition tips for various situations – from busy days to dining out, packing school lunches, or creating quick breakfasts.

What makes our Gluten-Free Food Guide stand out? It addresses common nutritional limitations in gluten-free diets and provides a food plate to guide you on how to eat a healthy gluten-free diet. Worried about high fat and sugar or lower folate levels in gluten-free processed foods? Our guide has you covered with effective tips.



The unique gluten-free plate is a highlight, tailored specifically for children and youth with CD. This plate is the result of extensive stakeholder consultations with you, your children, dietitians and other health professionals, dietary pattern evaluations, menu simulations, and post-guide assessments. The guide is unique because it also considers a variety of different GF-ethnic cuisines that are eaten by Canadian children with CD and also some additional dietary patterns such as vegetarian and lactose-free diets. Interested in hearing about vitamin D or other micronutrient concerns on the GFD or want some lunch or breakfast tips? The guide has suggestions for these topics as well.



Dr. Diana Mager shared this exciting news on **January 17th** with Sue Jennett of **A Canadian Celiac Podcast** and on a **January 25th webinar** with **Celiac Canada**. Stay tuned for the details of these events. You can stay up to date with the ongoing release and education sessions by following our Instagram, X or visiting our website [<https://conquer-studies.weebly.com/>]. Stay tuned for a deep dive into the GF guide's development process, what it contains and its impact on your child's diet. **Get ready to embrace a healthier and more enjoyable gluten-free lifestyle with the new Gluten-Free Food Guide!**



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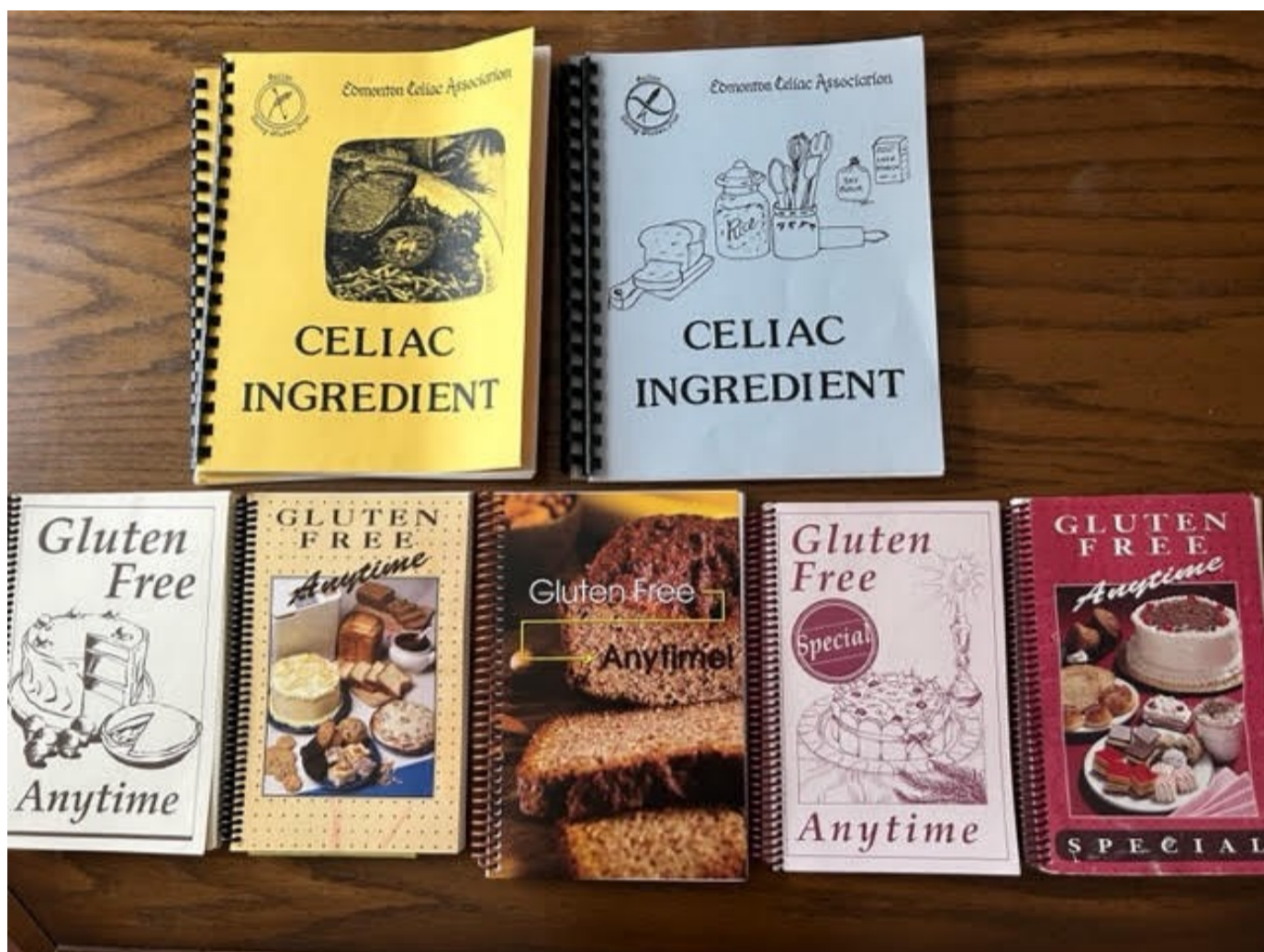


@conquer celiac

THE PAST IS AS IMPORTANT AS THE FUTURE - LEARN ABOUT DONNA WALL WHO WAS ONCE HEAVILY INVOLVED WITH THE CHAPTER.

BY LISA RIGNEY AND DONNA WALL

In May of 2023 the Chapter had an information table at Kinnikinnick as part of our May awareness campaign. Marion signed up to become a Chapter member that day and received a copy of the Gluten Free Anytime cookbook which sparked a conversation. Marion advised that she had served on the Board in the past. Receiving the cookbook sparked many memories for Marion. The inside of the cookbook informs the reader that the Gluten Free Anytime Cookbook Series was a joint project of Joyce Friesen (founding member of the Chapter) and Donna Wall from 1989 to 2008. The original recipes were developed and tested by Joyce Friesen, B Education, Home Economics and published by Donna Wall, Registered Nurse. I had received a copy of the cookbook myself at our first Ride Walk Run in 2017 when we were almost a year into my daughter's diagnosis. After an enjoyable conversation Marion started the quest to put me in touch with Donna Wall so I could learn more about the cookbook, Joyce Friesen and Donna's involvement with the Chapter. Our past really is as important as our future. I had the pleasure of meeting Donna in person in December last year. I asked her if she would be interested in documenting her history with the Chapter and she very kindly obliged.



“I was diagnosed in May 1983 by gastroscopy. At the time of diagnosis I had lost 20 pounds and had the very typical celiac symptoms. When I was diagnosed there were very limited sources of gluten free items. The only available flours were white rice flour and cornstarch. There were no baked products – you had to invent your own.

Over the years more products were available – but I discovered early that the only good loaf of bread I would find is the one I baked in my bread machine!! (I even took the bread machine along while camping in our tent trailer!) The last 10 years have been wonderful with so many products on the market and restaurants that know what a gluten free diet involves.

I attended my first Celiac Banquet in October 1984. Joyce Friesen one of the founding members of the Edmonton Chapter. Joyce “found me” at the banquet and this was the beginning of my 21 years of volunteer work for the Edmonton Chapter. At the time Joyce was the editor of the newsletter which was produced 6 times a year. She asked if I could type the newsletter which I did on my manual typewriter.

The newsletter was taken to a business to photocopy, then we would meet at a member's house to put the newsletter in envelopes, put stamps on each envelope and take the pile to the post office! I did the newsletter for about 8 years.

By January 1985 Joyce and I had developed and printed the "Celiac Ingredient" – a collection of member's special recipes. The "Celiac Ingredient" cookbook was revised in 1987. At this time one of the members encouraged us to "do our own cookbook!"

After some thought we became very busy developing the Gluten Free Anytime Cookbooks. The original recipes were developed and tested by Joyce Friesen and published by me. "Gluten Free Anytime" cookbook first printing was March 1989 – ninth printing was October 2002. We developed a second cookbook - the "Gluten Free Anytime Special" cookbook which was printed in October 1990 - sixth printing was September 2001. As there was no online sales at that time we had a sales representative that traveled around and sold his wife's cookbooks as well as Gluten Free Anytime.

Sadly Joyce Friesen passed away in 1996.

In 2008 the rights to the Gluten Free Anytime cookbook series were donated to the Edmonton Chapter as a fundraiser.

In 2010 the Chapter applied and received funds from the Community Spirit Award. With the Spirit Award we were able to reprint the cookbook with additional resources – nutrition Facts for each recipe and print set up.

Joyce Friesen was a leader and one whose life had been a model of volunteerism. She had a vast knowledge of food and how it worked with her Home Economics degree. She was a very dedicated and driven individual. Her mission was to make life better for the celiacs living in Edmonton and Canada. She was President of the Edmonton Chapter and held positions on the Canadian Celiac Association Board (now known as Celiac Canada).

Joyce was the best gluten free baker! The Edmonton Chapter meetings at her house were not to be missed as she always had the most delicious treats. While taking her Home Economics degree, she developed many delicious gluten free recipes. She was a great teacher – always ready to inform and assist new celiacs.

After she passed, the Edmonton Chapter Board decided to create the annual Joyce Friesen Award for outstanding volunteers. From her passion The Edmonton Celiac Association is here today!!

I was diagnosed with Type 1 diabetes 10 years before my Celiac diagnosis. Needless to say, food and diet are very important factors in my life. Read the labels, know your food measurements, and balance your life activities. Moderation is the key. Every day is a food balancing adventure. I keep active and am thankful for every healthy day!"

Thank you to Marion for her past service and detective work and to Donna for sharing her past with the Edmonton Chapter and for giving us a flavour of not only the Gluten Free Anytime cookbook but also of Joyce Friesen and her own contributions to the Chapter. I've said it many times - volunteers are the lifeblood of the Chapter. Thank you to those of you who have volunteered in the past - you are valued.

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THE CELIAC COMMUNITY CAME TOGETHER FOR OUR SECOND CHRISTMAS PARTY AT THE JERRY FORBES CENTRE AND FUN WAS HAD

BY LISA RIGNEY



We were delighted to host our second Celiac Community Christmas party at the Jerry Forbes Centre for Community Spirit on Saturday December 9th. Tickets for our event sold out and we had a waitlist which we were able to accommodate as some registered guests' parties reduced in size and some kind individuals reduced their party to allow others to attend.

The kids were kept entertained at our "Kid Zone" which housed Michelle from Twisty Girl Ballons who returned this year and created some amazing balloons which were accompanied by wide eyes and big smiles. This year Michelle brought a flip chart with her advising of what ticket numbers she was serving so that we didn't have last year's line ups - there are always lessons learned after any event and it worked like a dream. I'd like to say a big thank you to our friends at Kinnikinnick who donated wonderful cookies and a variety of icing for our cookie decorating station which was also a popular spot - we saw lots of creativity at these tables. When the kids were finished they could head to our colouring station where the magic continued.

I would like to also say thank you to Shannon (Chapte volunteer) who led our adult craft again this year. Shannon expertly showed our eager crafters how to make their very own Christmas wreath. The cost of these wreath kits was just \$25 (partially subsidized by the Chapter) and we had 20 available spots. There were a lot of smiling faces at these tables and they got to take home their hard work.

We also had the pleasure of having Dr Diana Mager and Rita Jiang attend as guests - they were happy to talk about the Gluten Free Food Guide for children and youth which they have been working hard on.

We had some buffet tables where our guests got to sample some delicious gluten free treats. Who doesn't enjoy Continental Treat Fine Bistros dill pickle soup - our guests got to enjoy a bowl full of this savory treat. Thank you to Sylvester (owner) who personally delivered his donation - now that's service. Teresa from Gluten Free KOB attended and brought some samples of her delicious sugar cookies and banana bread mixes. She also brought her two gluten free cookbooks for sale. Teresa was joined by two other vendors who also attended our Ride Walk Run for Celiac event in September - Damaris from Epicure returned with some tasty samples as did Ryan from Maple Leaf Roadhouse BBQ. We also received a generous cookie donation from KRS Jars and Bars from the west coast. Our local Tim Hortons also donated a cambro of coffee for our event.

Who doesn't like to win a spot prize? I would like to thank Poco Loco Cocina for donating a \$80 gift certificate, M&M Food Market (Sherwood Park location) for a \$75 gift certificate, Community Natural Foods for a \$50 gift certificate, Celebrate Gluten Free for a \$50 gift certificate, myFries for a \$40 gift certificate, Maple Leaf Roadhouse BBQ for a gift basket valued at \$50, Epicure for a gift basket valued

at \$60, Grimms for two gift baskets, Cut Cooking for a gingerbread house kit and a flour and pancake mix and Gluten Free KOB for a cookbook. The spirit of giving was well and truly alive and appreciated and that's not all as one of our Directors at large donated a brand new cookbook and one guest donated an extra gingerbread house she had! Thank you all - you made a lot of people very happy!

This year we asked you to consider bringing a gluten free food donation for the Edmonton Food Bank and guests did not disappoint - I hand delivered 36kg of gluten free food after the event.

Finally, a gigantic thank you to my volunteers who as always were amazing.





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THE CELIAC KIDS CONNECT GROUP - MEET OUR EIGHTH CELIAC WARRIOR ALISA

BY LISA RIGNEY

Meet the lovely Alisa (recently turned 12) who is our eighth celiac warrior in a series of articles on kids living with celiac disease who have attended our Celiac Kids Connect group (formerly known as the Celiac Kids Rock Support Group).

I have had the pleasure of meeting Alisa and her Mom Rebecca initially at our online meetings in 2022 and in person three times in 2023 - Alisa attended our Gluten Free Pancake Breakfast back in July, she was at our in person meeting of our kids support group in October and our recent Celiac Community Christmas party.

At our recent meetup of the kids group my volunteers noted how great Alisa was at bringing the group together naturally. We had many children who attended a previous meeting or two but also many new children (ages range from 5 to 11 years old) and it can take a few minutes for the kids to settle and warm up but we found that Alisa's warm and engaging personality connected the group. She was akin to a glue stick. We hope that we have a future teen volunteer on our hands.



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

"Our celiac story began when my daughter, Alisa, was 4 years old. She is now 11. She only vaguely remembers what Tim Hortons doughnuts or Costco's croissants taste like. She has had her official celiac disease diagnosis for 6 of her 11 years now.

Barely understanding things herself, she entered Kindergarten teaching others why she could not eat cupcakes when other students brought them in to celebrate birthdays and why she brought her own pancakes on Shrove Tuesday. She was very resilient then and is very resilient now. She is our little warrior.

When Alisa was 3 years old she began complaining about stomach pains. When her complaints kept up we took her to see the doctor to see what we could do for her. We had tried prunes, increasing her fibre thinking it could be pains from constipation. Her appetite was very minimal and she was in the bottom 10th percentile for her weight. She was not eating much at all yet she was complaining about stomach pains often. Prunes and fibre weren't helping with the pain so off we went to see the doctor again. This time the doctor sent her for bloodwork and a urine sample - the same as you would do for your annual checkup. The doctor had selected many tests to be done, unbeknownst to us.

When the results came back, we were surprised to hear that she could have celiac disease. It isn't anywhere in our family tree on either side of the family. We were then referred to a specialist and would await a biopsy to confirm if she did, in fact, have celiac disease. When the time came for her biopsy, she was so brave and only 4 yrs old. Fast forward a brief time and her diagnosis was confirmed. We began our gluten free journey; learning how to eat gluten free, how to sort and classify food in the fridge and pantry, how to educate others, how to travel/eat out safely, how to read food labels, and how to cook and bake with various gluten free flours.

It took many failed attempts to learn how to bake with gluten free flour(s). We tried many different versions and kept a variety of flours in the pantry only to find Kinnikinnick's mega box of premixed, all purpose flour to be the winner. This is all we use these days but it doesn't mean we don't have failed attempts at baking anymore, we certainly do. Alisa recently tried gf blueberry scones and lemon squares - here is the link <https://www.mamaknowsglutenfree.com/gluten-free-lemon-bars/> Alisa loves to bake and has participated in a few online baking sessions with Celiac Edmonton. She has enjoyed making her treats and then eating them without fear of getting stomach pains.

We are truly grateful for both Celiac Canada and Celiac Edmonton for all its knowledge sharing, activities and events. They have been there for us since the very beginning with info sessions and helping make connections with others. She has enjoyed a Christmas party at the Forbes Centre, 2 annual pancake breakfasts, as well as a Celiac Kids get together recently in the fall. We hope that all future Celiacs find their way to you".

Alisa, what is it like being the only celiac in your family?

"It can sometimes be ruff or very nice, most times I get a lot of my own stuff to avoid cross-contamination. Like my own toaster, my own jam, my own mayo. Sometimes I have to bring my own stuff to celebrations or parties because they might not have anything gluten free for me. My mom usually asks them".

Are you the only celiac in your Grade 6 class? How have you educated your teacher and classmates about being celiac?

"Yes, I am the only celiac in grade 6, I have informed my teacher and classmates about celiac. When I bring it up, some people think it's an allergy to milk for some reason. Lots of my classmates bring me something special when it's their birthday. It's great and so nice of them".

Where is your favourite place to eat out and what do you order?

"I really like to eat at Edo. I usually get the chicken teriyaki, with no teriyaki sauce because the sauce isn't gluten-free. I put my own on at home".

What are your favourite gluten free products?

"I love Madegood bars because they don't have any wheat in them. I eat a lot of them. I also love the brand Kinnikinnick because it's dedicated to people with celiac disease. I love their donuts and small buns".

You love to bake - what is your favourite thing to make?

"My favourite thing to make is crinkle cookies because I just love the way they taste and I love making them with my mom". (Here is the recipe <https://www.food.com/recipe/chocolate-crackle-cookies-410130> - Alisa uses Kinnikinnick flour)

What was your favourite event to attend and why?

"I love the pancake breakfast and cookie decorating activity in front of Kinnikinnick because the food is always so yummy and we can shop at Kinnikinnick after".

Have you enjoyed being part of our Celiac Kids Connect group? Has it helped you?

"It has been very fun at the connect group. I have made many friends because of this group. It has helped me make many friends, it helped me understand more of what being celiac is".

What is one piece of advice you would give to some of the younger children who attend the Celiac Kids Connect group?

"Just have fun and be happy about this group. Make sure to check the ingredients on boxes".

On Saturday January 20th Alisa along with the Celiac Kids Connect group met online to learn how to bake gluten free ice-cream sandwiches led by the wonderful Teresa from Gluten Free KOB.

Thank you to Rebecca and Alisa for sharing their story and for being part of our support group and newsletter.

We always look forward to connecting 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!

TIPS ON HOW TO TRAVEL SAFELY AS A CELIAC

BY REESA HERON



So you want to travel abroad but you have celiac disease? When I was first diagnosed I thought that I would never travel again to anywhere they didn't speak English and I couldn't explain what I needed to stay healthy. I discovered just how that really wasn't true. Does it take more time to prepare for the trip? Yes it does. It is so worth it though. I have had the opportunity to travel to Russia, the Netherlands, Denmark and France.

What did I do to prepare for these trips for research? If you are not on Facebook you may want to set up a profile. I found some great pages for restaurants, bakeries - you name it, they gave me a great list of places to try. I like to travel and immerse myself in the community rather than stay in a hotel. I usually rent an apartment where I can cook my own meals, if I want to, but the opportunity to become a local, even for a few days, is wonderful. For my trip to Russia and Denmark I used the gluten free restaurant cards for Celiacs/Coeliacs. The website is: <https://www.celiactravel.com/cards/> and no matter where I go I use this site to print the card in the language of the country. Currently this site has 63 different languages for the restaurant cards, I don't know if there are any areas in the world that aren't covered with these cards! You can print the cards for free from the site.

In all these places I did not have a problem. I would go to the restaurant we were making a reservation for the day prior to provide them with a copy of the restaurant card, and ensure that there were suitable options available. It made for a better experience all around. If I couldn't get to the restaurant the day before and we were just calling for a reservation, or making the reservation online I would ask for an email address so that I could send them a link to the restaurant card. If making the reservation online I would include in the comments the information from the restaurant card.

I also simply googled "gluten free in ..." and took the time to read the articles and understand what gluten free means in that area. I am not in favour of restaurants that say "We have gluten free options" and the only option is a salad. Salads are good once in a while but a whole vacation of salad everyday makes this girl cranky. It takes some time but it has made travelling worldwide so much easier.

Before I even leave the house to go on a trip with all my information packed as to where I can go and restaurant cards in the various languages I make sure to have snacks for on the plane.

I also carry a letter from my Doctor stating that I have celiac disease and need to ensure that I have food available to eat so that when I go through airport security if I am questioned about the food I can provide them with the letter. I have been questioned and once the letter was presented they let me go through with the food.

I usually pack at least one sandwich of some kind depending on the length of the flights. I also take granola bars, nuts and fruit in my pack on the plane. I have also contacted the airlines regarding having meals on overseas flights available. I have flown on Air Canada and WestJet. I am attaching the links to both Air Canada and WestJet to help you. Keep in mind both airlines indicate the meals as gluten intolerant and not gluten free as they are prepared in shared kitchens. They are also a very bland meal most times so make sure to take salt, pepper and if you have individual packets of sauces take those too. If I know I am going to be travelling in the near future I will go to some of my favourite fast food places and get some gluten free soy sauce or taco sauce since most gluten free meals on airlines come with rice or boiled potatoes. I use the spices to liven things up a bit. I also get a packet or two of butter in the airport before I fly for the rice or potatoes.

[Air Canada - How to Order Special Meals](#)

[Inflight food and beverages | WestJet official site](#)

Other ways that I have travelled have included an all-inclusive resort in Mexico and cruising on Princess, Azamara, Holland America, Norwegian and Crystal. I have also travelled in the US including Walt Disney World Florida, Disneyland California, New York, Georgia, Tennessee, Arizona and Nevada - all with great success. Let me know which you would like to hear about next or if you would like help with places I have visited - you can reach out to me at reesa.heron@gmail.com. Don't let your gluten free diet stop you from seeing the world. Do your research and plan ahead and the world is your oyster.

Additional Resources:

[Gluten Free Travel - Canadian Celiac Association - Travelling Gluten Free](#)

[Gluten Free The Netherlands](#)

Facebook

<https://www.facebook.com/GlutenFreeInDenmark>

<https://wheatlesswanderlust.com/gluten-free-paris-restaurants/>

THE NUTRITION CORNER

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.

Shopping Gluten Free

Shopping gluten free requires a special skill set of label reading, choosing between various products and their price points, and navigating their nutrient content. This can be an overwhelming process in the beginning, but with time and knowledge the process does get easier. When shopping, aim to choose products that are:

1. Gluten free (and therefore safe to eat)
2. Budget friendly
3. Healthy and nutritious

The Venn diagram below displays these goals, with the star representing the intersection where all three goals overlap:



Upon diagnosis of celiac disease, there is a great shift in focus towards the top goal. This is where the steep learning curve occurs as you adapt to the gluten free diet and increase your knowledge of label reading. Once you are more familiar and comfortable with shopping gluten free, you can progress to incorporating the other two goals, ultimately landing in the middle of this trifecta. The rest of this article will highlight the different ways to shop gluten free using the framework of these three goals.

Shop Around

Most grocery stores in Edmonton and area will have a section for products labelled gluten free. They are often grouped together in the organic/natural aisle, or in designated sections throughout the store. It is important to familiarize yourself with how your local grocery store sorts and displays their gluten free products. Keep in mind there are many naturally gluten free products displayed throughout the store that may not necessarily be found in the designated areas. Stores will often carry different brands of gluten free products, and larger stores of the same chain (ex. Safeway) will carry a wider selection of products from a certain brand.

When shopping at the major grocery stores, note that each store will sell gluten free labelled products at different price points. This is where shopping around comes in handy, as you get to know the prices of gluten free products at the various stores. Stores like Walmart and Superstore tend to offer lower prices, whereas stores like Safeway and Save on Foods have higher prices for identical items. Costco is a great option for buying in bulk, especially with items that are non-perishable or easily frozen. They carry many gluten free labelled products, as well as naturally gluten free foods and other products that are gluten free based on their ingredients. You will need to navigate Costco for gluten free foods as they are scattered throughout the store, but it is worth it. Stores like H&W offer low prices on naturally gluten free produce. When comparing prices, divide the cost of the product by its weight or quantity to get the unit price, which can then be compared to other products with the same unit. Many grocery stores will even include the unit price on the shelf price tag to assist you when comparing products.

It is also good practice to shop the perimeter of the store, as it often contains products that are healthy and nutritious. Choose products that are whole and unprocessed as much as possible. If you are selecting a product with a label, pay attention to the ingredients list as well as the nutrition facts table. This information is important when determining if the product is gluten free, but also gives you insight into the nutritional content of the product. Generally speaking, choose items higher in fiber, lower in sugar, lower in saturated and trans fats and a good source of protein. Pay attention to the percent daily value beside the nutrients, especially when comparing two products, to decide which product contains more nutritional value.

Shop Local

Community Natural Foods is another great option – their store is modest in size and is mostly gluten free! This can take a lot of stress out of shopping by having a better range of gluten free products to choose from (not always the case in bigger grocery stores). They also offer an online shopping experience.

Beyond the grocery stores, we can look at other stores that offer gluten free products. Local bakeries like Kinnikinnick and Celebrate Gluten Free are dedicated gluten free facilities in Edmonton with a range of products to choose from. Ben's Meats and Deli offer a great selection of gluten free products, including a sandwich bar and a deep fryer for gluten free mini donuts. M&M Food Market also has a variety of gluten free products that are well labelled. The list of shops offering gluten free products in and around Edmonton just continues to grow.

Shop Online

Shopping online can be another useful tool when shopping for gluten free products. Websites like <https://well.ca/> and Amazon offer a variety of gluten free labelled products to choose from. One benefit from shopping online is that you can filter products based on their labels – this is especially handy if you have any additional food preferences or allergies. Additionally, reading labels online from the comfort of your home can be less overwhelming and allow you to make more healthful choices.

Use Discounts to Your Advantage

Many grocery stores such as Safeway and Save On Foods offer a monthly discount, such as 15% the first Tuesday of every month. Take advantage of this and stock up on gluten free products that don't go on sale often. You can also use the discount in combination with the current store sales for an even better discount.

As a Chapter member, you can present your Celiac Edmonton membership card at the following establishments for a discount:

- **Kinnikinnick Foods** for 15% off regular priced products on the first Tuesday of each month (in store only promotion).
- **WOW Factor Desserts** for 10% off regular priced gluten free desserts (two store locations).
- **Homegrown Foods** for 10% off any gluten free supplements or food products (excluding bread and buns).
- **Alkeme Gluten Free Bakery** for 10% off your online purchase over \$30 (shipping is free if you spend \$75). Contact the Chapter Office for your special discount code.
- **M&M Food Markets** (six locations and growing!) for 10% off regular priced gluten free products every Friday (in store promotion only). Participating locations include Sherwood Park, Callingwood Market, Spruce Grove, two St. Albert Locations and Namao Centre.
- **Celebrate Gluten Free Bakery** for 10% off your purchase on the first Tuesday of each month (Wednesday if closed on that Tuesday).
- **Simply Supper** for \$20 off six or more meals and complimentary gluten free pasta upgrades for any of their pasta meals. Contact the Chapter office for your special discount code.

Lastly, try out Flipp! It is an app that compares local store flyers, making it easier for you to score deals on gluten free and other grocery store items. Bonus – it is free and easy to use.

Think Outside the Box

By expanding your shopping beyond traditional grocery stores, you can find excellent gluten free options. Stores like London Drugs and HomeSense can be a treasure chest of gluten free products, and many times they have products on sale or at a discounted retail price. Venture beyond to discover!

In Summary

We understand grocery shopping can be an exhaustive task, especially for a person or a family member newly diagnosed with celiac disease. Please know our Chapter is here to support you! Reach out with any questions you may have, or sign up for our next grocery store tour - we would love to help you.

Additional Resources from Celiac Canada:

[Food Labelling - Celiac Canada](#)


[Gluten-Free Diet - Celiac Disease - Celiac Canada](#)


[Budget Tips - Celiac Canada](#)

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PRODUCT REVIEW

What Did I Find This Time?

Michelle Brazeau
MGFKitchen



Did you know?

Tortellini originates from the Emilia-Romagna region of Italy, and is traditionally served with a Bologna sauce.

A traditional tortellini is filled with ground pork and chicken breast mixed with finely chopped Prosciutto, Parmigiano Reggiano, and nutmeg.

The word "pasta" comes from the Italian word for paste, meaning a combination of flour and water.

Dried pasta is made without eggs, which gives it a longer shelf life.

Adding oil to the cooking water of pasta is a no-no to most culinary professionals. This is because the oil can stop the sauce from sticking to the pasta.

According to the International Pasta Organization, there are over 600 different shapes of pasta produced throughout the world!



Alessia Tortellini

One of the things I've missed since starting the gluten free lifestyle, is the ability to walk up to the fresh pasta section and choose whatever I want. It used to be a quick meal for the family to grab some meat or cheese filled tortellini, and a jarred sauce. Super quick and easy! Sure, you can get the dry pasta and make that, but tortellini isn't easily found around here.

While on one of my many trips to the Italian Centre in west Edmonton, I managed to find some tortellini by Alessia! And there wasn't just one kind...there were four!

The flavours were Ricotta, Prosciutto, Porcini Mushroom, and Ricotta and Spinach. Naturally, I bought two of each!

The beautiful thing about these tortellini is that they are shelf stable, so they won't be taking up valuable fridge space.



How does it cook?

We all know that some gluten free pasta breaks apart really easily, even when you follow the instructions on the package. Gluten free pasta is so delicate! These Allessia tortellini cook up extremely well, and as long as you follow the instructions, they stay true to their shape. Let me tell you a little about each flavour!

Prosciutto: You can really taste the prosciutto, and it's lovely with a tomato sauce, or a simple butter sauce.

Ricotta: While the pasta had a very good "bite", I didn't find that the ricotta version had a lot of flavour. If you are looking for a cheesier flavour, I recommend using an Alfredo sauce on it.

Porcini Mushroom: This was my favourite! It had a strong mushroom flavour, and was fantastic with my Garlic Lemon Butter Sauce.

Ricotta and Spinach: Super delicious! I recommend using my Garlic Lemon Butter Sauce, placing the pasta in a greased baking dish, sprinkling some parmesan and mozzarella on top, and then baking it until the cheese is browned. Fantastic!

As per the package directions, drop the tortellini into a pot of boiling unsalted water, and cook for only two minutes. That's all it takes! The pasta is perfectly cooked in that time, and you can use any type of sauce you'd like on them. Here is my Garlic Lemon Butter Sauce recipe!

Garlic Lemon Butter Sauce

Ingredients:

- 1/2 small onion, diced finely
- 2 garlic cloves, minced
- 2 tbsp freshly squeezed lemon juice
- 1/4 cup unsalted butter
- pepper to taste

Directions:

1. Melt butter in saucepan. Add onions and sauté until onions begin to caramelize. Add garlic to saucepan, and sauté for an extra minute, being careful not to burn it. Add lemon juice and pepper to taste. Whisk until butter and lemon juice are incorporated, and then pour sauce over your drained tortellini, tossing to coat. Enjoy!

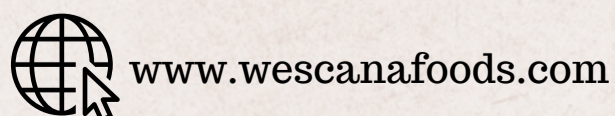
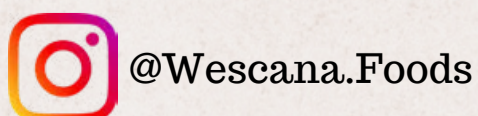
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Recipe Corner

Lemon Blueberry Cheesecake

Silky smooth cheesecake, loaded with blueberry and lemon notes Recipe created by Kinnikinnick Corporate Chef Lori Grein

Ingredients

Base

1 package Kinnikinnick Graham Style Cracker Crumbs (300 g)
4 tbsp soft butter (50 g)

Decorations

1 pint fresh blueberries (340 g)
2 tbsp granulated sugar (20 g)
Optional: garnish with lemon slices, zest and whipping cream

Filling

6 oz white chocolate - chopped (170 g)
1/3 cup cream 10% (85 g)
3 (8 oz) packages cream cheese (750 g)
1/2 cup granulated sugar (115 g)
3 large eggs (168 g)
1 large Meyer lemon - zested/ juiced (2 g + 26 g)
1 pint fresh blueberries (340 g)

Directions

Base

Cut a piece of parchment paper to cover base of 9" springform pan. With a pastry cutter or your hands combine Kinnikinnick Graham Crumbs and butter in a medium bowl. Press into the base and 1/4 of the way up side edges of springform pan. Wrap outside of pan base with tin foil to create a waterproof barrier. Set aside.

Filling

Preheat oven to 325°F (162°C). In a small pot melt chopped white chocolate and cream. Set aside to cool slightly. In a medium bowl beat cream cheese until smooth, scraping down in between mixing (approx. 5 - 7 minutes). Add granulated sugar and mix until smooth. Beat in eggs one at a time, scraping down bowl after each addition. Add lemon zest and juice. Mix until combined. Slowly add melted chocolate. Mix just until combined. Fold in blueberries. Pour cheesecake filling over graham crust base. Place filled springform pan on baking tray (with sides). Place in preheated oven. Add water to baking tray up to 1/2 the depth of the baking tray. Bake for 65 - 70 minutes. Cool on the counter for 15 minutes before refrigerating for minimum 4 hours.

Assembly

Remove Lemon Blueberry Cheesecake from refrigerator. Remove outer pan ring. Carefully lift cheesecake off of pan base and parchment. Place cheesecake on serving tray. In a small bowl toss wet blueberry in sugar. Decorate with optional whipping cream, sugared blueberries, lemon zest and lemon slices.

Yields 1 cheesecake

Tips:

- For best results let cheesecake set overnight.
- It's important to create steam when baking a cheesecake. A baking tray or roasting pan with sides works well to hold water. Make sure cheesecake sits flat on the tray or pan.



Recipe Corner

S'moreables® Torte

Decadent velvety chocolate filling, nestled on a bed of crunchy graham crumbs, topped with toasted marshmallow delight. Recipe created by Kinnikinnick Corporate Chef Lori Grein

Ingredients

Graham Base

1 package Kinnikinnick Graham Crumbs (300 g)
5 tbsp butter - hard (70 g)

Mascarpone Chocolate Filling

200 g dark chocolate 70%
1/3 cup cream 10% (70 g)
475 g mascarpone cheese
1 cup whipping cream 33% (240 g)

Marshmallow Meringue

2 large egg whites (66 g)
1/2 cup granulated sugar (120)
1 tsp vanilla extract (3 g)
1/8 tsp cream of tartar (.25 g)

Decorations

3 Kinnikinnick S'moreables® - broken in half (48 g)
100 g dark chocolate - break into pieces
Optional: mint for garnish

Directions

Crumb Base

Preheat oven to 350°F (176°C). Lightly spray six 4 inch flan pans with removable bottoms. Place flan pans on a flat baking tray. Set aside. Using your hands or a pastry knife, combine Kinnikinnick Graham Crumbs and hard butter. Mix just until combined. Divide Crumb Base into 6 portions. Press into bottom and slightly up sides of each flan pan. Bake in preheated oven for 10 minutes. Remove from oven and let cool completely before filling.

Mascarpone Chocolate Filling

Whip whipping cream until stiff peaks. Set aside. In a small pot melt dark chocolate and cream stirring continually over medium-low heat. Remove from heat and let cool slightly. In a medium bowl mix mascarpone cheese until smooth. Slowly pour in melted chocolate while continuing to mix. Fold in whipping cream. Don't over mix or chocolate will seize. Divide filling between 6 prepared flan bases. Spread filling evenly using a piping bag or offset pallet knife. Place in the refrigerator to set.

Marshmallow Meringue

Over a bain-marie (pot of water with a snug heat proof bowl) heat egg whites, granulated sugar and cream of tartar. Stir with a whisk continually until sugar has dissolved and egg whites are warm. Add vanilla extract and mix until combined. Remove from heat and pour mixture into a medium bowl. Whisk mixture on high speed until medium peaks form. For best results use a stand mixer with whisk attachment. Place Marshmallow Meringue in a covered container and refrigerate until ready to use.

Assembly

Remove filled S'moreables® Torte from flan pans and place on a serving tray. Using a star tip and piping bag, pipe rosettes of Marshmallow Meringue on top of each individual S'moreables® Torte. Use a kitchen torch to toast Marshmallow Meringue. Decorate with a 1/2 Kinnikinnick S'moreables® wafer and a piece of chocolate.

Garnish with optional mint.



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