



**Celiac Kids Connect Group**

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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](mailto:info@celiacedmonton.ca)


 [www.celiacedmonton.ca](http://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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## 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](#) 

if you interested in connecting with a local group, please email [info@celiacedmonton.ca](mailto:info@celiacedmonton.ca) or call 780-485-2949

## 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 27, 2024 and will reach inboxes and mailboxes in November.

### 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](mailto:coordinator@celiacedmonton.ca)

### Edmonton Chapter Office Hours

Our chapter office is open:

Tuesday-Friday 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](mailto:info@celiac.ca)

Web: [www.celiac.ca](http://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](http://www.cpsa.ab.ca). Physician search is on our home page.*

# President's Message

---

Wow! I can't believe that six months have gone by since I started as President of the Celiac Edmonton, and that summer is here. Celiac Edmonton has a number of events planned this summer and I hope you will all come out and participate.



Coming up quickly, on Saturday, July 20, 2024, is the annual Gluten-Free Pancake Breakfast, in partnership with our friends at Kinnikinnick Foods. The pancake breakfast will be held at the Kinnikinnick Store at 10940 120 St NW, Edmonton. The annual Ride/Walk/Run fundraising event will be on Saturday, September 14, 2024 at Rundle Park. More details on both these events can be found in this Celiac Circular and on our website. We are also planning a summer event for the Celiac Kids Connect group. Stay tuned for more information on this event.

As you know, May is Celiac Awareness Month, and Celiac Edmonton hosted several successful events in May this year. We partnered with the Lingnan Restaurant to host a gluten-free Chinese buffet, with 100% attendance. Thank you so much to Monica Istvan for organizing this event. We also partnered with Continental Treat to host a gluten-free meal on May 16, International Celiac Disease Awareness Day. Thanks to our partners at the Lingnan and at Continental Treat for supporting Celiac Edmonton and our members. We also hosted an event for the Celiac Kids Connect group in May. Thank you to the Celiac Baker for supporting this event.

Providing accurate and reliable information about Celiac Disease, following a gluten-free diet, and living a gluten-free lifestyle are some of the key activities for Celiac Edmonton, especially when it comes to those newly-diagnosed with Celiac Disease. We provide Gluten-Free Living 101 classes, both in person and online. We provide information on our website and recently, we have been hosting information tables at Gluten Free Markets and other locations (note, Celiac Edmonton has not hosted or sponsored these markets).

The success of these events and services requires a large number of volunteers. Celiac Edmonton is always looking for volunteers from our membership, in a variety of roles, to help organize or implement events. If you are interested in volunteering with Celiac Edmonton, please reach out to Rafiat Ahmed (email: [coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca)) to let her know what skills you can share and how you'd like to help out.

Finally, I would like to welcome Rafiat Ahmed to Celiac Edmonton as our new Program Coordinator! If you haven't yet, please reach out to Rafiat to say hello and welcome her to Celiac Edmonton.

Have a wonderful summer. I hope to see you at our events in the coming months.

Seán Murphy,  
President, Edmonton Chapter  
Celiac Canada

# 2024 CALENDAR OF EVENTS

## JULY

Jul 20 Gluten Free Pancake Breakfast

## AUG

Aug 13 Mingler with Continental  
Treat Fine Bistro

Aug 20 Virtual Board meeting

## SEPT

Sept 14  
Sept 17

Ride Walk Run Fundraiser 2024  
Virtual Board meeting  
Stayed Tune: upcoming Gluten Free  
Market with Embrace Lokal



# VOLUNTEERS NEEDED

Contact the Edmonton Chapter today to learn more about our exciting volunteer opportunities.



JOIN TODAY

Email: [coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca)

Phone: 780-485-2949



**CELIAC  
EDMONTON**

# Gluten Free

# Pancake

# Breakfast



*Tickets*

**Saturday July 20, 2024**

**9-11am**

**10940 120th St, Edmonton**

**Adults \$7**

**Children (5-12) & Seniors (65+) \$5**

**Children 4 and under are free**



Brought to you by: Canadian Celiac Association, Edmonton Chapter in partnership with Kinnikinnick

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# Celiac Kids Connect Group - Magic May Event

BY RAFIAT AHMED



In the spring, the Celiac Kids Connect group met to kick-off Celiac Awareness month in May.

The Celiac Kids Connect group has been building since 2021 and we are beyond ecstatic to be able to offer a safe and fun space for children 6-12 who live with CD to connect and just be kids! It was an exceptional afternoon filled with fun and wonder!

The afternoon began with icebreaker activities facilitated by me as my introduction to the group. And boy was it a blast! I began my professional working life at a community center in Toronto and ran various children and youth programs for a number of years, so being back with the kids felt like the first day of summer camp and I was overjoyed!



Personally, it was the perfect live introduction to the importance of Celiac Edmonton and the necessity to bring quality programs and services to Celiacs and gluten free living folks! The team and I are so encouraged to continue to bring great programming to our community.

Next, we hosted a magic show and Dave the Magician was a hit! The children and parents enjoyed the magic show. He was a great entertainer. The session ran smoothly for about 45 minutes. It was great to see the wonder and excitement in the children.

We were also given delightful treats as a donation from The Celiac Baker which was amazing. The participants and parents were thrilled with the treats, especially the cake pops. Be sure to check out The Celiac Baker, Amanda's business spotlight article in this issue. Amanda is a young woman who definitely made lemonade out of life's lemons, we are glad to have incredible people within our community.

It was also a heart-felt farewell to Lisa Rigney with many participants expressing their gratitude and appreciation. We are eternally grateful for her dedication to Celiac kids, youth and community overall!

We are in the midst of planning the group's next activity, a raspberry-picking 'field trip' to Horse Hill Farms in Aug, and would love to have your celiac kid join us. If you would like to know more about the program, please contact myself at [coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca).





# Living with Celiac Disease in the United Kingdom

BY BRYNN MURPHY

I moved to the United Kingdom (UK) from Edmonton two years ago and was surprised by how differently they treat celiac disease compared to in Canada.

We all know how expensive gluten-free alternatives are. Gluten-free bread in the UK costs, on average, seven times more than regular bread. To combat this, the UK government has added gluten-free food as a prescription product. This means that people with celiac disease can get gluten-free food on prescription from their local pharmacy. The typical adult can get 14 units per month, with one unit equating to approximately any 400g product.

Scotland has the best policy. In Scotland, you can get bread, buns, flours and flour mixes, pizza bases, cereal, pasta, crackers, and cookies from the pharmacy for free! Yes, you

read that right. These products are free for those diagnosed with celiac disease! In England, where the policy is a bit more restricted, you can only get bread, buns, and flour mixes, and each prescription costs £9.95 (about \$17 CAD). There are lots of brands, available on prescription, to choose from. My favorite is Glutafin, the prescription branch of Schar. Most companies will even mail you free 'Taster boxes' so you can try their products before ordering them on prescription (see photo left).

For me, this means I can go to the pharmacy once every three months and get a big box full of 14 loaves of Schar bread for \$17 dollars. If I paid full price at the grocery store, that would cost me about \$70! And yes, each loaf comes with its own prescription sticker on it, which I still find hilarious.

The full rules are a bit more complicated than I can explain here, but those are the highlights. It's



a great way to make gluten-free staples more affordable and accessible for all celiacs.



The number of options in the grocery store is also much greater than in Canada. Grocery stores have 'Free From' sections with gluten-free alternatives. Some stores offer more selection than others, depending on demand in the local area, but it's a rare occurrence to go into a store that doesn't at least have a small gluten-free section, including the smaller express stores. With all the gluten-free food in the same place, it makes shopping a lot easier. Finding gluten-free food in the muggle (regular) aisles is also a lot easier here, as European Union labelling laws require all allergens to be bolded on food labels. Lastly, one of my favorite things about grocery stores here is the GF meal deal!

Grocery stores here have lots of prepared sandwiches which you can buy, along with a snack and a drink, to get a discounted 'meal deal'. Nine times out of ten, you can walk into a grocery store and come out with a gluten-free sandwich to eat on the go. The flavors might not be spectacular (why anyone would want to eat a cheese and tomato, or cheese and onion sandwich is beyond me), but it is so nice to know that I have a safe option when I'm stuck!

Stay tuned for the next Celiac Circular. In my next article, I will share some tips and tricks I've learned about traveling Europe with celiac disease. So far, I have travelled to 14 countries, with some being more challenging than others, of course.



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# Reminder

## The Celiac Edmonton Membership Program

*“VIP is always better” - Inventing Anna*

- Members save 15% off regular priced **Kinnikinnick** products on the first Tuesday of each month (in store only promotion).
- Members save 10% off regular priced gluten free desserts from **WOW Factor Desserts** every day (two store locations).
- Members save 10% off any gluten free supplements or food products (excluding bread and buns) at **Homegrown Foods** every day.
- Members 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.
- Members save 10% off regular priced gluten free products and six **M&M Food Markets locations** each Friday (in store promotion only). Participating locations are Sherwood Park, Callingwood Market, Spruce Grove, two St. Albert Locations and Namou Centre
- Members save 10% off their purchase at **Celebrate Gluten Free Bakery** on the first Tuesday of each month (Wednesday if closed on that Tuesday).
- Members save \$20 off 6 or more meals and complimentary gluten free pasta upgrades for any of their pasta meals with **Simply Supper**. Contact the Chapter office for your special discount code.
- Members save 10% off their purchase at **Community Natural Foods** on the first Tuesday of each month
- Members save 10% off their purchase at **Totally Gluten Free** on the first Tuesday of each month. In-store purchases only.
- Members save 15% off at **P.F. Chang's Edmonton**

Have questions about our membership, email [info@celiacedmonton.ca](mailto:info@celiacedmonton.ca)



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# Summary of The State of Celiac Disease in Canada

## A 20-year Follow-up Study by Celiac Canada

BY RAFIAT AHMED

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In February 2024, Celiac Canada released a 20-year follow-up study of individuals living with a Celiac Disease diagnosis across Canada. This study looks at the quality of life of these individuals and captures a snapshot of barriers that prove challenging. Although much has been done in Canada to raise awareness, reduce financial barriers, and improve overall quality of life, it is clear that there is still work to be done.

This study dives into a few reasons why this may still remain today. Through this study, 3 major themes become prevalent: health inequities, affordability and access to safe food. The study makes recommendations to further improve the number of individuals diagnosed and the quality of life of those affected by Celiac Disease. Executive Director, Melissa Secord states, "Our hope is this study will generate collaborative solutions, thoughtful discussions, and greater awareness in Canada and help us find, treat and cure celiac disease."

The first theme that emerges is the inequitable impact that Celiac Disease (CD) has on Canadians. The underdiagnosis of CD is very prevalent in men, ethnic and low-income populations. This disparity impacts the overall picture of how Canadians are truly being affected by CD and more specifically the economic impacts on our health care, political, and social welfare systems. With the increase of comorbidities and atypical symptoms, the long delays in diagnosis can be felt for approximately 10 years. Celiac Disease is not an individual or familial issue but a macro one that impacts all Canadians in some form or other.

The second theme is the affordability of the gluten-free diet remains a challenging barrier for many Canadians, especially non-Caucasian and those who experience a lower income. Interestingly, the study was able to capture that the cost burden increased for many during and after the COVID-pandemic:

The cost of gluten-free food is 150% to 500% more expensive than a normal gluten-containing diet in Canada. Respondents report that the cost of gluten-free food has increased since the COVID-19 pandemic and is one of their top concerns.

This is alarming, as the perceived economic state of Canada continues to be worrying for many Canadians. As this gap widens, it severely impacts how and if people can access food, a vital lifeline for survival and universal human right. The study urges a review and increase to the current income tax regime, as the current regime reimburses an average of about \$30 per adult.

The third theme is access to safe food and is interconnected to the affordability of a gluten-free diet. It places a heavy burden on those who face the reality of maintaining the diet for life. The study suggested that beyond the cost, factors such as gender, age, household size, geographic location, employment environments, access to dietary education, persistence of symptoms, and how well the diet is understood by the individual and family or friends, and I would include culture, need to be addressed in the process of diagnosis and follow-up care for an effective management of

the disease. In this age, we are no longer blind to the complexity of human life yet many living with CD face challenges to everyday interpersonal interactions such as dining out or attending the office Christmas party. This impedes access to safe food at the intersection of our need for positive social interaction. Gratefully, the innovations in food production and market growth have improved accessibility; however, the respondents still report struggling with anxiety to have a meal outside of their homes.

The study also shows that although there has been improvement in the length of time it takes someone to get diagnosed, it is modest with many newly diagnosed individuals. An interesting point to note that has also emerged though the study is the significant decrease in individuals consulting a gastroenterologist and/or internist, and an increase in individuals consulting a naturopath. In my opinion, this may speak to the rise of self-advocacy of many facing challenging health issues as well as a sentiment of a lower trust in our healthcare professionals and/or system, and demonstrate the necessity of more education and awareness.

Conclusively, this 20-year follow-up study highlights the importance of vital work of organizations such as Celiac Canada and its Chapters to continue to advocate for CD education and the improvement of quality of life of those adversely affected by gluten. I invite you to read the study and start conversations with the people around you. We are in this fight, together.

Review the study: [State of Celiac - Celiac Canada](#)

40



# CELIAC EDMONTON

*Turning 40*

**WE WOULD LOVE TO HEAR FROM YOU:**

**PLEASE SHARE YOUR FAVORITE MOMENTS OR YOUR VISION FOR THE FUTURE WITH US!**

EMAIL: [COORDINATOR@CELIACEDMONTON](mailto:COORDINATOR@CELIACEDMONTON) OR CALL: 780-485-2949

# Gluten-Free Pancake Breakfast and Ride Walk Run 2024

Celiac Edmonton turns 40 this year and we are celebrating all year! Come out and show your support by wearing our colours blue or yellow!

We are in full throttle here at Celiac Edmonton as we dig into planning and organizing 2 of our biggest community events and fundraisers of the year. We are beyond excited to be hosting the annual Gluten-Free Pancake Breakfast 2024 and Ride Walk Run 2024. Our events welcome all ethnicities, disabilities, ages, sexual orientations, races, religions and genders. These events are designed for individuals experiencing Celiac Disease, Non-Celiac Gluten Sensitivity, and their family, friends and allies.

These incredible events support valuable awareness and education programs in Edmonton and Northern Alberta such as Gluten Free Living 101 information sessions for newly diagnosed individuals and their families, Celiac Youth group as well as Celiac Kids Connect. Additionally, they also help to facilitate new social events and programs and we have so much in store for you, our community but we need your help and support. The events raise critical funds and allow us to engage with you, our community on a more personal level. Through our community events we are able to gather information about what you want and need and allow us to determine how we can best serve you.

This year, GFPB 2024 was held on Saturday, July 20th at Kinnikinnick Foods from 9-11am. This breakfast is unique because it is not only completely gluten free but also delicious and filled with lots of family fun. We are so grateful to those who continue to support the breakfast year after year! Despite the heat and smoke, we had a great time with the newly added kids area and amazing giveaways from Kinnikinnick! Thank you to our volunteers who worked so hard as well as to our sponsors Grimm's Fine Foods, Tim Hortons (11940 111 Ave NW), Sobeys (Belmont), No Frills (McConachie), Horse Hill Farms, ATCO, Kiwanis Club of Edmonton, and all would not have been possible without our partnership with Kinnikinnick. Thank you! After 21 years, it is an honor to continue to serve the GF and Celiac community.

The Ride Walk Run 2024 fundraiser will be held on Saturday, September 14 at Rundle Park at 11am. We are in the midst of planning and are in need of volunteers to assist to make this event a success. This year we look forward to having kid-friendly prizes and other great prizes for our top fundraisers. The registration link will be available soon, keep an eye on your email or our social media channels.







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EDM

# 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.

## Fueling Adventures: The Importance of Nutrition and Smart Food Choices While Camping

Camping is an activity that allows us to escape the hustle and bustle of daily life and immerse ourselves in the beauty of nature. Whether you're pitching a tent in the majestic mountains, parking your RV by a nearby lake, or backpacking through remote trails, one aspect that can significantly enhance your camping experience is proper nutrition. Making smart food choices while camping not only fuels your body for all the camping adventures but also ensures you stay energized, healthy, and ready to enjoy every moment outdoors.

### WHY NUTRITION MATTERS

Proper nutrition is essential for sustaining energy levels, promoting muscle recovery, and supporting overall well-being during outdoor adventures. When camping, physical activities such as hiking, swimming, or even setting up camp can be demanding. It's crucial to fuel your body with foods that provide sustained energy and essential nutrients, without spending hours on meal preparation.

### KEY CONSIDERATIONS:

1. **Energy Requirements:** Hiking, swimming, and other camping activities can significantly increase calorie needs. Choosing foods rich in complex carbohydrates, healthy fats and lean proteins are ideal for providing long-lasting energy.
- **Complex carbohydrates:** Rice, beans, lentils, pasta, oatmeal, quinoa, whole grain wraps/tortillas
  - **Healthy fats:** Nuts, seeds, nut butters
  - **Lean proteins:** Canned fish, jerky, ground meat, chicken, sausage, tofu, beans, lentils

2. **Nutrient Density:** Space and weight limitations mean that every food should pack a nutritional punch. Opt for foods rich in vitamins, minerals, and antioxidants to support your health, such as berries (dried or fresh), dark leafy greens such as kale or spinach, nuts and seeds, and even chocolate! (Dark chocolate, 70% or more is ideal.)

3. **Hydration:** Staying hydrated throughout your camping trip is crucial, especially during the heat of summer when dehydration risk is high. Drink plenty of water and consume hydrating foods like fruit and vegetables. Electrolytes are also an important factor in hydration, all of which you can get from foods. For prolonged or intense outdoor activities, especially in the heat, consider packing electrolyte supplements or adding electrolyte powders to your water. Coconut water is a natural electrolyte source, making it a great beverage for hydration.

### Hydrating fruits and vegetables for camping:

- Watermelon
- Berries
- Grapes
- Cucumbers
- Zucchini
- Bell peppers
- Lettuce

4. **Ease of Preparation:** Keep meal preparation simple with recipes that require minimal equipment and cooking time. One pot meals, foil packet dinners, and make ahead snacks are convenient options for camping.

## SMART FOOD CHOICES

When planning your menu, consider these nutrient dense and easy-to-make options:


- **Oatmeal\*:** A hearty breakfast option that can be customized with toppings like dried fruit, nuts, and honey. Amp up the protein content by adding some milk (milk powder if travelling light) or Greek yogurt. Protein powder is another convenient way to increase protein intake if you are travelling light - simply mix it with your oatmeal.  
\*Use certified gluten free oats if you are celiac/gluten sensitive.
- **Pasta with canned sauce:** Quick to make and affordable. Throw in some grilled vegetables and meat for a balanced and easy meal. Choose pastas that are gluten free, if needed.
- **Rice and beans:** A classic combination which offers carbohydrates and protein. Add spices and vegetables for flavour and variety.
- **Tuna salad wraps:** Use canned tuna mixed with mayo or Greek yogurt, and wrap in gluten free tortillas with veggies.
- **Foil packet meals:** Combine vegetables, diced potatoes and sausage in a foil packet, season, and cook over the campfire coals or on the grill.
- **Trail mix:** Buy from the store or customize your own - this is a great snack on the go.
- **Chili or stew:** This can be made ahead, or while camping if you have the required cooking equipment. A great one pot option especially for rainy/colder days.


Taking care of your nutritional needs while camping is not just about sustenance - it's about optimizing your outdoor experience. By making smart food choices and preparing simple yet nutritious meals, you can ensure that your body remains energized, hydrated and ready for every adventure that comes your way. Whether you're camping for a weekend or embarking on a longer adventure, making smart food choices can enhance your experience without compromising on taste. Pack smart, eat well, and enjoy what the great outdoors has to offer!

## Did you know that you can fundraise on our behalf any day by using Skip the Depot?

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

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# THE HUB

This resource list is intended to bring you dynamic and interesting gluten-free living information. Whether it is analyzing research based evidence, understanding alternative practices or discussing the complexities of life, or simply sharing what's happening now, the aim is to encompass various stages of CD and gluten-free living among several modalities and mediums.

If you have a favorite blog, podcast, etc that you would like to share with Celiac Edmonton community, please email [info@celiacedmonton.ca](mailto:info@celiacedmonton.ca)

## STAY INFORMED:

- State of Celiac Disease in Canada, <https://www.celiac.ca/state-of-celiac/>
- Food guide for living with an Autoimmune disease - [Foods To Eat & Avoid For Autoimmune Diseases](#)
- Eating GF but still experiencing symptoms, this video on a naturopath approach may be interesting to you. [Celiac Disease: The Naturopathic Approach \(youtube.com\)](#)
- Have you ever considered a link between ADHD and Gluten, check this out [The Link Between ADHD and Gluten \(youtube.com\)](#)

## CELIAC AND GLUTEN-FREE LIVING:

### Podcasts:

- Family Adapts to the Gluten-Free Diet | A Canadian Celiac Podcast, <https://theceliacscene.com/family-adapts-gluten-free-diet-canadian-celiac-podcast/>
- 2 Canadian Moms discuss parenting and life changes with young and adult children with CD - [A Canadian Celiac Blog – A companion to A Canadian Celiac Podcast – What's Was I Thinking](#)

### Lifestyle:

- Find a great selection of GF items at **Belmont Sobeys** - [Location](#)
- Get in the know with product recalls and safety alerts from the Government of Canada- <https://recalls-rappels.canada.ca/en/subscribe>
- Ever consider living aboard? Check out this video on living in Japan as a Celiac [Living gluten-free in Japan \(youtube.com\)](#)

## DID YOU KNOW?

The top searched item on google for 'gluten free' is "gluten free bakery edmonton"! So there are a few recommendations:

- Celebrate Gluten Free - [Celebrate, gluten free](#)  
**Members receive 10% off\***
- Kinnikinnick - [Kinnikinnick Foods](#) **Members receive 10% off\***
- The Celiac Baker (St Alberts) - [Location](#)
- No Sugar - No Problem with Mama Leila's Keto treats - <https://www.facebook.com/ketobake/>

*Please note that all opinions expressed in the following resources are of the author and Celiac Edmonton is released of all liability.*

# The Celiac Baker

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I've always been in the kitchen, whether it was with my grandma baking cookies, or my step-dad baking bread. Sometimes I would joke with them that I would open up a bakery... I guess I can say it's not a joke anymore!

I went 17 years undiagnosed for Celiac Disease. I knew what it was; I just never thought that it could be something that I could have. My cousin was diagnosed when she was six and tried to teach my grandparents how to accommodate her diet, which has never been easy. Wooden spoons are the enemy whenever we visit.

It wasn't until my older sister was diagnosed that I went for testing. Since Celiac Disease is genetic, she was told that my mom, myself and my brother all needed to get tested. If my mother doesn't have it (which she doesn't) then it would be from my dad's side. My sister, brother and myself all came back positive for celiac. When doing the blood test, my numbers came back dangerously high. My number was 1950 and my iron was at 2. I was essentially a "walking corpse", according to my doctor. This was back in 2018 and I am still dealing with the repercussions of going undiagnosed so long.

I had moved to college the day after my endoscopy. A month after moving, I also got diagnosed with Lactose intolerance, which was not easy. I got severely depressed and struggled with my mental health a lot.

Upon graduating college, I moved back home to Stettler and decided I wanted to make my baking available in my hometown. I was baking for some family and friends and decided this would be fun to do for a living. I shot the idea to my parents, and my stepdad jumped onto the train with me. Our first order was 500 Chocolate Chip Cookies for the Polar Express in Stettler.

The Celiac Baker wasn't an easy name to come up with. In fact, it took me and my family three days to come up with it. Names like "Happy Villi" and "The Gluten Free Bakery" were brought up but didn't sound quite right or were taken. My step-dad thought of our name on the third day and felt that it was "self-explanatory". We went to town to register it in 2020.

In the summer of 2021, COVID rained down on everyone. I decided to join the Ol' MacDonald Market at Buffalo Lake's Ol' MacDonalds Resort. I was the only Gluten-Free Vendor for the three years I was there. My cinnamon buns were the hot commodity, and cupcakes were a close second. Whatever didn't sell, went to my freezer at Wells Furniture in Stettler. People in Stettler could access my gluten free baking and could call me for special orders.

Three years after diagnosis, I was once again getting sick. My doctor found that I was now allergic to oats, developed an egg intolerance, and my iron was rock bottom. The "walking corpse" was back!

In December 2021, I found a job opportunity in St. Albert in the field I went to college for. I moved to St. Albert at the end of January 2022. By July, I was leaving that job and working in a bakery. This is where I met most of my staff. After a year of driving back and forth for the business, working full time and managing my health, I decided opening my own bakery was in order.

At this time, I was reacting to all forms of animal byproducts and had to go vegan for the entirety of 2023 which SUCKED! My family was super supportive of everything I was going through and assisted me whenever I needed it...unless it involved tofu. They wouldn't get on-board with that. I honestly don't blame them.

I found a location for the bakery on the southside of St. Albert. This is an excellent location as it is near Anthony Henday Drive, with easy access from Edmonton and surrounding communities. The space was a blank canvas allowing me to bring the vision of The Celiac Baker to life. I wanted people to feel "normal" coming into the bakery and not having to go to a grocery store to grab something prepackaged or for their choices to be frozen.

The Bakery opened recently on January 27, 2024. I have noticed that many people can get overwhelmed when they first walk in. Whether it's the number of cupcake flavours or the fact that there are options for people with allergies. There are so many options including dairy-free, egg-free, nut-free, vegan, along with the variety of gluten free products available.

When I started my bakery, my goal was to have things that don't taste like cardboard or sawdust and as close to what it would taste if it did have gluten. I know I have succeeded when family, friends and customers would eat my product and not even know that it is gluten free! When you walk into the bakery, it always smells amazing. Customers see displays full of amazing freshly baked items. Everything is Made With Love!



# STOCK THE PANTRY

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# SUMMER EATS

## The Original Donair From the East Coast of Canada



6 servings



Cook Time:

1 hour

Set Time:

Overnight

### INGREDIENTS

1 pound ground beef  
2 teaspoons cayenne pepper  
1 teaspoon ground black pepper  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon salt  
1 teaspoon paprika  
1 teaspoon dried oregano

6 of your favorite large GF Pita Bread

### DIRECTIONS

1. Make the meatloaf: Mix ground beef, cayenne pepper, black pepper, onion powder, garlic powder, salt, paprika, and oregano together in a large bowl until combined. Shape mixture into a loaf and place on a baking tray; cover with plastic wrap and let rest in the refrigerator overnight.
2. Preheat the oven to 350 degrees F (175 degrees C).
3. Bake meatloaf in the preheated oven until no longer pink in the center, about 30 minutes, turning the loaf over halfway through cooking. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Allow the meatloaf to cool so it holds together for slicing.

### NOTES

Recipe adapted from [allrecipes.com](http://allrecipes.com)

Submitted by Paul Tymchuk

## DIRECTIONS CONTINUE

3. Bake meatloaf in the preheated oven until no longer pink in the center, about 30 minutes, turning the loaf over halfway through cooking. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Allow the meatloaf to cool so it holds together for slicing.

4. Meanwhile, make the sauce: Stir condensed milk, vinegar, and garlic powder together in a bowl until well combined. For best results, refrigerate sauce for at least 1 hour before ready to serve.

5. Slice meatloaf into 1/4-inch thick slices; brown each slice in a skillet over medium heat until browned and crisp, about 5 minutes per side.

6. Sprinkle pita bread rounds with a little water; warm briefly in a dry skillet over medium heat.

7. To serve: Place several slices of meatloaf into each warmed pita bread; spoon about 2 tablespoons of sauce on top and roll into a cone shape. Wrap each donair in aluminum foil to keep the sauce from dripping out; serve.

## *Maritime Donair Sauce*

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### INGREDIENTS

2/3 cup sweetened  
condensed milk  
1/4 cup white vinegar  
1/2 teaspoon garlic  
powder

**SHARE YOUR FAVORITE  
GF RECIPES WITH US**

Email submission at  
[info@celiacedmontno.ca](mailto:info@celiacedmontno.ca)



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