



Fourth Edition ~ November 2020

Chapter Office: #9, 4500—5th Street N.E., Calgary, Alberta T2C 7C3

(403) 237-0304
www.calgaryceliac.ca

Help Wanted!
Volunteer Bookkeeper Needed!
For full details see page 8

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CALGARY CHAPTER OFFICE

Due to COVID-19 the office will not be keeping regular hours. If you require assistance call us and we'll get back to you asap. If you wish to visit the office, an appointment will need to be made.

Suite 9A, 4500 –5th Street NE, Calgary, AB
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Newsletter Submission Deadlines 2021

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

Second Edition (**May**) April 21

Third Edition (**August**) July 21

Fourth Edition (**November**) October 30th

E-mail submissions to Linda Cooper
linda@calgaryceliac.ca

info@calgaryceliac.ca

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Message from the Calgary Chapter

As we are approaching the end of 2020 – a year that surely none of us will ever forget – we want to extend our best wishes to all of you as you have persevered through some of the most challenging times in recent memory. Over the last couple of months, we have seen schools open their doors to our children, businesses that have been struggling re-open, and many of us have returned to work in-person. With continued uncertainty as we navigate life in the midst of a pandemic, we hope you have been able to maintain your physical and mental health throughout this new normal. Similarly, our chapter has been impacted in certain ways, but we do have some recent updates to share with our community.

Our Treasurer, Ralph Barnett, diligently rounded together a brave and willing group of volunteers to run a Casino event within 5 days notice in early September. Thank you to all who came and helped our Chapter for this fundraising event on September 9 and 10.

We want to thank Cinde Little for hosting not only the first virtual **Kids Meetup**, but also the first -ever **Teens Meetup** on September 29. Of course, it has been more difficult for children in our community to visit and spend time with each other as frequently, but also disappointing not to connect with fellow celiac disease friends. The next Kids & Teens Meetup will be on November 24 – please see our [website](#) for more information and how to register.

Additionally, we will be hosting our first **Celiac 101** virtually on November 16. If you would like to attend or pass on to someone who you think would benefit, please visit [here](#) for registration information.

The **Scotiabank Charity Challenge** also finished last month, and we raised \$1,475 – thank you to all who donated and fundraised during this unique event, notably Cheryl Richmond, our top fundraiser!

The **Canadian Celiac Association (National)** will also be hosting a [second virtual conference](#) of the year on November 15, with a variety of speakers and presentations providing up-to-date research and recommendations on celiac disease.

Our **Annual General Meeting** is on November 18 and will also be virtual. [Registration](#) to attend is free, but in order to vote, a membership is required. This AGM will mark a further transition in our Board of Directors. While we do not know what will be in store for 2021 in terms of the many events and programs we regularly offer, we are committed to identifying ways in which we can best serve the celiac disease community.

The past couple of months have also seen some changes to how we celebrate certain holidays. Those of us that must follow or support those on a glute-free diet have likely faced challenges in the past with these events given the emphasis on sharing food with one another. Celebrating these holidays safely with public health guidelines and recommendations may further complicate these experiences, as staying healthy not only required a gluten-free option but perhaps also a limited gathering or spending time together via Zoom. As we now look forward to the winter holidays approaching, we hope that you have figured out a way to keep you and your loved ones safe during your celebrations. Please reach out to us over the coming winter months if you have any questions or ideas you would like to bring to our attention.

In the meantime, stay safe and stay healthy!

*Please remember
the Food Bank
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Gluten free items*



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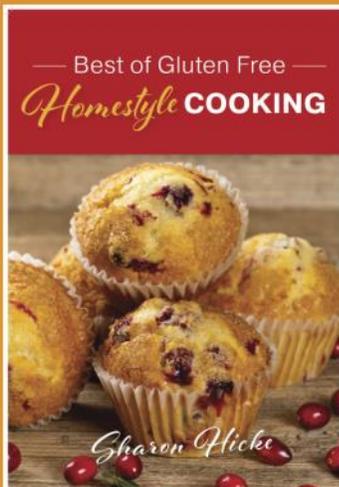
<https://www.calgaryfoodbank.com/wishlist/>



Effective August 2020

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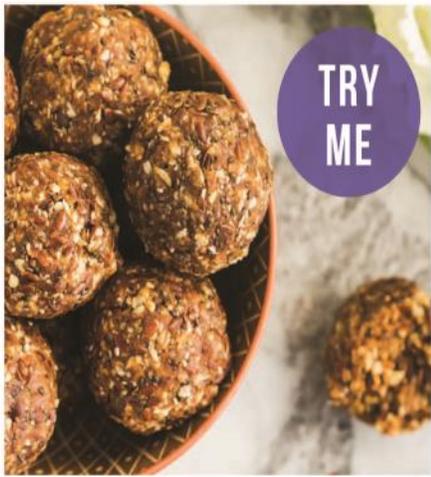
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GLUTEN-FREE PEANUT BUTTER CUP BITES

*Recipe Inspired & Created by
The Minimalist Baker*

INGREDIENTS:

- 1 Cup pitted dates (if dry soak in water for 10 minutes, then drain)
- 3 Tbsp all-natural salted peanut or almond butter
- 1/4 Cup roughly chopped dairy-free dark chocolate
- 1 Tbsp chia seeds
- 2/3 Cup gluten-free rolled oats

TO PREPARE:

1. Pulse pitted dates in a food processor or blender until they are in small pieces.
2. Add all the remaining ingredients and pulse or mix until well combined.
3. Roll into 1-inch balls and mold them together (Yield: 14-15 balls).
4. To set, pop into the fridge or freezer for 15 minutes. Enjoy!



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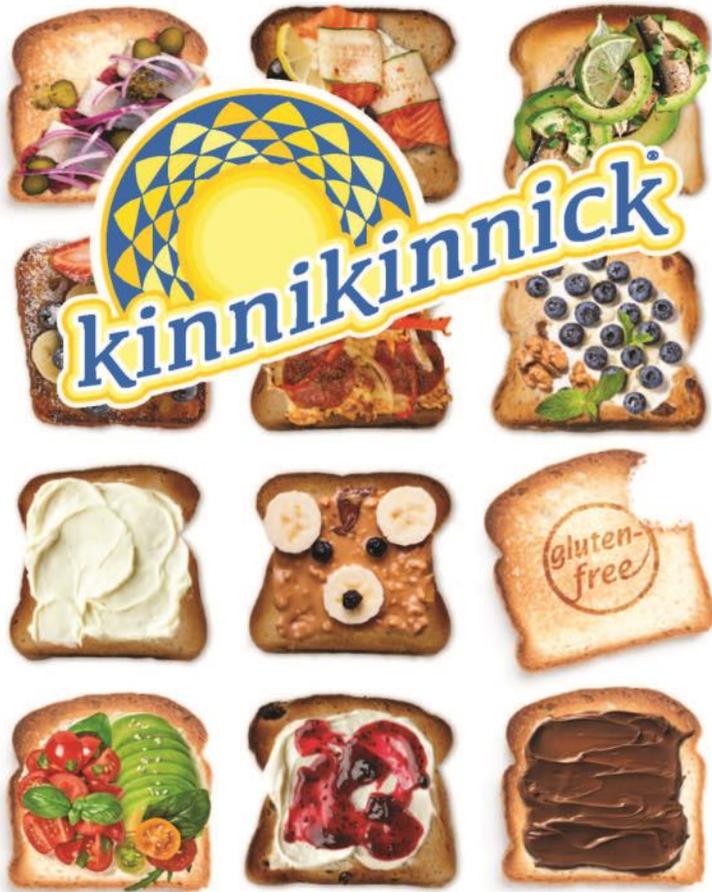
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Upcoming Events—CCA

CCA National Virtual Conference – Expanding Your Horizons II

Date: Sunday, November 15 – 50% Sold Out!!

[Click here to learn more.](#)

Did you miss our first CCA Virtual Conference on May 2, 2020? [Click here to watch!](#)

Gluten Free 101 Series- Getting started on the gluten-free diet

Best in Gluten Free



Sponsored by Dr. Schar

These free webinars have been developed for newly diagnosed Canadians with celiac disease or gluten sensitivity who want to build their confidence in managing their own disease or that of a family member, or friend. It's an interactive session so bring your questions!

When: November 21, 2020

Time: 2:00 PM Eastern Time (US and Canada)

Speaker: Lynda Marie Neilson and Registered Dietitians Gauri Bawa and Megan from Schar.

Register:

https://us02web.zoom.us/webinar/register/WN_QLZ8C6ZHS6mXo-1BlxiPQA

When: December 15, 2020

Time: 7:00 PM Eastern Time (US and Canada)

Speaker: Lynda Marie Neilson and Registered Dietitians Gauri Bawa and Megan from Schar.

Register:

https://us02web.zoom.us/webinar/register/WN_YgfT64BJQ26KeWJQNmMXmw

Watch our past webinars on YouTube

We often record our webinars so you can watch again or check out for the first time.

[Click here to check them out.](#)



Volunteer Bookkeeper Wanted

It is with great regret that I have to announce our long standing volunteer accountant is departing at the end of the year. Lynn has been with us since 2014. She's provided the Chapter with stellar services in simplifying the books and processes and keeping everything ship-shape month after month, year after year. Lynn's career downtown is becoming much more demanding as her company grows and we wish her well in future endeavours.

We are looking for someone to fill the accounting role. Lynn will gladly familiarize the new person with the current state of the books and provide background over an initial period. Below is a quick job description Lynn put together. If you have accounting skills and are looking for a volunteer opportunity I would like to talk to you.

Ralph Barnett, Treasurer
info@calgaryceliac.ca

Volunteer Bookkeeper Position Description

Should have a working knowledge of Sage 50 Accounting System (or similar bookkeeping software)

Monthly Duties (4-5 hours)

- Record deposits
- Record Moneris transactions
- Record invoices and prepare cheques to pay invoices
- Prepare cheque for monthly rent
- Bank reconciliations

Quarterly Duties (2 hours)

- Record and balance Paypal account (transactions provided from admin staff)
- Download Balance Sheet and Income Statement from system and send to Treasurer and President

Semi Annual Duties (July and January)

- Prepare GST submission

Annual Duties

- Prepare and record accruals
- Year-end financials (2 hours)
- Coordinate financial audit (4 hours)
- CRA/AB charity returns (2 hours)
- AGLC Charity Report (3 hours)
 - Annual reporting is for the period July 1 to June 30 and is due mid-September





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Living Gluten-Free
by **Tricia Thompson, MS, RD**
The Gluten-Free Dietitian

Gluten In Personal Care Products: A Need To Worry?

The bottom line: There is no scientific evidence that the use of gluten-containing products that are not ingested is harmful to persons with celiac disease. This includes individuals with dermatitis herpetiformis.

According to Dr. Alessio Fasano, Medical Director of the Center for Celiac Research, University of Maryland, "If you have celiac disease, then the application of gluten containing products to the skin should not be a problem, unless you have skin lesions that allow gluten to be absorbed systemically in great quantities. "The reason why this should not be a problem is that, based on what we know right now, it is the oral ingestion of gluten that activates the immunological cascades leading to the autoimmune process typical of celiac disease."

There aren't too many individuals on the planet who know more about celiac disease than Dr. Fasano, so please, do not let anyone, including medical professionals convince you that gluten protein can be absorbed through the skin and cause a celiac disease reaction. It simply isn't true. If you still need more convincing, check out what Cynthia Kupper RD, Executive Director of The Gluten Intolerance Group, has to say. "While investigating the possible absorption of gluten through the skin, I have talked with many regulatory organizations and research and development people in the cosmetic industry.

They all agree that gluten and all proteins are too large to be absorbed through the skin. Therefore, topical care products that contain gluten do not need to be avoided by persons with CD and DH. "It is also important to understand that it is possible to have celiac disease and other sensitivities. When it comes to products labeled hypoallergenic, this simply means that the product is 'less likely to cause an allergic reaction.' So if you have a skin reaction to a product, you may have a sensitivity that you think might be related to gluten, but is actually related to something else in the product."

As Cynthia suggests, you may have a skin reaction to any number of ingredients in any number of products for reasons other than celiac disease (such as an allergy). If this is the case, you should stop using the product and speak with your dermatologist.

So using common sense, what personal care products might you ingest?

Products that you use in your mouth, such as toothpaste and mouthwash and products that you apply to your lips, such as lipstick could be ingested.

You really don't need to worry about products you apply to your skin, such as body lotion, sunscreen, shaving cream, deodorant, makeup, and perfume. You also do not need to worry about products you apply to your hair, such as shampoo and conditioner. Hand lotion is one of those in-between cases. If you use a lot of it and often and don't always wash your hands before eating (yuck!) then you could ingest some hand lotion. Or if you always apply hand lotion after washing your hands, including before eating than you could ingest some hand lotion.

So using common sense how much toothpaste, mouthwash and lipstick might you ingest? When it comes to toothpaste and mouthwash, if you spit out the toothpaste and mouthwash and then thoroughly rinse your mouth with water, you probably won't consume much product.

When it comes to lipstick, supposedly each woman "eats" 6 pounds of lipstick during her lifetime. (I have no idea where this information originally came from but it doesn't seem accurate. Each of my lipsticks weights 0.13 ounces so supposedly I will eat about 738 of the lipsticks I use!)

I really have no idea how much gluten a lipstick might contain—to my knowledge lipsticks have never been tested. If for the sake of argument though, I assume that I eat 3 lipsticks a year (which seems reasonable only if I actually manage to ingest all the lipstick I put on my lips) then I eat 0.39 ounces or 11.4 grams (11,400 milligrams) of lipstick each year. If the lipstick I use is comprised of 1% gluten protein, my daily intake of gluten from lipstick is 0.31 milligrams. If the lipstick I use is comprised of 5% gluten protein, my daily intake of gluten from lipstick is 1.56 milligrams.

To put these numbers into perspective, based on studies conducted on the daily tolerance level of gluten for persons with celiac disease, 10 milligrams of gluten is considered safe.

Tricia Thompson, M.S., RD is a nutrition consultant, author and speaker specializing in celiac disease and the gluten-free diet. She is the author of The Gluten-Free Nutrition Guide (McGraw-Hill) and co-author of The Complete Idiot's Guide to Gluten-Free Eating (Penguin Group). For more information, visit www.glutenfreedietitian.com.

This article was originally posted on diet.com

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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.

For the health and safety of all our participants and staff, the following classes have been converted to phone or zoom sessions

[Calgary Zone—Workshop Guide Guide 2020](#)

AHLP offers registration for our group education classes online at:

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



Casino 2020



On Friday September 4th, late in the afternoon AGLC called offering the Calgary Chapter a Casino event September 9 and 10, that's right 5 days later. The Alberta Government had decided to open Casino table games for the Labor Day weekend. For reference, the usual notice period is six-ish months.

We pulled it off successfully!

A profound thanks to Lynn, Michelle, James, Jo Anne, Ken, Darby, Paula, Brad, Nathalie, Cheryl, Ian, Marcia, Starr, Sally, Emily, Naomi, and Tracy who were able to give up whatever they had planned, on short notice, and make it possible.....all under Covid 19 conditions. And a special thank you to Simple Simon Pies and Sally Barnett for feeding us.

It is not possible to know in advance how much we will make from this one. The pooling period runs to the end of December. It's not even possible to know if Casinos will stay open that long. However, thanks to the volunteers above we will get our share. We will receive the \$\$ in mid-January after this pool period closes. Casinos are typically the biggest fund raiser for the chapter delivering about 50% of the fundraising dollars in a Casino year.

It will now take about six months to work through all the Charities that were scheduled during the Covid 19 shutdown. Then there will be the typical 18 – 20 month queue for our next date. Call it two years total. Plan on late 2022 for the next event. Next time there will be plenty of notice. Again, huge thanks to the volunteers that came out to make it happen. All please consider doing a shift to support the work of the Calgary Chapter when the next Casino comes around.

Ralph Barnett

FDA Ruling Allows Gluten-Free Labels on Distilled Spirits Made from Gluten

August 18, 2020/in Gluten-Free News -
Used with permission from TheCeliacScene.com



The US Food and Drug Administration (FDA) has ruled that distilled foods made from gluten-containing grains can be labelled as 'gluten-free', a move welcomed by the Distilled Spirits Council of the United States.

The FDA ruling covers fermented foods, or foods that contain fermented ingredients, which are made using gluten-containing grains such as rye, barley and wheat.

According to the ruling, which will come into effect on 14 September, "distillation is considered a process to remove gluten and it is unlikely

that residual gluten may be present in the final distilled products".

From the FDA:

“Can foods made from distilled ingredients derived from gluten-containing grains be labelled as “gluten-free”?²

Yes. Because proper distillation is capable of removing all proteins, including gluten, it would be considered a process to remove gluten. Thus, an ingredient that is derived from a gluten containing grain that has been properly distilled would be allowed to be used in a food bearing the “gluten-free” claim because the ingredient would meet the requirements of 21 CFR 101.91.

The 2020 final rule clarifies that, in most cases, it is unlikely that gluten will be present in a distilled ingredient because distillation is a purification

process that separates volatile components like alcohol and flavors from non-volatile materials like proteins and sugars. However, this would depend on the adequacy of the distillation process (e.g., transfer of gluten into the distillate may occur under poor manufacturing practices). Protein testing using scientifically valid methods to measure the protein content can be done to confirm that no detectable protein is present and thus no gluten in distilled ingredients.

As such, producers will be able to label their products as gluten-free without providing detailed descriptions of how they removed the gluten.

Discus president and CEO Chris Swonger said:

“We commend FDA for this consumer-friendly ruling that will allow ‘gluten-free’ labelling claims to be included on distilled foods made from gluten-containing grains, and urge TTB to act swiftly to align policies allowing the same for distilled spirits products.

Allowing distillers to include a ‘gluten-free’ statement on products made from gluten-containing grains will provide additional clarity for consumers to make informed choices about which products meet their dietary needs.”

As the new rule applies to distilled foods, spirits can still only use the gluten-free labelling if they were made from ingredients that do not contain gluten, such as grapes, corn or potatoes.

SEE ALSO:

[FDA Paves Way for Gluten-Free Labelling of Fermented & Hydrolyzed Food](#)

The TTB also allows spirits that have been further processed to remove some or all of the gluten to list themselves as gluten-free.

As a result, Discus is urging the TTB to implement a similar ruling to allow distillers to label distilled spirits made from gluten-containing grains as ‘gluten-free’.

Gluten-free marketing has long been an issue of contention in the spirits world as the distillation process removes gluten from the final product. Health professionals and charities, such as Coeliac UK, advise spirits can be included in a gluten-free diet.

Celiac 101 Information Night



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

Date: **November 16th (Virtual Meeting)**

Time: 7:00 pm – 9:00 pm

Cost: registration is required

Where: Virtual Meeting (instructions on how to join the meeting will be emailed to registrants)

Register online: www.calgaryceliac.ca

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Expand Your Horizons

Sunday, November 15th

Expand Your Horizons – II ...CCA goes virtual again

Date: Sunday, November 15 Start Time: 12 Noon Eastern

We are excited to offer our SECOND national conference program online.

Join us for a day of world-class education with the **Canadian Celiac Association – virtually**, from the comfort of your own home for **FREE!**

With the outbreak of COVID-19 continuing, we moved our traditional national conference online! We are excited to offer this event virtually and hope to provide insights to more people than ever before. You'll learn about the latest research and management for celiac disease and gluten disorders.

Register for this free conference to be eligible for speaker handouts, ability to pose questions, participate in polling and donated prizes!

We hope that you can support our work with a **donation** with your free registration to help us continue to serve the community past this challenging time. **Our goal is to raise \$25,000 – \$25 per attendee –** to kick off our year-end campaign.

CCA is the national charity serving the gluten-free community. We are known for providing evidence-based education, peer support and investing in and leading Canadian-based research.

[Click here to register](#) – *Limit 1,000 registrations*

[View Schedule at Glance](#)

Who should register and watch?

People with celiac, non-celiac gluten disorders, and dermatitis herpetiformis or family members, Family Doctors, dietitians, dentists and other allied health professionals, Gastroenterologists, Food Distributors and food beverage manufacturers

Lead Event Partners





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NEWS from Lethbridge

The regular 3x/year gluten-intolerant meetings that were held at the LSCO will no longer be running.

The last few meetings have been poorly attended, hence the decision to cancel. I think we all realize that less and less people are coming for help when there is so much information online and products available in the stores.

I am happy to continue to be a resource for the newly diagnosed, or for others needing assistance, and also to organize the annual dinner at the College in March.

Calgary Celiac Association Chapter asks if there is anyone willing to help with future events or activities.

Inquiries can be sent to info@calgaryceliac.ca

Thank you to all who came to the 15 years of meetings and shared their experience and wisdom with those who came wondering and needing support.

Kind regards,

Karen Toohy
Lethbridge Celiac Peer Counsellor

ON THE RISE: GLUTEN-FREE BAKERIES

by Daniel Bontje | reprint courtesy of Culinaire Magazine www.culinairemagazine.ca



There is no question that gluten-free food is here to stay in restaurants, on store shelves, and in-home kitchens around the country.

In the not-so-distant past, gluten probably wouldn't have even been in your vocabulary, but now almost one in three Canadians are buying gluten-free because of intolerances, health, or for family and friends. Luckily, we have more options than ever in Alberta for bakeries focusing on their needs.

Kerry Bennet, president and owner of Care Bakery, Calgary



As president and owner of Calgary's **Care Bakery** (carebakery.com), Kerry Bennett has been thinking about gluten for a long time. "It was 2007 when I started cooking school... right after I had discovered that I couldn't eat gluten. I filled a suitcase with all sorts of obscure flours that I would wheel in along with my knives. I would stay late and experiment, and try things out with my baking instructor. We were finding great success, so I applied for a research grant after I graduated, and it was the first culinary research grant that SAIT awarded."

For many gluten-free bakers, the process is one of creating a niche, and learning on the job. “The day we opened was my first day working in a bakery, and I owned the place,” Bennett laughs. “We worked a long time to bring down the number of ingredients, and to keep it to pronounceable ingredients. It can be tricky, but I think it’s a healthier way to eat,” she says. As for home chefs, Bennett has some tips too. “You can create your own flour blends, but there are great ones available, so you can dive in pretty easily. We always ate dinner as a family, and I wanted to make sure no one felt left out – I like to share food.”

For Stephen and Ruth Fletcher-Beck, co-founders of **Mountain Rhino Gluten-Free Artisan Foods** in Calgary (mountainrhinodonuts.com), getting into gluten-free was a complete accident. “My husband wanted to be a weekend warrior selling yeast doughnuts at markets,” says Ruth. “When that took off and we were making doughnuts full time, there were more and more people at markets asking for gluten-free, so we started trying out recipes. We didn’t know what we shouldn’t be able to do, so we did it!”



Vegan Raspberry Double Dip, Mountain Rhino Gluten-Free Artisan Foods, Calgary

“We have a lot of celiacs that are thrilled to eat the foods they remember and have them taste the way they remember,” she shares. Presently, the only treatment for those with celiac disease is a gluten-free diet, so bakeries like **Mountain Rhino** are extremely important to them, and the Fletcher-Becks understand why: “After being told that there is

something you can’t have for so long, it’s amazing being told that there is something delicious for you.”

It was understanding this frustration that first brought Lee-Anne Neufeld to starting Edmonton’s **Celebrate Gluten-Free** (celebrateglutenfree.com). “When I was diagnosed with celiac disease in 1992 there were very few options to buy gluten-free and what there was, did not have much taste and texture. I did like to bake before but this was a whole new challenge, even access to gluten-free flours was difficult. I ate a lot of rice cakes!”

Neufeld is happy to see more and more bakeries and home bakers dabbling and trying it for themselves now. “Gluten-free baking definitely has its challenges,” she cautions. “Recipes that contain yeast require patience and persistence. You may have intended to make a loaf of bread, but it might become breadcrumbs for your next



Food in the NūD, Edmonton

As if the challenges of baking gluten-free are not enough, Edmonton's **Food in the NūD** (foodinthenud.ca) has the additional challenge of being a whole food bakery, which means they don't use any refined sugars, flours or oils. "I started this because my son and I had food intolerances," says owner and food alchemist, Chrysta Morkeberg. "Even though I am eating gluten-free doesn't mean it was healthy, so I started researching into different flours and sweeteners."

Having been on both ends of dietary restrictions, Morkeberg knows how powerful it can be to find a bakery that works for you. "I have had people cry, I have had naturopaths work with us, and I find it really rewarding, You come in and we get into discussions about health issues, it's like walking into a friend's kitchen."

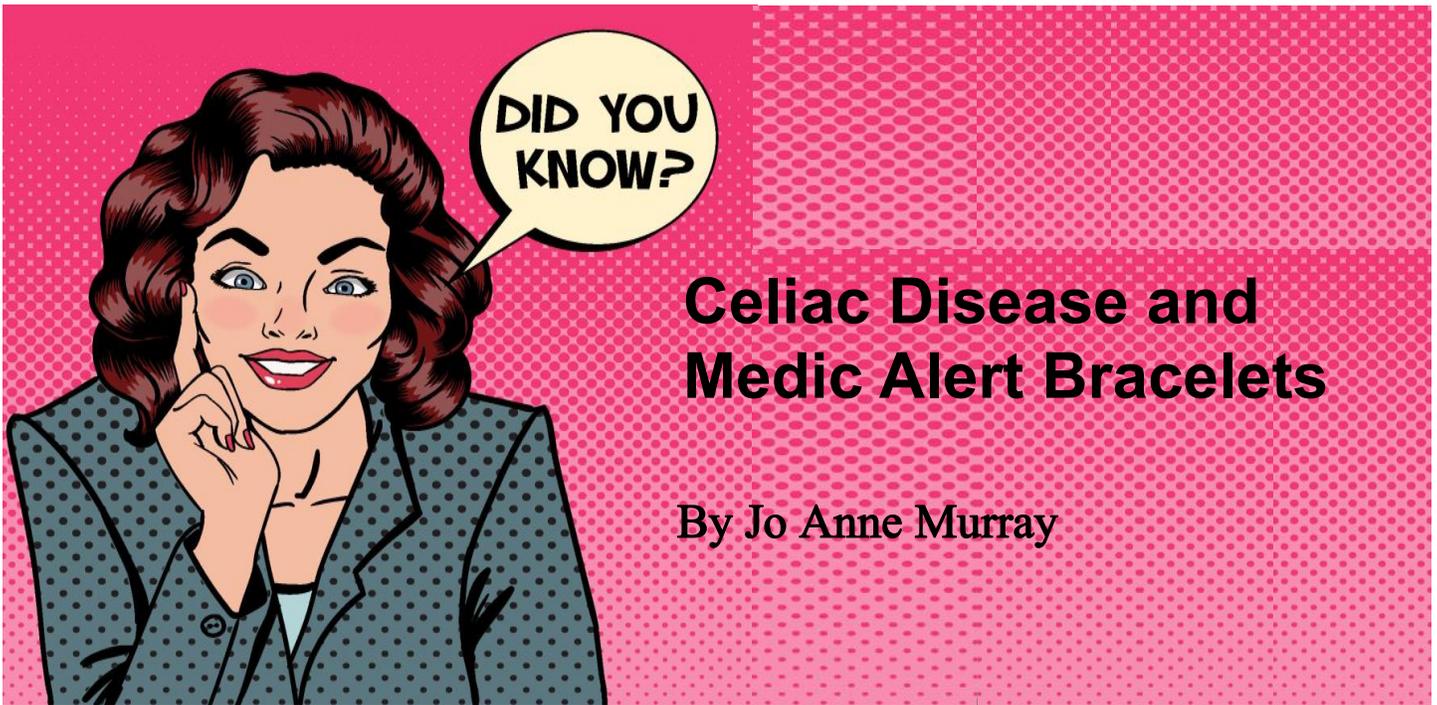
Proving that no two stories are quite alike, Najah Shtay is the owner of **Rio Vida Gluten-Free Bakery** in Edmontron (riovidaglutenfree.ca) and brings her passion from her home country. "I was born in Brazil, so I thought about bringing some of my culture to my baking," she says. Like many gluten-free bakers, her story started with her own health concerns, and she adds: "Never give up learning your food, it's so important that celiac or gluten sensitive individuals should always incorporate legumes, fruits and vegetables, fibre and protein."

Rio Vida Gluten-Free Bakery, Edmonton

Shtay is happy to see the quality of alternatives, and bakeries like hers bringing passion to this niche. "Everything here is made from scratch, and we love using local ingredients since Alberta and Saskatchewan have such great products right in our backyard."

Whether you need to cut out gluten entirely, or be more inclusive for friends with dietary restrictions, it's now easier than ever to find quality gluten-free baking. Although all these bakers were eager to have home chefs experiment for themselves, for now we'll let these experts do the hard work while we enjoy a cinnamon bun.





Celiac Disease and Medic Alert Bracelets

By Jo Anne Murray

I've seen a number of discussions on the CCA Facebook pages regarding the wearing of Medic Alert bracelets to notify emergency responders of a Celiac Disease diagnosis and the need for a Gluten Free Diet in the case of an emergency. Is this an important measure for people with Celiac Disease?

Medic Alert bracelets were originally designed to notify emergency responders of the nature of life threatening allergies and conditions when the people at risk might not be able to speak for themselves. It alerted emergency responders of the potential risks associated with drugs in particular, and as allergies became more common, it also provided information about a broader range of allergies including foods and environmental agents that could be life threatening. It also identified known medical conditions that could alter the state of consciousness or have other consequences. The presumption is that the person in crisis is either unconscious or in an altered mental state that makes it difficult or impossible to communicate the nature of the

risks to the immediate care providers. When the safety of drugs or other treatments is called into question, answers are needed immediately. The Medic Alert bracelet contains a list of known allergies and medical conditions that provide an immediate guide for safe drug choices (identifying allergies to specific pain medication as example) as well as identifying specific conditions that might have caused an altered mental state (a diabetic crisis as example). There is also a contact number that provides immediate access to the medical data base information that provides greater detail about the person's health concerns. The added bonus that has developed through the decades is the recognized respect granted to the symbol of the Medic Alert bracelet. We all recognize it and trust it. And for anyone who has had to make an emergency 911 call, we know that one of the questions that will be asked is if the person we are calling about is wearing a bracelet.

Does this include a need to know in the immediate situation that the person in crisis has Celiac Disease? The usual answer is that if you don't have a life threatening allergy to

drugs or foods and you don't have a condition that can alter your mental status, that having a Medic Alert bracelet for only Celiac Disease doesn't make much sense. If you are unconscious, no one is going to be offering you anything by mouth, whether gluten free or gluten containing. However, if you are disorientated, the same may not be true. In the confusion of a traffic accident it could be possible that you might be offered food or beverage, as example. If you have other reasons to have a Medic Alert bracelet, then adding Celiac Disease makes absolute sense. But as a stand alone condition, it may not be the best way to communicate with emergency responders.

The Medic Alert bracelet is so readily recognized and trusted for the role it plays in alerting others of a person's urgent medical needs, not only first responders and health professionals, but also members of the community in general. Does it have a place in the celiac community? I can think of a couple of circumstances in which it may provide the power of safety. As example, young children entering the school system, when they have not yet developed their skills at self advocacy, may find that reminding a teacher that their bracelet says they can't have anything containing gluten serves as a reminder that Celiac Disease must be taken seriously as a significant health concern. And for adults recently diagnosed and experiencing pushback from friends, family and health providers, it is also a reminder that this is a serious medical condition. The bracelet is a symbol of health safety. But, please be clear, I am not advocating that the Medic Alert bracelet should be used generally by people with Celiac Disease, but that it can have a place in communicating the health needs of someone with Celiac Disease.

I've noticed in recent months that many members of the celiac community have made a different choice for drawing attention to their celiac diagnosis and need for the gluten free diet, that being to incorporate it in body art and tattoos. While finding an artistic expression for the diagnosis that will be a cornerstone of your health moving forward, I would caution you that emergency responders look first for a regulated method to determine emergency health concerns, i.e. a Medic Alert bracelet and/or a list of health considerations attached to your health care card. There is no registry for tattoos at present and they will not be looked for nor taken seriously in an emergency. Even when the tattoos are noticed, keep in mind that the location of the message will often be where an IV line will be inserted and then covered with a gauze sleeve to protect it. There is no assurance that the message will continue to be visible. And if they are located further up the arms or on other parts of the body, searching for them might cross an ethical line.

So what's the best way to communicate your Celiac Disease health needs in an urgent situation? Add Celiac Disease to an already registered Medic Alert bracelet (and if necessary, register a Medic Alert bracelet for your Celiac Disease). Attach your urgent medical information to your provincial health care card. Learn to advocate for yourself in all situations, verbally as well as with documents in your cell phone files. Add a trusted family member or friend to your emergency contact list (including your cell phone emergency contact list) so that this person can advocate on your behalf. As artistic as body art might be, it is not a reliable method to communicate your health needs and currently has no data base contact to verify health details.

**THE CANADIAN CELIAC ASSOCIATION
CALGARY CHAPTER
ANNUAL GENERAL MEETING**



Wednesday, November 18, 2020

Time: 6:30 pm

Virtual meeting via Zoom

This event is free but registration is required.

**To participate in the voting election, a voting membership
needs to be purchased for \$50.00**

**Instructions on joining this virtual meeting will be
emailed out to all registrants prior to the meeting date**

Register Here

Namaste
foods for everyone!

Keepin' it
real

mandarin Spice Cake

1 pkg. Namaste Foods Spice Cake Mix

3 eggs

2/3 cup oil

Two - 11 oz. cans mandarin oranges in juice or water

Preheat oven to 350° F. Lightly spray 9" x 13" pan with non-stick spray.

Pour juice from oranges into a 3/4 cup measuring cup. (If the oranges are packed in water or simply if you prefer, use orange juice instead.) Combine cake mix, eggs, oil and juice in large mixing bowl. Beat with electric mixer or by hand until blended well. Fold in mandarin orange slices.

Pour batter into prepared pan and bake for approximately 45 minutes, or until toothpick inserted into center comes out clean.

For Fun: Top with cream cheese frosting and candied orange slices for a special occasion!

Enjoy!



www.namastefoods.com



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Dealing with Cross-Contamination

(excerpt from “Celiac Disease for Dummies”)

Ian Blumer, MD and Sheila Crowe, MD

Cross-contamination, as it pertains to living gluten-free, refers to the process by which an item which should be gluten-free becomes contaminated with gluten during the processing or preparation of the food. Cross-contamination can occur in manufacturing plants, grocery stores, restaurants, and in the home. Because having celiac disease means you must go strictly gluten-free, cross-contamination is a very real concern.

These are examples of settings in which cross-contamination may occur:

- During food processing in manufacturing plants. Oats are often milled in plants where gluten containing grains are also milled. This results in cross-contamination of the oats and means you mustn't eat them. (If, however, the label says they are “pure oats” then it is alright to eat them).
- Stores with bulk food bins. It is easy to imagine how a bit of the contents of, for example, the wheat flakes cereal bin makes it way into a bin of something that is suppose to be gluten free thanks to shared scoops, curious kids, and other things along those lines
- Re-use of frying oil that was previously used to fry gluten-containing foods such as breaded or battered meats, French fries dusted in spiced flour, or doughnuts. This can be an issue at restaurants and in the home.
- Sharing knives. This can lead to breadcrumbs in jams, peanut butter, butter, spreads and dips. It is best to have one serving knife (or other serving utensil) per food item that is placed on the table. This utensil can then be used to dish out the dollop of jam, butter, or whatever onto each person's plate, not directly onto their toast, bread, crackers, and so on. From there each person can use his or her own, individual utensil to do the spreading. Not only does this prevent gluten cross-contamination, it is the more hygienic way to eat in

- Using toasters and cutting boards for both gluten-containing foods and gluten-free foods. Toaster ovens are easier to clean and keep free of gluten-containing crumbs than the traditional upright toaster where crumbs collect at the bottom and can cling to the next bread slice. If your family elects to use an upright toaster, you may want to have a separate one for use by members of the family who have celiac disease.

TIP – if you are making homemade GF burgers, toast the gluten-free buns before the ones with gluten. This will reduce the risk of cross-contamination.

Grilling surfaces: Grilling surfaces are likely to be used to prepare both gluten-containing and gluten-free foods. Therefore, after grilling a gluten-containing product, be sure to clean the grill before cooking gluten-free food. (Also try to grill the gluten-free food first in any event).

Once a utensil or cutting board is properly washed, the risk of cross-contamination with gluten disappears. Thus there is no need to separate sets of dishes, cutlery, and other washable food preparation paraphernalia for different members of the family.



**We offer fabulous breads,
bagels,
pastries and take-home meals
Dairy free, Vegan, Waffles,
Perogies
and so much more!**

**Online ordering at
www.misspsglutenfree.com**

403-970-6175



IS IT GLUTEN FREE?



Step 1: Check for a logo or the words "Gluten Free":



Gluten Free!

OR

Is labelled "**Gluten Free**"

No logo or claim? Go to **step 2**
Note: Wheat Free ≠ Gluten Free

Step 2: Check for high risk products or ingredients:

High risk products or ingredients that **must** be labelled Gluten Free:

- Breakfast Cereals
- Lentils
- Oats
- Granola
- Yeast
- Flours
- Bread and Buns
- Seeds
- Couscous
- Pasta

Not labelled Gluten Free



Contains
Gluten

Not high risk? Go to **step 3**

Step 3: Check ingredients for allergen warnings:



Step 4: Read the ingredients, common ones include:

Gluten Free

- Amaranth
- Arrowroot
- Buckwheat
- Cassava
- Corn/Maize
- Egg
- Glutinous Rice
- Whey
- Milk
- Polenta
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

Contains Gluten

- Barley
- Bulgar
- Cereal binding
- Couscous
- Durum
- Farro
- Graham
- Kamut
- Malt
- Rye
- Semolina
- Spelt/Dinkel
- Triticale
- Wheat
- Wheat Germ

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/ www.csaceliacs.org

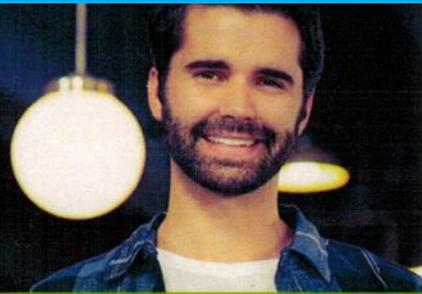
Why Screen? May prevent bone loss, stunted growth & may reduce hypoglycemic episodes.

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 ○

Gluten-free dining made safer!



**GLUTEN-FREE™
FOOD PROGRAM**

GF-VERIFIED.COM • GF-DEDICATED.COM • GF-SMART.COM

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
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>



Canadian Celiac Association Websites

BRITISH COLUMBIA

BC Chapter

E-mail: info@vancouverceliac.ca

Web: www.vancouverceliac.ca

THUNDER BAY & DISTRICT (May be closing)

E-mail: chapter.on.thunderbay@celiac.ca

Web: www.celaictbay.ca

ALBERTA

CALGARY

E-mail: info@calgaryceliac.ca

Web: www.calgaryceliac.ca

TORONTO

E-mail: chapter.on.toronto@celiac.ca

Web: www.torontoceliac.org

EDMONTON

E-mail: info@celiacedmonton.ca

Web: www.celiacedmonton.ca

NEW BRUNSWICK

MONCTON

E-mail: chapter.nb.moncton@celiac.ca

Web: www.monctonceliacchapter.org

SASKATCHEWAN

REGINA

E-mail: chapter.sk.regina@celiac.ca

(Saskatoon is closing)

SAINT JOHN

E-mail: chapter.nb.saintjohn@celiac.ca

MANITOBA

E-mail: office@manitobaceliac.com

Web: www.manitobaceliac.com

NOVA SCOTIA

E-mail: info@celiacns.ca

Web: www.celiacns.ca

ONTARIO

KINGSTON

E-mail: chapter.on.kingston@celiac.ca

PRINCE EDWARD ISLAND

E-mail: info@celiacpei.ca

Web: www.celiacpei.ca

OTTAWA

E-mail: info@ottawaceliac.ca

Web: www.ottawaceliac.ca

NEWFOUNDLAND/LABRADOR

E-mail: chapter.nf.st.johns@celiac.ca

Celiac Kids and Teen Meet-up

The Calgary Chapter of the Canadian Celiac Association
hosts a Celiac Kids/Teen Meet-up every other month

JOIN OUR SUPPORT/SOCIAL/EDUCATIONAL NETWORK

AVAILABLE FOR CELIAC YOUTHS OF ALL AGES IN CALGARY AND SOUTHERN ALBERTA

The next Meet-up will be:

Date: November 24th, 2020

Location: Virtual Meeting

(instructions will be emailed out to registrants on how to join meeting via zoom)

REGISTER: Kids Meet-up 6:30—7:30 pm

REGISTER: Teen Meet-up 8:00—9:00 pm

Are you ≥ 15 years old & diagnosed with celiac disease or a parent of a child/youth diagnosed with celiac disease?

A research team led by Diana Mager PhD RD at the University of Alberta is conducting an **ONLINE SURVEY** to obtain feedback on layout and content of a gluten free food guide for children/youth (4-18 years) with celiac disease.

If you would like to complete the survey, please use the link below to access the survey. The survey will take about 15-20 minutes to complete.

<https://redcap.link/foodguide>

If you have any questions about the survey or this study, please email Samantha RD at scyrkot@ualberta.ca



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 9A, 4500—5th Street NE
Calgary, Alberta T2E 7C3
(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 or

**Mail to: Suite 9A, 4500—5th Street NE, Calgary, AB T2E 7C3
(403) 237-0304**

Charitable Registration #11921 8691 RR0001



Vegetable Medley Quiche with a Sweet Potato Crust



Prep: 15 mins
Cook: 45 mins

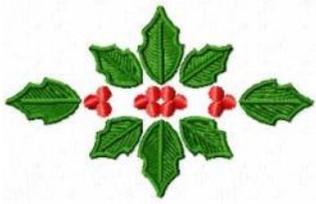
Ingredients

- 3 tbsp. avocado oil
- 1 large sweet potato
- 1 medium yellow onion (chopped)
- 1 heaping cup broccoli (chopped)
- 1/2 red bell pepper (chopped)
- Spinach
- 1 clove garlic
- 6 eggs
- 1/2 cup almond milk (or any non-dairy milk)
- 2 tbsp. fresh dill (chopped)



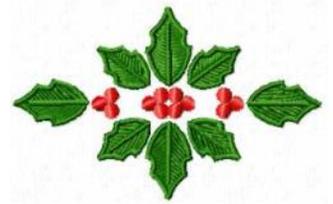
Directions

- Preheat oven to 400F.
- Grease a pie plate with 1 tbsp. oil.
- Slice sweet potato into thin slices. Use the slices to line the bottom and edges of the pie plate.
- Bake the sweet potato crust for 12 to 15 minutes until the potatoes are cooked.
- In the meantime, heat a skillet on stove top with remaining oil. Add in onions and sauté until transparent.
- Add in broccoli, peppers, spinach and garlic. Sauté until vegetables are fully cooked.
- In a mixing bowl combine eggs, milk and dill. Mix well.
- Add in cooked vegetables to egg mixture.
- Pour egg/veggie mixture into the cooked crust.
- Turn oven down to 375F and bake quiche for 35 - 40 minutes until the egg is fluffy and fully cooked.



Pumpkin Bread

Courtesy of Delight Magazine



Ingredients:

- 1 cup canned pumpkin , not pumpkin pie filling
- 1 teaspoon baking soda
- 1/2 teaspoon gluten-free baking powder
- 1/4 teaspoon salt
- 3/4 cup granulated sugar
- 1/2 cup brown sugar
- 2 teaspoons pure vanilla extract
- 3 large eggs
- 1/3 cup vegetable oil
- 1 1/2 cups gluten-free all-purpose flour
- 1/4 teaspoon xanthan gum , leave out if your flour already has it in it
- 1 teaspoon cinnamon
- 1 tablespoon pumpkin pie spice
-



Instructions:

- Preheat oven to 350°F and spray a 9 x 5 loaf pan with gluten-free cooking spray.
- In a large bowl add pumpkin, baking soda, baking powder, and salt and mix to combine.
- Add in the sugar, brown sugar, pure vanilla extract and mix until fully combined and smooth.
- Add the eggs and the vegetable oil to the batter and mix until smooth.
- Add in the gluten-free flour, xanthan gum (leave out if your flour already has it), pumpkin pie spice, and cinnamon and mix until fully combined and smooth. The batter will be thick.
- Spoon the batter into the greased loaf pan. Bake for 50-60 minutes, or until a toothpick comes out clean. Allow the bread to cool for 5-10 minutes before slicing. I like to remove the loaf from the pan after 2 minutes and cool on a cooling rack or cutting board. Enjoy!
- Store leftovers in an airtight container. The pumpkin bread can be frozen once completely cooled. Wrap the loaf with foil or plastic wrap and then place in a freezer bag. The loaf can be frozen up to 3 months



Beef Rouladen



Courtesy of the Everyday Gluten Free Gourmet

<https://everydayglutenfreegourmet.ca/recipe/beef-rouladen/>

Ingredients:

8 pieces of beef rouladen
2 Tbsp grainy mustard or Dijon mustard, more as needed
4 slices bacon, finely chopped
1 small onion, finely chopped
¼ cup finely chopped parsley
2 dill pickles, quartered lengthwise

Cooking and Gravy:

2 Tbsp vegetable oil
2 Tbsp butter
2 cups gluten free beef stock
2 cups red wine
½ tsp salt
¼ tsp pepper
2 Tbsp cornstarch mixed with 2 Tbsp cold water
GARNISH – chopped parsley



Instructions:

- Lay rouladen on a cutting board. Drop about a teaspoon of mustard on each piece of meat and spread it to cover the whole piece of meat.
- Sprinkle the bacon, onion and parsley evenly over the meat.
- Lay a quarter pickle on the smallest end of each piece of meat. Roll meat around the pickle and secure with toothpicks making sure to poke them all the way through the meat.
- Heat butter and oil in a sauté pan on medium-high heat. Add beef rolls and cook until brown, 2-3 minutes per side.
- Pour stock, wine, salt and pepper over beef rolls. Bring sauce to a boil. Decrease heat, cover and simmer for 45 minutes. Check once about half way through the cooking time and spoon sauce over the meat.

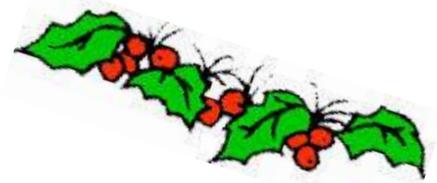
GRAVY

Whisk together cornstarch and water. Set aside. Remove beef rolls to a serving platter. Place pan over medium-low heat. Pour half the cornstarch/water mixture into the hot liquid and stir or whisk constantly for 1-2 minutes. Add more until you have the desired consistency.

Pour gravy over beef rolls, sprinkle with parsley and serve.



Peppermint Patties



Prep Time: 45 minutes

Cook Time: 10 Minutes

Ready in: 2 hours 55 Minutes

Servings: 28

Peppermint flavoured patties made of confectioners' sugar and condensed milk are air-dried, then dipped in semi-sweet chocolate to make these holiday candies.

Ingredients:

- $\frac{3}{4}$ sweetened condensed milk
- 1 $\frac{1}{2}$ tea peppermint extract
- 4 cups confectioners' sugar
- 3 cups semisweet chocolate chips
- 2 tea shortening



Directions:

In a large mixing bowl, combine condensed milk and peppermint extract. Beat in enough confectioners' sugar, a little at a time, to form a stiff dough that is no longer sticky. Form into 1 inch balls, then place on waxed paper and flatten with fingers to form patties. Let patties dry at room temperature two hours, turning once.

In a medium saucepan over low heat, melt chocolate with shortening, stirring often. Remove from heat. Dip patties, one at a time into chocolate by laying them on the tines of a fork and lowering the fork into the liquid. Let cool on waxed paper until set.



Lemon Coconut Truffles



Ingredients:

- 1 – 250 gram jar of Rainforest Nut butter
- 5 Tbsp Coconut flour
- 5 Tbsp Pure maple syrup
- 2 Tbsp Coconut Oil
- 2 Tsp of Organic Lemon Extract
- ¼ Cup Shredded Coconut (For covering the lemon truffles)

Directions:

1. Whisk rainforest nut butter, maple syrup, lemon extract and coconut oil together in a bowl (and add shredded coconut into a small bowl for the truffles)
2. Add coconut flour and mix until you can roll mixture into balls without sticking to your hands. (If it is put it in the fridge or freezer to cool for 10-20 minutes)
3. Roll into small balls and then dip in the bowl of shredded coconut to cover the whole truffle and place on a cookie sheet with parchment paper
4. Cool in the fridge for 15-20 minutes

Makes about 10-12 medium size truffles





Apple Cherry Cinnamon Spice Cobbler



Ingredients:

- **For the Filling**
- 2 cups cherries, cut in half, seed and stem removed
- 3 Golden Delicious apples, cored and chopped
- 3 tablespoons sugar
- 2 tablespoons cornstarch
- 2 tablespoons lemon juice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- **For the Topping**
- 1 cup gluten-free all-purpose flour
- ¾ cup brown sugar
- ½ cup granulated sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon baking powder
- 4 tablespoons butter, cut into small pieces
- 4 tablespoons olive oil



Instructions:

- Preheat oven to 350 degrees F. Spray an 8x8-inch glass baking dish with non-stick spray and set aside.
- In a mixing bowl, toss together the cherries, apples, sugar, cornstarch, lemon juice, ground cinnamon and ginger. Mix until well combined. Pour the fruit mixture into the prepared baking dish. Set aside.
- To make the topping, in a mixing bowl, whisk together the gluten-free all-purpose flour, brown sugar, granulated sugar, cinnamon, nutmeg and baking powder. Using a fork or pastry cutter, add in the butter and olive oil and mix until the mixture forms pea-like crumbles. You can also do this step in the food processor.



Spice Cookies



It just wouldn't be Christmas without the inviting smell of gingerbread coming from the kitchen. Gluten Free, Lactose Free

Ingredients:

- 3/4 cup Crisco butter flavored
- 1 cup Granulated Sugar plus more for rolling
- 2 Eggs
- 1/4 cup Molasses
- 2-3/4 cups Gluten Free All-Purpose Baking Flour
- 2 tsp Baking Soda
- 1 tsp Ground Cinnamon
- 1 tsp Ground Ginger
- 1/4 tsp Ground Cloves
- 1/4 tsp Salt (optional)



Instructions:

- Pre-heat your oven to 325° F.
- In a large bowl, cream the Crisco and sugar together until light and fluffy. Add the eggs and molasses and beat until well combined.
- In a separate bowl, sift together the GF flour, baking soda, cinnamon, ginger, cloves and salt. Add the flour mixture to the wet mixture in spoonfuls, beating well after each addition and refrigerate for 15-20 minutes.
- Roll dough into small 1 oz balls, roll them in sugar and space them out on a parchment covered bake sheet. Bake for 10-12 minutes or until cookies appear crackled on top.
- Remove from oven and place on a wire rack to cool and sprinkle with extra sugar.

Recipe Notes:

Try not to open the oven while these cookies are baking as they do fall once removed from heat.

Also, if you're looking for a quick, home-made gift your friends and family will enjoy, these cookies look great stacked and tied with a bit of ribbon and personalized gift tags!

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 November

Our circulation is 6000+ 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!

Celiac 101

Information Meetings 2020

FREE Information night meetings for newly diagnosed celiac and their family/friends.

Open to both members and non-members.

Join us virtually

Sessions begin at 7pm

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

Please register online at: www.calgaryceliac.ca or by phone 403-237-0304

2020 Dates

Due to COVID-19 The Information Meeting will be held virtually

November 16th, 2020

Future Dates for 2021

January 21, 2021

March 15th, 2021

May 6th, 2021