



# Calgary Celiac News

First Edition ~ February 2020

Chapter Office:  
Suite 1A, 2215—27 Avenue NE, Calgary, Alberta T2E 7M4

(403) 237-0304  
[www.calgaryceliac.ca](http://www.calgaryceliac.ca)



- **Easter Education Event**
- **SAIT GF Dinner**
  - **Volunteer Appreciation Brunch**
  - **Celiac Awareness Month**
  - **Scotiabank Run**

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Please Note: To contact the individuals listed below, email: [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca)

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## CALGARY CHAPTER OFFICE HOURS

Tuesday and Thursday  
10:00am - 3:00pm

If you plan to visit the office, please call first to be sure we are not out at an appointment.

Suite 1a, 2215—27th Avenue NE, Calgary, AB  
Phone: 403-237-0304 Fax: 403-269-9626

## Newsletter Submission Deadlines 2020

First Edition (**February**) due January 21

Second Edition (**May**) April 21

Third Edition (**August**) July 21

Fourth Edition (**December**) November 20

E-mail submissions to Linda Cooper

[linda@calgaryceliac.ca](mailto:linda@calgaryceliac.ca)

[info@calgaryceliac.ca](mailto:info@calgaryceliac.ca)

[www.calgaryceliac.ca](http://www.calgaryceliac.ca)

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# President's Message

*By Jim Calverley*

The Calgary Chapter of the Canadian Celiac Association has had a very successful 2019. Our last event of the year, the Children's Christmas Party was unbelievably successful. Organized by board member Marcia Bruce, over 100 people attended including Santa Claus. Pizza and cupcakes were available and there were many activities for the children to participate in.

At our December board meeting, we welcomed Michelle Venus to our board. Michelle has extensive business experience and will be an asset to our association.

2020 will be a decade of dramatic change and we are positioning ourselves for today and hopefully what happens in the future. The Canadian Celiac Association has been membership based since its founding and effective January 1, 2020 this is no longer the case. Memberships limit services to be provided to individuals but in order to meet our charitable purpose and to better serve the gluten free community at large, we are now a donor based association.

The mandate of the National office of the Canadian Celiac Association is to concentrate on research, education, advocacy and awareness on a National level. The Calgary Chapters' mandate is to provide support, events and programs at the local level in southern Alberta. We also advocate, educate and provide awareness initiatives that are best suited for our local needs. Membership fees have always helped financially support both your National and Local organization. When you are planning your donation budget for 2020 please think of both the Calgary and National associations.

We have many events already scheduled for this year. For the children, we will have both an Easter and Christmas function and our Kid's Meet Up program at the Children's Hospital and our premier event is always the Rod McDaniel Kid's Camp. For adults we have the SAIT gourmet dinner and Oktoberfest and for all ages we have our extremely popular Gluten Free Stampede Breakfast. For the second year now we will be participating in the Scotiabank Run. This event is a great opportunity for friends and family to get together have some fun and at the same time raise funds to help support the Chapter so we are able to provide the above programs at a subsidized cost.

At the same time as all the events and educational activities are happening we are here for the newly diagnosed. Our Celiac 101 classes are held on a regular basis and are always filled. Peer support is available throughout southern Alberta not only in Calgary, but in Lethbridge, Medicine Hat and Red Deer. Our Chapters' success is due to our dedicated volunteers who are committed to helping all those who are celiac or gluten sensitive.

Our major fundraiser is the Casino which will take place later this year and this will require over 30 volunteers so please let our office know if you can help us with this or any other event.

I know 2020 will be a great year for the Calgary Chapter and if you have ideas or suggestions on how to make it even better, please let us know.

A handwritten signature in blue ink that reads "Jim Calverley".

# Eco-Friendly Straws and Gluten

By Francie Kelley, Executive Director, Celiac Kids Connection  
Used with permission from the Celiac Kids Connection

**For those with celiac disease (CD) the current movement against plastic straws could have some unintended consequences.**

One of our members, Julia, recently found herself in café with friends. They ordered smoothies. The kids got their drinks first and Julia was surprised that the kids were eating the straws. To her horror she learnt that these were pasta straws; made from wheat pasta.

Luckily, she had time to change her order to – No Straw.

All of us are concerned with the health of our planet. Anytime we can do something to reduce waste or use more environmentally friendly products; it is a **GOOD THING**. But a number of the newer non-plastic straws are made from gluten containing products. Those of us with CD or non-celiac gluten sensitivity (NCGS) need to know not only the ingredients of the drink but also the ingredients of the straw that is served with the drink.

Common use of straws came about in the 1800s and the straws were actually made of straw. They were stalks of rye. The rye broke down in the drink adding a gritty sediment and in 1888 the paraffin coated paper straw was patented. During the 1960s the more durable plastic straws began to be used. By the mid-1970s, they completely replaced paper straws.

Today there are concerns about the amount of plastics in our oceans and that plastic straws are difficult to recycle. There is a move to eliminate plastic straws and replace them with more environmentally friendly materials. These materials include gluten-free options like stainless steel, glass, silicone and paper. But, there are also straws made from materials that contain gluten. These include: **Straw straws**, the most common is made from **wheat stems** and **pasta straws**.

## **What is someone with CD or NCGS to do?**

**Limit your use of straws** – A lot of the time you do not really need the straw. Think first and if you do not need a straw ask for your drink to be served without one.

**Make sure you know the ingredients of the straw** - When you order a drink, ask what type and what brand of straws are being used. This will allow you to verify the straws ingredients and ensure its gluten-free status.

**Bring your own straw** – there are a lot of reusable straws available for sale. This is a great option for a kid who does not want to stand out from their friends by asking about the type of straw being used. You can be one the “cool kids” who brings a reusable straw.

**Be vigilant** – Straws are likely the tip of the iceberg. We are starting see a push for more eco-friendly tableware products. There are “natural” options to replace plastic plates, cups and even napkins. Often these products have a gluten containing component.



## Canadian Celiac Association Websites

<b>Calgary:</b>	<a href="http://www.calgaryceliac.ca">www.calgaryceliac.ca</a>
<b>Edmonton:</b>	<a href="http://www.celiacedmonton.ca">www.celiacedmonton.ca</a>
<b>Charlottetown:</b>	<a href="http://www.celiacpei.ca">www.celiacpei.ca</a>
<b>Halifax:</b>	<a href="http://www3.ns.sympatico.ca/celiac.halifax">www3.ns.sympatico.ca/celiac.halifax</a>
<b>Hamilton:</b>	<a href="http://www.penny.ca/Hamilton.htm">www.penny.ca/Hamilton.htm</a>
<b>Manitoba:</b>	<a href="http://www.manitobaceliac.com">www.manitobaceliac.com</a>
<b>NFL Labrador:</b>	<a href="http://www.celiacnl.ca">www.celiacnl.ca</a>
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<b>Toronto:</b>	<a href="http://www.torontoceliac.org">www.torontoceliac.org</a>
<b>Vancouver:</b>	<a href="http://www.vancouverceliac.ca">www.vancouverceliac.ca</a>
<b>Victoria:</b>	<a href="http://www.victoriaceliac.org">www.victoriaceliac.org</a>
<b>Quebec:</b>	<a href="http://www.celiacquebec.ca/">www.celiacquebec.ca/</a>



## **Casino 2020**

### **Happy New Year, Happy New Decade!!**

CCA Calgary Chapter will be assigned a casino date in the 3<sup>rd</sup> quarter of 2020 ie sometime in July, August, or September this year. Once again we will be at Cash Casino on Barlow Trail.

Casinos are an integral part of the fund-raising we do at the Calgary Chapter. It enables the program activities we offer to the Southern Alberta Celiac and Gluten Sensitive community. Which, shameless plug alert, is the best program in Canada. Think Kids Camp, Stampede Gluten Free Pancake Breakfast, SAIT Gourmet dinners, Celiac 101, Gluten Free Oktoberfest, etc..

We get a casino date roughly every 18 to 20 months. Not every year but typically two out of three years. In a Casino year the casino money is roughly half of the chapter's income. It is significant.

Please consider volunteering for this event. There are approximately 36 shifts to fill. No prior skills or training are required. There are day and evening shifts. Gluten free food will be supplied. For those not requiring GF meals they are provided, at no charge, in the Casino restaurants.

Parking is free. It is a great time to meet and chat with some fellow Celians in a relaxed environment and raise some funds for our chapter.

**To volunteer please drop me a quick email at:**

**[ralph.barnett@shaw.ca](mailto:ralph.barnett@shaw.ca)**

***I will get back to you with the details.***

***Thank you, Ralph***

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<https://www.calgaryfoodbank.com/wishlist/>

**Rod McDaniel Kid's Camp**  
**Join us in 2020**  
**CAMP HORIZON!**



**August 16-21, 2020**



**Sunday drop-off and Friday afternoon pick-up**  
Located at Camp Horizon in beautiful Kananaskis Country, AB

**Registration for first time campers will open March 4th**

- ◆ Only camp in Alberta offering a completely gluten-free menu, approved by a Registered Dietician and certified through participation in the GFFP Program
- ◆ Open to eligible children ages 7-17
- ◆ For Details about this popular summer camp, see the Kids Page on our website: [www.calgaryceliac.ca](http://www.calgaryceliac.ca)

Registration online : [www.calgaryceliac.ca](http://www.calgaryceliac.ca)  
Or Contact the Calgary Chapter office at 403-237-304

# **Calgary Chapter, CCA & SAIT Culinary School of the Arts**

*are pleased to offer the return of*

## ***The Gluten Free Gourmet Dinner***

***Thursday, April 16, 2020***



*Join us for a gourmet  
four-course  
gluten-free dinner  
Tickets \$58/person  
Cash Bar*

*6:00pm  
Highwood Dining Room  
1301 16 Ave NW,  
Calgary, AB T2M 0L4*

**Purchase tickets at [www.calgaryceliac.ca](http://www.calgaryceliac.ca)  
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**Registration will open March 1st**

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## DID YOU KNOW???

The **Calgary Chapter, CCA** has trained volunteer educators available to speak, train and educate your group!

We can help out at:

- restaurants,
- schools,
- community centres,
- seniors groups,
- corporate “brown bag lunch” events and more!

We are also available to attend events with our booth of information and educators

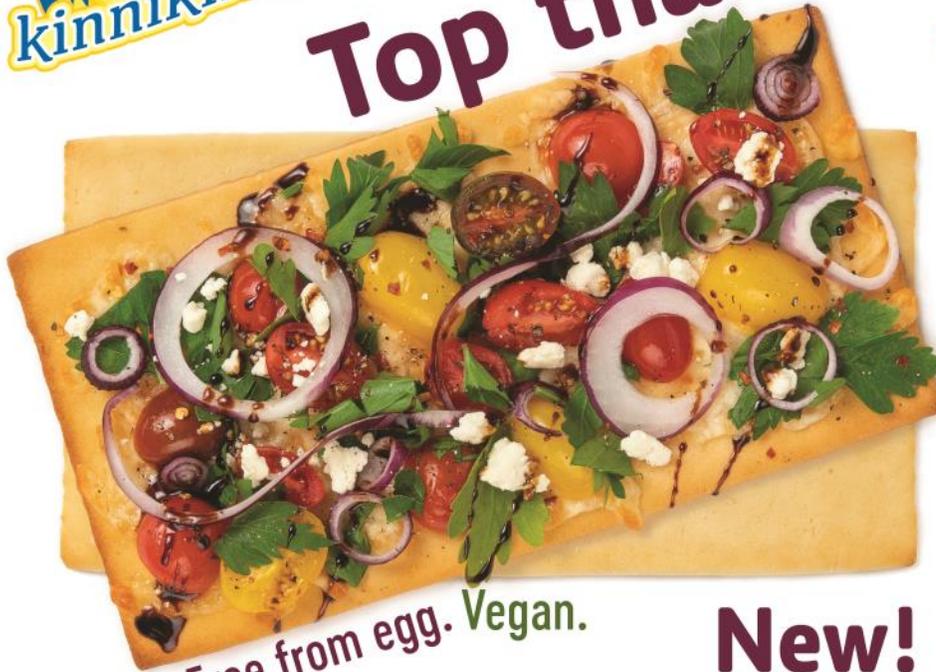


Call us at 403-237-0304 or email [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca) to arrange your booking

**\*NOTE\*** **MAY IS CELIAC AWARENESS MONTH** – we do book up quickly for May events, so contact us early if you'd like us to



# Top that!



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# Are your gluten-free toasters toast?

Used with permission By The Boston Children's Hospital Celiac Team

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## The latest research out of Children's National in Washington D.C. and Boston Children's Hospital is stirring up the gluten-free community.

The recently released paper, *“Preparation of gluten-free foods alongside gluten-containing food may not always be as risky for some celiac patients as diet guides suggest”* \*(foot note reference below) has led to a lot of discussion in the **Boston Children's Hospital** celiac disease team and beyond. We wanted to review and summarize this important research and share our team's recommendations based on this new information.

The authors tested three scenarios where it was thought that gluten transfer could be high enough to lead to cross-contact, resulting in a gluten-free food having a gluten concentration greater than 20 ppm. This threshold was chosen because food containing less than 20 ppm (less than 0.002 percent gluten) is considered to be “gluten-free” by the U.S. Food and Drug Administration, and products containing less than 20 ppm gluten can be labelled “gluten-free” in the United States, Canada and the European Union. The scenarios tested were:

**Cutting cupcakes with a shared knife:** Gluten levels were below 20 ppm in most cases when a knife used to cut frosted gluten-containing cupcakes was then used to cut gluten-free cupcakes. There was no detectable gluten transfer when the knife was washed before cutting the gluten-free cupcakes.

**Cooking pasta:** There was significant gluten transfer (up to 115 ppm) when gluten-free pasta was cooked in water used to cook gluten-containing pasta. The amount of gluten was reduced if the gluten-free pasta was rinsed under tap water for 30 seconds. Rinsing the pot with water and then cooking gluten-free pasta in fresh water reduced the gluten content to undetectable.

**Toasting bread:** Gluten levels were <20 ppm for all 40 slices of gluten-free bread toasted in the same toaster as gluten-containing bread, even when visible crumbs were present at the bottom of the toaster.

We have long made recommendations about avoiding cross-contact based on assumptions and expert opinion, with very little actual data. This is the first study to examine common practices when gluten-free food is prepared in the same kitchen as gluten-containing food. It is valuable to now have more data to help guide assessment of risk of cross-contact and to advise our patients with celiac disease.

Some of the results were anticipated and some were surprises. For example, one of the “hotter” issues brought up by this study is suggested by the title of this newsletter article: toasters. You likely have a designated GF toaster at home already because classic teaching for decades has recommended having one. However, this is the first study to investigate gluten cross-contact in toasters, and having a dedicated toaster is probably not as crucial as we previously thought.

Our team’s recommendation is to continue to emphasize/focus on the importance of avoiding gluten and limiting risk whenever possible, but not to the extent that gluten avoidance leads to excessive or unnecessary anxiety or severely limits patient and family activities. This study is a reminder that we need to continue to shift the conversation to think about food choices and activities based on risk. Understanding which choices are higher risk and which choices are lower risk is important and context-dependent.

Following a gluten-free diet is less about following strict rules and more about evaluating risk to make the best choice among the options available at a given meal.

### **Our take away messages from this study include:**

- ◆ Products with visible contamination or gluten-containing ingredients should NEVER be eaten.
- ◆ If using the same knife with GF and gluten-containing foods, wash the knife before contact with the GF items. Do not use a knife with visible contamination.
- ◆ When cooking or preparing foods that are both gluten-containing and gluten-free, try to prepare the gluten-free item first and set aside away from the preparation area of the gluten-containing foods.
- ◆ Gluten-free pasta should not be cooked in water that has already been used to cook gluten-containing pasta.
- ◆ This study suggested that rinsing GF pasta after it was cooked in shared water

may reduce gluten content. However, we do NOT recommend this rinsing-only protocol. Fresh clean water should be used to cook gluten-free pasta.

- ♦ It is important to ask at restaurants how they cook and heat up gluten-free pasta to ensure they are not using the same water used to prepare gluten-containing pasta.
- ♦ Cooking GF pasta in the same pot you have cooked gluten-containing pasta in is safe - *as long as you have washed the pot and use fresh water.*
- ♦ This helps us answer the frequently asked question, “Do we need separate pots and pans?” The answer is no - as long as you wash items in between use so that there is no visible food residue.
- ♦ We do not have data about the use of shared colanders/pasta strainers. At this time, we continue to recommend that you get a separate colander for GF pasta given the difficulties in effectively cleaning colanders and the increased risk of gluten transfer.
- ♦ While a dedicated GF toaster is not mandatory, you still need to avoid visible contamination. You may decide that a separate toaster is best for your family. Conversely, you are not neglectful if you choose to use a shared toaster. This may come in handy when you are travelling or when at an occasional sleepover.

As ever, ongoing evaluation of overall risk with your medical team, thinking through the collective risk of the choices you make, is the best treatment for celiac disease.

We are happy to share the latest information and are always here to answer questions and concerns. It is important to follow up with your GI provider and dietitian at least once a year to review your current practices and to learn what has changed over the last year in your life as well as advances in celiac disease research.

### **The Boston Children’s Hospital Celiac Team:**

Janis Arnold, LICSW  
Sophie Burge MS, RDN, LD  
Alan Leichtner, MD  
Tara McCarthy, MS, RDN

Randi Pleskow, MD  
Jocelyn Silvester, MD PhD  
Dascha C. Weir, MD

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# Celiac 101 Information Night



## Free Information session for newly diagnosed Celiacs Family and friends are welcome

**Date:** Tuesday, February 25th, 2020

**Time:** 7:00 pm – 9:00 pm

**Cost:** Free

**Where:** Calgary Chapter, Canadian Celiac  
Association office

Suite 1A, 2215-27<sup>th</sup> Ave NE, Calgary

Register online: [www.calgaryceliac.ca](http://www.calgaryceliac.ca)



# Alberta Healthy Living Program

Formerly Living Well with a Chronic Condition

Did you know that you can book an appointment with a Registered Dietitian through **Alberta Healthy Living Program** free of charge. All appointments are offered Mon-Fri during the day.

**Alberta Healthy Living Program** also offers one 3-hour session on “Going Gluten-Free”

***In this session you will learn:***

- ◆ What celiac disease is
- ◆ About healthy eating on a gluten-free diet
- ◆ About where to buy gluten-free food, eating out gluten-free and label reading

**Who is this Class For?** - People diagnosed with celiac disease or dermatitis herpetiformis and their support persons or people who want information on celiac disease. Classes are facilitated by registered dietitians.

[Calgary Zone—Workshop Guide](#) Fall/Winter Guide 2019/2020

AHLP offers registration for our group education classes online at [www.ahs.ca/cdmcalgaryzone.asp](http://www.ahs.ca/cdmcalgaryzone.asp) and click on the link for On Line registration. Registration for AHLP classes may also be completed by calling the 9 Health line at 403-943-2584

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## Gluten free and al dente every time!

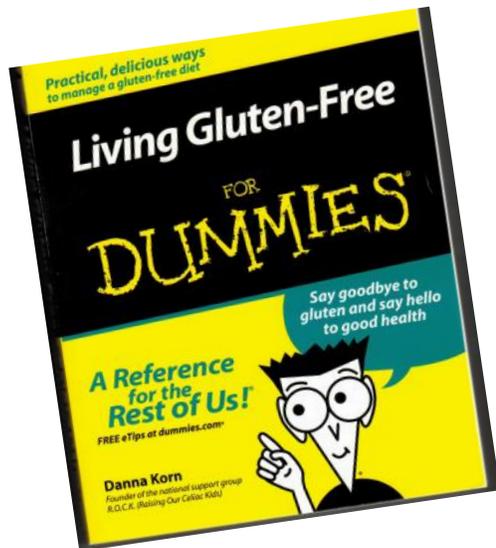


✓ Gluten Free ✓ Low Carb ✓ Vegan



Excerpt from the “**Living Gluten-Free for Dummies**” Danna Korn (Founder of the national support group R.O.C.K. (Raising Our Celiac Kids))

## Checking Up on Questionable Ingredients



### The Facts on flavorings

Flavorings have been considered a questionable ingredient on the gluten free diet for years. But according to Shelley Case, one of the leading authorities on the gluten free diet, there's little or no need to question flavorings anymore. She points out that there are only two instances when gluten can be used in flavorings.

One is in hydrolyzed proteins, but with current labeling laws, wheat would have to be declared on the label if it were used.

The other is in barley malt extract or syrup, but Case points out that its almost always listed on the label as “barley malt,” “barley malt extract”, or “barley malt flavoring.” She notes that some companies list it as a “flavor (contains barley malt)”, but very rarely is it listed as only “flavor” or “natural flavor”.

So why do I still leave it on the “to be questioned” list? Because “very rarely” leaves room for the possibility, however slight, that barley malt may have been used and listed only as a “flavoring”.

### Knowing which foods to research

Of course, to be safe, you need to question everything. Tea, for instance – I never saw a tea with gluten in it until recently, when I happened to read the label and there it was: barely malt.

Discovering the malt was easy because the label clearly listed what contained the gluten. But some ingredients aren't so clear, because sometimes these ingredients are gluten-free and sometimes they're not. For these ingredients you have to look deeper into the question of “is it or isn't it”. I talk at length about how to do that in Chapter 5 (Celiac For Dummies).

#### **Ingredients you need to question include:**

- Brown rice syrup
- Fillers

- Flavors and natural flavorings
- Seasonings and spice blends
- Stabilizers
- Starch (in pharmaceuticals)

These ingredients don't always have gluten. In fact, they rarely do. But according to the US Food and Drug Administration Code of Federal Regulations, they can contain gluten, so to be safe, you need to check.

Thanks to new labeling laws, there are far fewer "questionable" ingredients. Now manufacturers have to clearly indicate if a product has wheat in it.

## Putting an end to the controversy over certain foods

People used to question certain ingredients, and they were on the have-to-dig-deeper-to-make-sure-this-is-gluten-free list. These people questioned ingredients because of rumors, bad information, and misunderstandings. They questioned because of ambiguous labeling laws. But today, thanks to new labeling laws and more definitive research, the following ingredients are no longer in question:

- |                                      |  |
|--------------------------------------|--|
| • Alcohol (distilled)                | • Maltodextrin (except in pharmaceuticals) |
| • Caramel color                      | • Modified food starch                     |
| • Citric acid                        | • Mono – and diglycerides                  |
| • Dextrin                            | • Starch (in food)                         |
| • Flavoring extracts                 | • Vanilla and vanilla extract              |
| • Hydrolyzed plant protein (HPP)     | • Vinegar (except malt vinegar)            |
| • Hydrolyzed vegetable protein (HVP) | • Wheat grass                              |
|                                      | • Yeast (except brewers' yeast)            |

The gluten free status of these ingredients applied to ingredients produced in the US and Canada. Other countries may have different manufacturing processes.

# Easter Education Event

Haysboro Community Hall

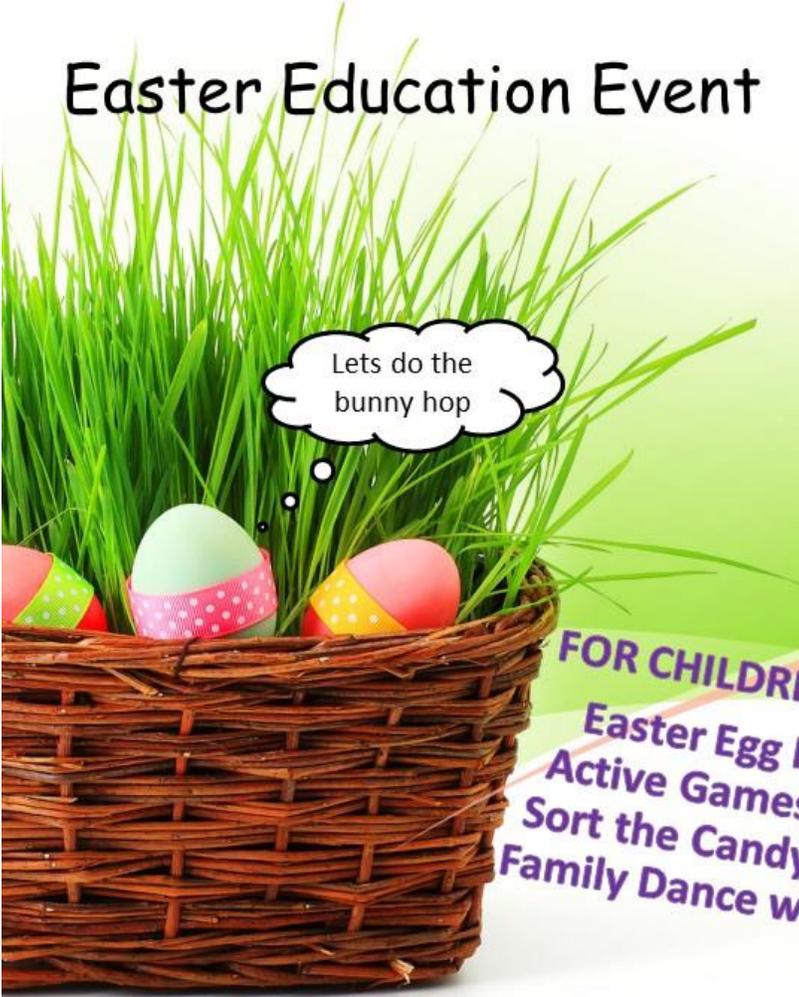
Sunday April 5<sup>th</sup> 2-4pm

1204 – 89 Avenue SW

\$5 per person

Register before March 30<sup>th</sup>

Website: [www.calgaryceliac.ca](http://www.calgaryceliac.ca)



Lets do the  
bunny hop

## FOR ADULTS:

Family Easter Egg Hunt

Easter Candy Label Reading

Education Workshop

Easter Dance

## FOR CHILDREN:

Easter Egg Hunt

Active Games, Puzzles

Sort the Candy Game

Family Dance with Disco Ball



## *NEWS from Lethbridge*

**Lethbridge meets 3x per year and the next meeting will be:**

**May 25th at the Lethbridge Senior Citizen Organization**

**On 11th Street and 5th Avenue S**

**7 pm**

**All Welcome!**

**Karen Toohey**

**Lethbridge Celiac Peer Counsellor**



# Label Reading

By Jo Anne Murray

Welcome to a new year and a new decade. It is a rare opportunity to reflect on the past and look to the future with clear 20/20 vision as we enter the year 2020.

As I've mentioned in previous newsletters, I often draw inspiration for my articles from the national CCA Facebook page and this article focuses on another one of these topics. Whether you are a newbie in the early learning stages or a seasoned veteran still struggling with the ongoing improvements of food labelling in Canada, Canadian labelling regulations still create confusion for many label readers. And most of us really don't want to take the time to read the large annotated documents on the Health Canada website to get to the quick answers.

The most important things to remember about all food labels: They must be accurate and truthful and they must contain the mandatory requirements which include: the ingredients (including the disclosure of all allergens, gluten sources and added sulphites), the nutritional values, and the quantity contained in the package. Other information is required on many

food labels, including information about the country of origin, food irradiation, foods produced in Canada, and date information (best before, production and expiry dates).

There is additional disclosure information that some manufacturers use, including: 'contains' statements, 'may contain' statements, 'made in a facility' statements and other similar statements. Some have specific criteria when used; the 'contains' statement, as example, and some have no criteria other than they must be truthful and not misleading; 'may contain' statements and 'made in a facility' statements, as example. When it comes to gluten free foods, the statements that seem to confuse people the most are the statements that have no specific criteria and it is the 'made in a facility' statements that I'm going to focus on in the remainder of this article.

The food manufacturing and food management divisions of Health Canada and the Canadian Food Inspection Agency have a multitude of detailed regulations that govern the production and distribution of all foods in Canada, whether they are domestic or imported products. For

more information, check out the Canadian Inspection Food Labelling requirements on their website.

<https://www.inspection.gc.ca/food-label-requirements/eng/1574436698583/1574436791492>

Gluten Free is a legal definition that is regulated and can only be used when a product has met the requirements for using the claim. The most significant requirements are: there is no gluten containing ingredient in the product, that any inadvertent gluten contamination must be below 20 ppm and that testing is carried out to assure that all products meet these requirements. This claim supercedes all other claims, including a 'may contain' statement and a 'made in a facility' claim (assuming the reference is to gluten contamination). Gluten Free is a covenant between the manufacturer and the consumer to meet the legal requirements of gluten free manufacture. There are no exceptions to this regulation. The regulation applies equally to Canadian products and imported products.

Regular consumer products (other than those noted as high risk by the CCA, including products made with gluten free flours, gluten containing cereal grains, oats, and packaged seeds and nuts) are safe to consume if there are no gluten containing ingredients and no may contains statement that includes gluten containing grains. BUT what about the 'made in a facility' that also processes gluten containing products ???

We need to put this statement in perspective. Manufacturers are required to maintain incredibly high standards for product management. There are standards that account for air quality control and air exchange,

introduction of outside substances and pathogens, heat and moisture controls, equipment cleaning and sanitizing, the pedigrees of ingredients. Even slight variances in the environment can impact the consistency of the product. Many manufacturing areas have airlock entry and workers are fully covered in clean protective garments so that no foreign materials enter the controlled environment. Modern manufacturing plants are huge, often covering entire city blocks or industrial plazas. They are compartmentalized to better manage multiple products and to contain products in specialized areas. They are governed by mechanical services with gauges that monitor changes in the environment. There is little risk of error.

Gluten contamination is most likely to occur from the powdered forms of the gluten containing grains, in the form of flour. The potential of this occurring in these plants is quite unlikely, yet these companies, in the name of truthfulness, feel obliged to disclose that they are producers of multiple products. How relevant is the disclosure? It is truthful, without a doubt, but is it useful? It does set many people on the path of unnecessary doubt and they exclude products from their diets which might otherwise add variety and additional nutrition.

Which path do we choose? Do we exclude these products from our diets? Do we make inquiries about the structure of their plants and how many gauges control the space and how many walls and barriers contain the production floor? Do we follow the recommendations of the CCA and trust the labels of regular foods and focus on the details of the high risk foods only?

And to put this in further perspective, I will use my own life as the comparison. I live in an apartment condo. I consider everything I prepare in my condo to be gluten free. I do not

have a concern for what ingredients my neighbours use in the foods they prepare in their units. Yes, flour particles can hang in the air for many hours/days and can travel significant distances, but they normally don't get through solid barriers such as doors. There is no air circulation from my unit to those of my neighbours, thankfully. (This is a very international complex and I can only imagine the intermixing of food aromas from all the cultures represented.). I wouldn't let a neighbour bring gluten into my unit but I feel no need to live in an exclusively gluten free condominium complex. Each of our units is self-contained, not unlike divisions in a manufacturing plant. I feel safe in my own home.

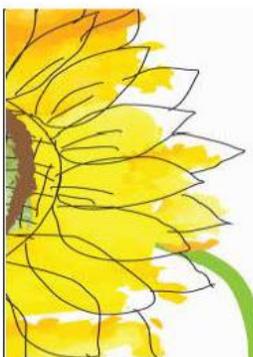
If you look at the 'made in a facility' food manufacture in a similar way, and accept that they are using standards that far exceed those that we practice in our homes based on 'good manufacturing standards' then maybe we can safely trust that a gluten free label means gluten free and that a regular food label that meets the Canadian food safety regulations and contains no gluten containing ingredients is also a reasonable choice to add more variety to our everyday food choices.

It can be scary to put a product in a shopping cart if it lists wheat in any manner, including in the vague disclosures. But step back from the momentary panic and put it in perspective. Manufacturers take measures that would be way beyond our ability in our homes. The last thing they want is a product recall. It's costly and destroys reputations (think Cheerios and how we just can't seem to trust ever again because of that one questionable product.). They have Quality Assurance managers whose sole purpose is to assure that no mistakes are made with gluten or any other allergens or potential misrepresentation of ingredient or product status. They have engineers who

monitor the safety function of the plants. We are a first world country with mostly state of the art production plants with state of the art technology. The CCA says trust the labels and be a wise consumer with the higher risk consumables.

*Now is a great time to plan your charitable contributions for this new and remarkable year.*

*Please consider a contribution to the **Calgary Chapter of the CCA**. The kid's gluten free summer camp will be a top priority this year and your support would be so welcomed.*



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**(opening Nov 2018)**  
&  
**Coop Stores**  
**(starting Dec 2018)**

**[www.misspsglutenfree.com](http://www.misspsglutenfree.com)**

**403-970-6175**

THE ELEVENTH ANNUAL FAMILY-FRIENDLY

# GLUTEN AND DAIRY-FREE DINNER

PROVIDED BY THE LETHBRIDGE COLLEGE CULINARY CAREERS PROGRAM

**Tuesday, March 3, 2020**

**Garden Court Restaurant**

6 p.m. cocktails

6:30 p.m. dinner

**Adults: \$44**

**Children: \$25**

*Prices include GST and one glass of wine or soft drink*

**Door prizes and additional gluten-free information at the event.**

Tickets available at **Nutter's Bulk and Natural Foods**, and at **Lethbridge College** by calling 403.320.3230.

**Deadline: Feb. 27 at noon**





*Support Our Celiac Kids! Please  
select our Chapter when you  
register at:*



[www.calgarymarathon.com](http://www.calgarymarathon.com)

***Early Bird Registration Now Open***

## **Scotiabank Charity Challenge May 31, 2020**

***5K Walk & Run  
10K, Half Marathon,  
Marathon, 50K Ultra  
Kids Marathon***



- Participant T-Shirt, Gluten Free Snacks and Drinks
- Prizes for Top Fundraisers
- Raise \$50 to be considered a Fundraiser
- Raise \$200 and receive \$30 refund on fee
- Not a runner? DONATE one time to support us.
- All funds raised go to the Calgary Chapter, CCA
- 2020 funding will help support our annual Kid's Camp

## A Tour of the Fjords in Norway



For the past twenty years my husband and I have traveled in the fall to various places and frequently to Europe in a quest to complete our bucket list.

Part of the fun is planning where we will go, what we will do, and how I will cope with the local food. We book everything ourselves, which is very flexible and doable when

traveling during low season. There have been many occasions where we fell in love with a place and easily extended our stay.

There have only been a few times when we have joined a tour - as we are not fans of schedules on holidays; however sometimes it is necessary.

This was the case last fall when we decided on a trip to Norway to see the fjords. Our pre trip planning indicated that tour companies were the best way to go. Hotels and boats in the areas where you gain access to the fjords are limited, and often booked up by tours well in advance.

When we booked the tour and saw that meals were included, I asked about gluten free options and was told “we will do our best”. Not a very peace-of-mind answer; but I am an optimist.

We traveled to Oslo a day in advance of joining the tour and spent a nice afternoon walking around the downtown and nearby waterfront. We lucked out - as that was the last day of their food festival where all the seaside restaurants showcased their menus with stalls outside and free samples. After a dozen stops, there was no need to worry about dinner! So many delicious gluten free options and knowledgeable chefs. It was quite a treat to enjoy the fresh salmon, gluten free baked goods (yes!), handmade chocolates and great ciders.

All the meals provided on the tour were at the hotels, except for one restaurant visit. Each hotel accommodated a variety of diet restrictions. Our meals were buffet style with gluten free options clearly marked and separate from the other food. At each hotel I spoke with a chef and was truly impressed with their separate preparation and concern for all diets. I have found this often in Europe. They have been aware for a long time – and take responsibility seriously.



I think the breakfasts were my favorite. There was always fresh fruit, lovely yogurts, made to order omelets and the best gf breads, muffins and waffles. The buffets are available to all hotel guests, so my impression is that it is easy to travel in Norway. Lunch and dinner had a good variety of meats, cheeses, breads, wonderful fresh fish, salads and veggies and they do love their desserts. I even had a special gf apple strudel!

The first tour day was in Oslo where the highlights for me were the stunning statues in Vigeland Park, and the Fram Museum that houses the wooden ship sailed by Roald Amundsen to both the north and south poles.

Next our 50-member group went by bus to Flam - a tiny village that has three hotels, ships to see the fjords and a station for the Flam Railway.

There are two new large eco-friendly electric (quiet) vessels that cruise the Aurlands fjord at a very slow speed to allow passengers time to enjoy the spectacular views from both inside and the two decks. Being fall, the mountains were snowcapped, some waterfalls frozen and it was overcast; however, it was absolutely amazing! I wish there were words to describe the experience. I kept thinking I had been transported to the most eerily mystical, magical and breathtaking place on the planet. Well worth the trip!

If you do happen to one day find yourself in Flam, I highly recommend taking the Flam Railway up the mountain to Myrdal station and back. There is a reason it is called one of the most beautiful train journeys in the world. It is one of the steepest railway lines with 80% of the journey running on a gradient of 5.5%. The train runs through spectacular scenery, alongside steep mountainsides, foaming waterfalls and through 20 tunnels with a stop at Kjosfossen station; which serves no other purpose than allowing tourists to look at and photograph the phenomenal Kjosfossen waterfall.



When in Norway, you are bound to hear stories about gnomes, and well, if you are lucky (or unlucky) you may even see one. They live in the hills surrounding Flam and when everyone is asleep, they come down to the village to get wasted in their own brewpub!

During the day you can visit the Aegir Brew Pub, sit in the gnome's carved wooden furniture and enjoy one of the best gluten free beers ever! It is made onsite and called (appropriately) HAPPY. So now you know ..... gnomes are gluten free creatures.



From Flam we traveled to Bergen. It is one of the most picturesque municipalities in Norway, with colorful houses lining the old wharf and a fascinating historical walking tour. It was here that our group opted for an Italian restaurant meal. Hubby and I chose to pass on the pasta and found a spot using the Find Me Gluten Free app on my phone. (the app works great all over the world)

We went to a restaurant called Bare Vestland; which offers tapas style Norwegian food. Our server was a fellow celiac and made sure that I received only safe dishes. It was the best meal of the entire trip.



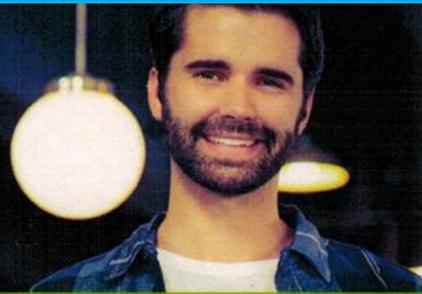
We used the app one more time in Norway. At the end of our very fun filled tour - we spent an extra day in Oslo and went out for dinner at a restaurant listed on the app. I had a delicious gf pizza at Teatro Pizza on Spikersuppa Square.

One last comment regarding food in Norway. Yes, you can easily find safe gluten free food, but be prepared for the price. Dining out in general is very expensive and when I consider the superb meals on the tour that were included in the price – it was a great way to go.

Jubel! (Cheers!) Cheryl Richmond—[cdrichmond@shaw.ca](mailto:cdrichmond@shaw.ca)



# Gluten-free dining made safer!



**GLUTEN-FREE™  
FOOD PROGRAM**

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What is the Gluten-Free Food Program (GFFP)? The GFFP standards are about management's commitment to training staff, implementing consistent and documented operating procedures, that ensure each establishment provides safe, reliable gluten-free food to consumers.

The Gluten-Free Food Program (GFFP) covers a wide range of business types:

- ♦ Restaurants
- ♦ Caterers
- ♦ Camps
- ♦ Hotels and convention centres
- ♦ Healthcare and educational institutions
- ♦ Cafes, bars, quick service outlets

## ... The Consumer

- ♦ Help the gluten-free community find safer places to eat
- ♦ Broaden the availability of GFFP gluten-free sites for eating out

## ... The Industry

- ♦ Support the gluten-free efforts of the food service and hospitality businesses by providing training, standards, best practices and GFFP verification audits
- ♦ Help committed operators market their efforts to the gluten-free community
- ♦ Partner with key organizations



the trusted gluten-free  
mark of assurance to  
consumers and industry

Proudly endorsed by



For more details contact Jacquie: (416) 272-0809 or [Jacquie.Peppler@glutenfreefoodprogram.com](mailto:Jacquie.Peppler@glutenfreefoodprogram.com)  
[www.glutenfreefoodprogram.com](http://www.glutenfreefoodprogram.com)

The **GF Food Program for Restaurants (GFFP)** launched. Directed to the food service and hospitality industries includes 3 endorsements: GF Smart, GF Verified and GF Dedicated. For more information about this program see: <https://www.celiac.ca/food-industryprofessionals/restaurant-program/>

While this program is currently being launched in eastern Canada, it is hoped that we will soon see restaurants in the west participating too. Looking for a list of products that carry the **GFCP certification** logo check out this link: <http://www.glutenfreecert.com/consumers/certification-directory>

# The Link Between Type 1 Diabetes & Celiac Disease



- On average, 8% of people who have Type 1 Diabetes also have Celiac Disease.
- 60-70% of children who have Type 1 Diabetes, have no obvious symptoms of Celiac Disease.
- Both autoimmune diseases are inherited and share similar genetic origins.
- 90% of the time, the diagnosis of Type 1 Diabetes comes before a Celiac Disease diagnosis.



## Screening for Celiac Disease



Symptoms	Undiagnosed Celiac Disease	Type 1 Diabetes
Frequent Urination		✓
Unusual Thirst		✓
Extreme Hunger	✓	✓
Weight Loss	✓	✓
Extreme Fatigue	✓	✓
Irritability	✓	✓
Growth Failure (children)	✓	✓

Sources: [www.diabetes.org/](http://www.diabetes.org/) [www.csaceliacs.org](http://www.csaceliacs.org)

**Why Screen?** May prevent bone loss, stunted growth & may reduce hypoglycemic episodes.

**How often?** Screen for Celiac Disease at time of diagnosis with Type 1 Diabetes and every 1 to 5 years after.



**Celiac Disease Treatment: A Life Long Gluten-Free Diet** ○



# CELIAC KIDS MEETUP

**Our chapter hosts a meetup for youth to get together and just hang out!**

This is offered on the third Wednesday of every other month at the **Alberta Children's Hospital**.

In the evening the hospital is a quiet, kid friendly location with good parking, an awesome playground and areas to explore. The cafeteria is always open and has gluten free options for anyone on the run.

We are in the process of looking to add a second meetup location at **South Health Campus**. These will be at different times than the current meetup at the **Children's Hospital** but everyone is welcome to attend all meetups.

**TEENS** - If you know of older children we are also trying to organize **Teen Pizza Nights**. Ask your children how we might appeal to them and then share those ideas with us in the **Calgary Celiac Kids Facebook group** or by email to **Cinde Little**, our volunteer coordinator, at [cinde.little@gmail.com](mailto:cinde.little@gmail.com).

Look under **Kids Page** on the website at [www.calgaryceliac.ca](http://www.calgaryceliac.ca) to register or find out more information.

**Next Meetup is March 18th**





# HEALTHY COOKING CLASSES

*REGISTER TODAY!* [EnergizeNutrition.ca](http://EnergizeNutrition.ca)

## Getting Started with Plant-based Cooking (hands-on)

Curious about including more plant-based meals in your diet, but not sure what to cook that will be tasty, satisfying and accepted by your family?

In this hands-on class, we will:

- explore plant-based ingredients.
- learn techniques to increase the flavor of plant-based recipes.
- prepare plant-based recipes to enjoy as part of a healthful, balanced lifestyle.

All participants will walk away with delicious recipes and plant-based inspiration.

**Saturday, May 23**

**10:00 – 12:00 pm**

**Registration is required:** <http://energizenutrition.ca/classes/>  
or call 403.956.3939

### Location for all classes:

Wellness Kitchen (in the Wellness Centre, Main floor)  
South Health Campus,  
4448 Front Street SE Calgary, AB

**Kristyn Hall** MSc, RD  
Consulting Dietitian/Nutritionist

403.874.1715  
KHall@EnergizeNutrition.ca

[EnergizeNutrition.ca](http://EnergizeNutrition.ca)

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[www.namastefoods.com](http://www.namastefoods.com)

## Coconut Cream Whoopie pies

### Cake Ingredients

4 teaspoons Namaste Foods Egg Replacer  
4 tablespoons warm water  
1 Namaste Foods Organic Devil's Food Cake Mix  
½ cup coconut oil, melted and cooled  
¾ cup milk, any kind (we used coconut)

### Coconut Cream Ingredients

1-14 oz can coconut cream  
½ to ¾ cup organic powdered sugar  
½ teaspoon vanilla extract

Chill coconut cream overnight in fridge.

In a large bowl, whisk egg replacer and warm water. Add cooled coconut oil, milk and cake mix and blend until smooth. Chill for 30 minutes.

Heat oven to 350° F. Grease or spray muffin tins. Scoop tablespoons of batter into muffin tins. Bake for 16 - 19 minutes or until toothpick inserted in center comes out clean. Cool completely on wire racks. Keep dough chilled between batches.

### Coconut Cream Instructions

Chill glass bowl for at least 10 minutes. Scoop thickened cream of coconut out of can. Reserve liquid for another use.

Beat on high for 30 seconds. Add powdered sugar and vanilla and beat for another minute.

Add dollop of coconut cream between cooled cookies. Keep refrigerated.

**Tip:** Transfer coconut cream to freezer bag, clip corner, then squeeze onto cookies.

**Festive Fun:** dip sides of cookies into crushed peppermint candies for a little extra holiday color and flavor.

Enjoy!

Saturday, May 16th, 2020

Wondering Why the  
Calgary Tower is Green?



It's National Celiac Awareness Day!

Share with your family, friends, colleagues, and social media pals to spread the word.





# Following a Gluten-Free Diet Just Got Easier!

## Gluten-Free 24/7: An App to Assist When Shopping for Gluten-Free Foods. Find us in the app store

Toronto, ON (PRWEB) October 15, 2014 -- 30 PT Design Inc., based in Parry Sound, Ontario and the Canadian Celiac Association (CCA), jointly announced today the launch of Gluten-Free 24/7, an app that assists those dealing with celiac disease or gluten sensitivity, as they shop for safe gluten-free foods and ingredients. The App, which may be accessed from an Apple Device, allows users to review ingredients in products to determine if they contain gluten or not and registered users also have further administrative capabilities. To download the App or to view it in your browser, visit [www.glutenfree247.ca](http://www.glutenfree247.ca).

Sue Newell, Operations Manager of the CCA states that “although statistics are not readily available, it is estimated that 7 in every 100 people in North America are affected by celiac disease or non-celiac gluten sensitivity and the only current treatment for these conditions is maintaining a gluten-free diet, for life”. As a result, Newell sees the need to assist consumers struggling to shop for gluten-free foods. Foods containing gluten include wheat, rye, barley, oats, and most ingredients derived

from these sources. The shopping challenges of continually reading the details of product labels, makes it difficult to know which foods actually contain these hidden ingredients. “Gluten-Free 24/7 is a convenient, portable and easy to reference food and ingredients list,” says Newell.

As owners of the app, and to ensure the efficacy of the content within the app, **30 PT Design Inc.** worked closely with the **Canadian Celiac Association (CCA)** during the development of Gluten-Free 24/7 and is excited to have CCA’s exclusive endorsement. Gluten-Free 24/7 is based on the CCA’s latest version

of their published **Pocket Dictionary** titled **Acceptability of Foods & Food Ingredients for the Gluten-Free Diet**.

Future versions of the App will include barcode-scanning functionality, links to recipes containing

favorite ingredients, and store tracking of desired certified gluten-free products, based on the user’s location.

Since 2011, 30 PT Design Inc. ;has been dedicated to designing and developing leading mobile device applications.



# We were there for you in the beginning Now we need your Help!



A gift in your will to the **Calgary Chapter, Canadian Celiac Association**, is a wonderful way to build a legacy. This future gift is an extension of your support – one that will make a lasting impact for the Celiac Community.

Our office would be happy to assist you or speak with your lawyer.



With your permission we would like to acknowledge your Legacy Gift by letting others know of your generosity and your dedication to **Calgary Chapter of the Celiac Association**, they might be encouraged to take similar action.

## Calgary Chapter, Canadian Celiac Association

Suite 1A, 2215—27th Avenue NE,  
Calgary, AB T2E 7M4  
(403)237-0304

Charitable Registration #11921 8691 RR0001

Yes, I would like to help the **Calgary Chapter** provide programs to support people with Celiac Disease!

I would like to provide a gift of \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ Other \_\_\_\_\_

I have enclosed a cheque

Please use my credit card  Visa /Mastercard

Card Number \_\_\_\_\_ Expiry Date \_\_\_/\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Donations can be made on-line at: [www.calgaryceliac.ca](http://www.calgaryceliac.ca) or  
Mail to: **Suite 1A, 2215—27th Avenue NE, Calgary, AB T2E 7M4**  
**(403) 237-0304**

Charitable Registration #11921 8691 RR0001



## 2020 CALENDAR OF EVENTS

Calgary Chapter – Canadian Celiac Association

### REGISTRATION FOR ALL EVENTS IS ONLINE

*(No access to a computer? Please call the office and we will be happy to register you over the phone 403-237-0304)*

*Please check our **Website**, **Facebook page** and **Twitter @CalgaryCeliac** often for updates - [www.calgaryceliac.ca](http://www.calgaryceliac.ca)*

- February 25**      **Celiac 101 Information Night**—starts at 7pm, Calgary Office, Open to all, preregistration required
- March 18**        **Kids Meetup—Alberta Children’s Hospital**—6:30-8:00 pm, preregistration is required online (Future dates: March/May/July/September/November)
- April 5**         **Easter Education Event—Haysboro Community Hall**, 2—4pm, 1204—89th Avenue SW, \$5 per person
- April 16**        **SAIT Gourmet Dinner—Highwood Dining Room**—Tickets available online (March 1st) - [www.calgaryceliac.ca](http://www.calgaryceliac.ca)
- May 3**          **Volunteer Appreciation Brunch—Delta Hotel, Calgary South**, 135 Southland Drive SE, doors open at 10:30 am—registration opens April 1st
- May 12**         **Celiac 101 Information Night**—starts at 7pm, **Calgary Office**, Open to all, preregistration required
- May 16**         **Calgary Tower Light Up**
- May 31**         **Scotiabank Run**—Calgary Chapter Team Event
- July 4**          **Wendy T’s GF Stampede Breakfast—Marda Loop Community Centre**
- August 16-21**    **Rod McDaniel Celiac Kid’s Camp—Camp Horizon, Bragg Creek** registration opens for March 4th (previous attendees can register February 5th)
- October 1**        **GF Oktoberfest—Craft Beer Market—details TBA**
- October 17**      **Gluten Free Expo—Big Four Building**

**Note that more events and classes will be finalized throughout the year!**  
**Please check out website often for updates at [www.calgaryceliac.ca](http://www.calgaryceliac.ca)**  
**If there is an event or class you would like us to promote,**  
**let us know at [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca)!**



# Warm Up

## WINTER WITH GRIMM'S

Our selection of more than 50 gluten-, lactose- and soy-free premium meat products means you can count on us for quality, convenience and variety.



HAM • POULTRY • BEEF • PEPPERONI  
SMOKIES • WIENERS • SAUSAGES

PREPARED IN A CERTIFIED GLUTEN-FREE FACILITY

- ✓ SOY FREE
- ✓ GLUTEN FREE
- ✓ LACTOSE FREE
- ✓ NO MSG ADDED



[WWW.GRIMMSFINEFOODS.COM](http://WWW.GRIMMSFINEFOODS.COM)



# Ultimate Granola

By Kathy Smart—Smart Recipes!



This granola is absolutely chockful of nutrition! it has lots of fibre, protein and healthy mono-saturated fats to keep you feeling full all morning long! The smell of this granola when cooking ... if heaven has a smell ... it has to smell like this!

Serves 20

## Ingredients

- ◆ 1 1/4 cups of gluten-free steel cut oats
- ◆ 1 3/4 cups of gluten-free rolled oats
- ◆ 1 cup of gluten-free oat bran or rice bran
- ◆ 1/2 cup each of sunflower seeds, sesame seeds and walnut pieces
- ◆ 1/4 cup of unsweetened shredded coconut, hemp seeds and pumpkin seeds
- ◆ 3/4 cup each of pecans, peanuts with skins on and raw almonds
- ◆ 1/2 teaspoon of sea salt
- ◆ 1/3 cup of coconut oil or butter melted
- ◆ 1/2 cup of honey
- ◆ 1/2 cup of pure maple syrup
- ◆ 4 teaspoons of vanilla extract



## Directions

- ◆ Preheat oven to 250°f.
- ◆ Mix all the dry ingredients together in a large bowl until well combined.
- ◆ In a separate bowl, whisk together honey, maple syrup and vanilla extract.
- ◆ Pour melted coconut oil over dry ingredients and mix well. add the liquid mixture in and mix well.
- ◆ Spread the mixture onto a parchment-lined baking sheet. bake in oven, stirring every 15 minutes.
- ◆ When granola is golden brown and very fragrant, (about 1 hour) remove from the oven and allow to cool.



# Scotch Oatmeal Scones

<https://www.everydayhealth.com>



These puffy textured triangles are easier to mix and cut than biscuits. Oat scones are traditionally served for afternoon tea, but they're nice for breakfast, brunch, and between-meal snacks.

## Ingredients

- 1 1/2 cup(s) GF flour, all-purpose
- 1 cup(s) GF oats, rolled not quick cooking
- 1/2 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 tablespoon sugar
- 2 tablespoon margarine unsalted, stick  
(can substitute butter)
- 2 tablespoon margarine low-calorie;  
softened
- 1/2 cup(s) milk, fat-free
- 1 egg white(s) lightly beaten
- 1/4 cup(s) egg substitute



## Instructions

- ◆ In a large bowl, combine the flour, oats, baking soda, cream of tartar and sugar.
- ◆ Using a pastry cutter or fork, cut in the margarine until the mixture resembles cornmeal.
- ◆ Make a well in the center and add milk and eggs. Quickly mix with a fork. Divide the dough in half. Turn out on a GF floured board.
- ◆ Dip your fingers in flour and lightly flatten each dough half into a 1/2-inch circle. With a knife, cut each circle in half. Cut each half in half again and repeat, to make 8 triangles from each circle.
- ◆ Place triangles on a baking sheet . Bake at 400 degrees F. for 15 minutes or until golden and puffy.

## Nutrition Details

per serving

Calories 91, Fat 3g, Cholesterol 1mg, Sodium 73mg, Saturated Fat 1g, Protein 3g, Fiber 0g, Carbohydrates 13g



# Hickory BBQ Chicken Flatbread

*A sweet and tangy flatbread creation loaded with flavour and vibrant colours.*

Recipe created by Kinnikinnick Corporate Chef Lori Grein



## Ingredients:

### Hickory BBQ Sauce

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

### Flatbread

1 Kinnikinnick Flatbread Crust (144 g)  
1 chicken breast - flattened (200 g)  
¾ cup prepared Hickory BBQ Sauce - reserve ¼ cup (150 g)  
¼ cup diced pineapple (45 g)  
1 mini pepper - sliced in rings (25 g)  
1 slice red onion - cut in quarters (12 g)  
Optional: garnish with fresh parsley

## Directions:

### **Hickory BBQ Sauce**

In a small pot, combine all ingredients and bring to a boil.

Reduce heat and simmer for 15 minutes, stirring occasionally. Remove from heat and let cool.

Place in an airtight container. For best results, refrigerate for 2 - 4 hours before using.

### **BBQ Chicken**

Preheat oven to 375°F (190°C).

Place flattened chicken on a baking tray. Brush with part of the ½ cup Hickory BBQ Sauce. Cook in preheated oven for 10 minutes. Remove from oven and flip chicken. Brush chicken with remaining ½ cup Hickory BBQ Sauce. Return to oven and cook for an additional 12 - 15 minutes (Internal temperature 165°F (74°C)). Remove from oven and shred chicken using a fork or cut into strips. Set aside.

### **Assembly**

Preheat oven to 435°F (223°C).

Place thawed flatbread directly on baking tray. Spread reserved ¼ cup Hickory BBQ Sauce on flatbread. Top with BBQ chicken, pepper, red onion and pineapple.

Bake flatbread in preheated oven for 10 minutes. Remove from oven and garnish with fresh parsley.

### **Yields 1 Flatbread**

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





# GF Wine and Mushroom Sauce



*From Chef Oonagh Williams of Gluten-Free Cooking with Oonagh and Beyond Celiac*

## Ingredients:

- 2-4 tbsp (30-60 ml) olive oil
- Large onion, peeled and finely chopped
- 2 cloves garlic, peeled and finely crushed
- 3 slices of gluten-free bacon, finely scissored
- 8 large mushrooms, cleaned and very finely chopped
- 1 c Marsala wine or favorite red wine. Do not use the cheapest wine you can find. If you don't like the taste in a glass, you won't like it in the sauce. But you don't need to use an expensive wine
- 4 cups, 1 qt, 1 ltr gluten-free beef stock
- 2 tsps (10 ml) gluten-free Dijon mustard
- pepper
- 1/4 c (60ml) freshly chopped parsley
- 4 tsps (20 ml) gluten-free cornstarch (UK cornflour) mixed with 1/4 cup/60 ml water.



## Directions:

- Use an 8 c/2 ltr saucepan. Cook onion and bacon together gently until onion is totally soft and nicely golden brown, not burnt.
- Add mushrooms and garlic and cook until mushrooms are shrinking, giving up their juices and browning nicely. Don't let garlic burn.
- Add wine, stock, mustard, freshly ground black pepper, bring to a boil, simmer for 10 minutes. I don't normally add salt since bacon, stock and mustard contain salt. Taste.



# Philly Bavarian Apple Torte



Recipe By: Philadelphia

Ready In 4 h 5 m

"Easy to prepare and absolutely delicious, this is a rich dessert perfect for special occasions."

## Ingredients

- ◆ 1/2 cup butter, softened
- ◆ 1 cup sugar, divided
- ◆ 1 cup Rice flour
- ◆ 1 (250 g) package PHILADELPHIA Brick Cream Cheese, softened
- ◆ 1 egg
- ◆ 1/2 teaspoon vanilla
- ◆ 1/2 teaspoon ground cinnamon
- ◆ 4 Granny Smith or Golden Delicious apples, peeled, sliced
- ◆ 1/4 cup sliced almonds



## Directions

- ◆ Heat oven to 425 degrees F. Beat butter and 1/3 cup of the sugar in small bowl with electric mixer on medium speed until light and fluffy. Add flour; mix well. Spread onto bottom and 1 inch up side of 9-inch spring form pan.
- ◆ Beat cream cheese and 1/3 cup of the remaining sugar in same bowl with electric mixer on medium speed until well blended. Add egg and vanilla; mix well. Spread evenly over crust.
- ◆ Combine remaining 1/3 cup sugar and the cinnamon. Add to apples in large bowl; toss to coat. Spoon over cream cheese layer; sprinkle with almonds.
- ◆ Bake 10 min. Reduce temperature to 375 degrees F; continue baking 25 min. or until centre is set. Cool on wire rack. Loosen torte from rim of pan. Cover and refrigerate 3 hours before serving. Store any leftovers in refrigerator.

The Canadian Celiac Association – Calgary Chapter publishes four (4) editions of the

**“Calgary Celiac News”** each year.

Editions are published in February, May, August and December.

Our circulation is 2,000+ avid readers in Calgary and Southern Alberta!

In a mail-out survey to a sample of 300 Calgary and area members, we learned the following:

98% of members read the newsletter for timely information on food products.

96% of members read the advertisements in the newsletter to make purchasing decisions and stay current on new products.

These results certainly speak for themselves.

Any vendors advertising with us will indeed reach a great target audience!

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**Open to both members and non-members.**

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Sessions begin at 7pm**

**Includes information on living with celiac, label reading, eating out at restaurants, shopping.**

**Lots of samples and coupons offered at the meetings**

**Please register online at: [www.calgaryceliac.ca](http://www.calgaryceliac.ca) or  
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