



# CALGARY CELIAC NEWS

Summer 2023



**Annual General Meeting**  
**Stampede Breakfast Memories**  
Back to School - Snack Ideas

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## CALGARY CELIAC OFFICE

**403-237-0304**

**Hours: Tuesday and Thursday**

**9:00 am to 3:00 pm**

**Visitors by Appointment Only**

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

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## *Message from the Calgary Celiac President*

In the first half of 2023, the CCA accomplished some exciting milestones. We completed our 2023-2025 Strategic Plan which has assisted in guiding the CCA in its mission to be the primary support for those living with Celiac disease and gluten related disorders. We invested in a media campaign which has substantially increased traffic to our website and contributed to improved awareness of our needs in local communities. We hosted a variety of events including the GF Food Drive, SAIT culinary dinner, Kids meet up events, Wendy T's Stampede Breakfast, and the Rod McDaniel Celiac Kids Camp. We are enthusiastic for the second half of 2023 and look forward to bringing you education opportunities and further creative and exciting GF events. Our membership base has risen steadily over the past few years, and we are very conscious of delivering a valuable service that efficiently and effectively provides the very best information to our members and health professionals.

As the summer ends, and in anticipation of our fall AGM in October, we look forward to enhancing our connection with the community we serve. We are grateful to all our sponsors, donors, volunteers, and staff. Without these wonderful people, we could not accomplish as much as we do to support people in their daily gluten-free lives.

Currently, **we are actively looking for dedicated individuals to join the CCA Board of Directors.** If you like to debate issues facing charities and nonprofits, contribute to the health and wellbeing of our Celiac membership in Southern Alberta, and learn from peers and colleagues, then this is the place for you. New members will be supported and mentored by the existing Board of Directors to help ease the transition into this leadership role. We encourage those who are passionate about supporting the advancement of the CCA to consider submitting their expression of interest.

This has been an exciting and eventful summer and I would like to sincerely thank the team at the CCA and our volunteers for their dedicated application and their willingness to help their community and the Board. I also need to especially thank the CCA Board of directors. Each member of the Board gifts their time and considerable expertise to the CCA, and to me personally. They are a wonderful group of people whose passion for the success of this organization is unmatched. I thank them all for their continued support.

As the warm breeze turns into a crisp chill, the beach days dwindle, and the dawn of fall rolls around—saying goodbye to a well-spent summer may be difficult. However, this year's summer may have brought you cherished memories, wonderful travels, and hopefully a chance to relax. It's best to celebrate and look back on those moments with gratitude as we look forward to the remainder of the year. I will be trying to seek out the last days of summer on numerous walking trails, in the pool, and lazy nights reading without any forced work or extracurricular commitments. I hope you enjoy each day at work, not waiting for the weekend, love every day of this season, and find happiness with a strategic focus on improving our lives as those who are living with Celiac disease.

My thanks go to you our members, you are why we exist.

*Lisa*





<p><b>SEPT 05</b> <b>Virtual</b></p> <p><b>Sep</b></p> <p><b>Celiac 101—Information Session</b></p> <p>Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome, Zoom presentation followed by Q&amp;A.</p>	<p><b>SEPT 09</b></p> <p><b>Gluten Free Expo</b></p> <p><b>Sep</b></p> <p><b>Big Four Building 10-6pm</b></p> <p>Come and visit Calgary Celiac at the next Gluten free expo happening on September 9th. We will be attending to answer any questions you may have about our Charity and help with living gluten-free in Calgary</p>
<p><b>Oct 18</b> <b>Virtual</b></p> <p><b>Oct</b></p> <p><b>Calgary Celiac—Annual General Meeting</b></p> <p>Join us virtually for the Calgary Celiac Annual General Meeting. Members and public are welcome. Register on Calgary Celiac website to receive Zoom Link.</p>	<p><b>OCT xx</b></p> <p><b>TBD</b></p> <p><b>Oct</b></p> <p><b>Oktoberfest</b></p> <p>Stay tuned, we are still working on the details of this annual classic event.</p>
<p><b>NOV XX</b> <b>Travel Presentation</b></p> <p><b>Nov</b></p> <p><b>Travel Presentation @ Calgary Celiac</b></p> <p>Stay tuned for a special travel presentation featuring some exciting travel destinations. Details coming soon.</p>	<p><b>NOV 29</b></p> <p><b>Calgary Zoo</b></p> <p><b>Nov</b></p> <p><b>Family Holiday Party —Zoolights</b></p> <p>Save the date for the Calgary Celiac Family Holiday Party at the Zoo. This family friendly event sold out quickly last year. This year we are having an indoor gathering in addition to all of the outdoor Zoolights festivities.</p>



**BOOKMARK:**

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# SAIT DINNER, A CULINARY EXPERIENCE

Calgary Celiac once again partnered with SAIT to offer a gluten-free feast for the Celiac and gluten-intolerant community.

The SAIT Gourmet GF Dinner took place on Thursday, June 29. SAIT's Highwood Kitchen + Bar offered a three-course menu for \$70.



SAIT's School of Hospitality and Tourism is proud to be recognized as the number one hospitality management school and the number one culinary school in Canada, and as one of the best hospitality schools in the world by CEOWORLD Magazine and QS World University Rankings.

Not only are both the front of house and back of house students learning to serve or cook, they also learn the importance of preparation of a safe environment for guests. When the Highwood Kitchen + Bar hosts Calgary Celiac, the faculty and staff spend the week prior to the event showing the significance in cleaning the space and equipment to avoid any forms of cross contamination and the proper hygiene to follow when handling any special dietary needs.



This annual event is popular, and the 50 available tickets sold out quickly. The food was beautifully prepared and service excellent. We look forward to returning to the Highwood again next year!



Attendees had the opportunity to enter a draw for one of two gift baskets full of gluten free products and product coupons.

The price of the draw?



## An idea for a future event !

Here are the suggestions we heard from the attendees: *pasta making class, bread and pastries class (2), cooking class (3), pizza party (2), hike and barbecue, barbecue, Dim Sum, breakfast at the Zoo, brunch, Valentine's event (2), Sushi night, more dinners, Easter gathering, Lawn bowling (kids and adults) (2), Paint night at a bar, appetizers and sweets, Seafood boil (2), information night plus music and silent auction, Ramen night, Fried chicken night, Korean night, Christmas party, Christmas dinner (in January), beverage/cocktail night, Thanksgiving event, bake sale, German pretzel night, and cinnamon bun night. Some great ideas !*

# WENDY T'S GLUTEN-FREE STAMPEDE BREAKFAST

**Calgary Celiac was delighted to host a successful Wendy T's Gluten Free Stampede Breakfast on Saturday, July 8 at the Marda Loop Community Hall.**

We had 40 volunteers working together to serve over 500 people a gluten free, dairy free and nut free Stampede breakfast. Our volunteers set up the site, cooked pancakes and sausages, served food, cleaned, carried, and more!



- Amaranth Whole Foods Market – eggs, maple syrup, coffee, Kiju juice boxes, Zevia Soda plus samples of Bob's Red Mill granola bars and Pioneered Pepperoni Snacks
- Bob's Red Mill – 40 kg of pancake mix!
- Spolumbo's – 9 cases of turkey cranberry sausages
- 4Imprint provided a \$500 grant to purchase Calgary Celiac branded products. We chose to use the grant to purchase sidewalk chalk.
- Wild Brewing Company Kombucha – Kombucha samples

**Thanks to everyone who lent us a hand to make the event a success!**

The breakfast included pancakes, sausage, and a variety of beverages plus entertainment by Nitelife band.

Thanks also to our sponsors for providing wonderful products for our event!



Advance tickets were sold for the first time this year. The check-in process went smoothly, and attendees were guaranteed their gluten free pancake breakfast.

**Thanks to everyone who attended!**

# Yahoo!





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## Casino Update



Yee Haw, Stampede 2023 is in the books and its time to plan for 2024.

The 2023 Gluten Free Pancake Breakfast served up 500+ guests and dozens of volunteers with GF pancakes and sausages. It was a picture-perfect morning, not too hot, sunny, with a slight breeze. The coffee was hot and the band was fabulous. Huge thank you to Emily for putting it all together.

GF Pancake Breakfast is just one example of the program activities that casino fundraising enables. All that pancake syrup costs a few bucks.

The next Calgary Celiac Casino will be in the second quarter of 2024 ie April, May or June of next year. I'm hoping for late in the quarter. We will announce the exact date as soon as we know.

This time we will be at Cowboy's Casino. It is on MacLeod Trail near 17<sup>th</sup> Ave. It is central, easily accessible from Calgary Transit, and has a good volunteer room.

We will use Signup Genius this year to fill the schedule. It is straightforward to use and it will show you immediately what shifts are open, and confirm your choice(s) right away.

For background, Casinos are still the largest single fund raiser for the Calgary Celiac Association. The revenue from a Casino event is roughly 50% of our income in a Casino year. That money also enables us to run Kids Camp, Gourmet SAIT dinners, GF Kids Christmas party, Information nights, GF Oktoberfest, and the many other activities we provide to the Southern Alberta GF Community.

Thank you. Ralph

# MAY CELIAC AWARENESS MONTH

Thank you to everyone who supported our efforts during the month of May to raise awareness about Celiac Disease and do some important fundraising for the Calgary Celiac Association.



The Servus Calgary Marathon Celiac Association race team collectively raised **\$7,000** for our charity. These funds will help support the administration of our charity, education programs and events for those with Celiac Disease in our community.



The Food Bank drive held at our office together with the food donations collected at our Stampede Breakfast was a huge success. Thank you to those community members who brought food donations or contributed cash donations for this cause.



*A Community that Cares*



Thanks to you, we donated **550 pounds** of gluten-free food and **\$332** to the Calgary Food Bank.

“Your donation will help us to continue to feed those in our community facing food insecurity. As grocery prices continue to increase, your contribution is even more appreciated. “ ~ Calgary Food Bank



# gluten free Expo

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# 2023 ANNUAL GENERAL MEETING

 **October 18th, 2023**  
07:00 PM to 09:00 PM



## VIRTUAL MEETING



### MEMBERSHIP BENEFIT



Local Business Discounts



Early Event Access



Vote & Community

**\$10/YEAR : SIGN UP AT**  
**WWW.CALGARYCELIAC.CA**

### Members of Calgary Celiac will receive discounts at the following businesses:

Alkeme – Gluten Free Artisan Bakery - 10% off

Arepas Ranch - 10% off Arepas

Avatara Pizza - 5% off

Be. Gluten Free – Medicine Hat - 10% off

Delissitude - 10% off

Heaven Restaurant - 10% off

M&M Food – Airdrie Location - 10% off

Miss P’s Gluten Free - 15% off

The Village Flatbread Co. - 10% off

### Good News Members!

**Our Membership Discount Program is growing.**

**Thank you to our participating businesses!**



# Volunteer Classified



## Medicine Hat Celiac Community Liaison

We are seeking a liaison to represent the Medicine Hat Celiac community and liaise with the board of the Calgary Celiac chapter. You will ideally have a passion for spreading Celiac awareness in your community, be willing to take the peer support training (2 hours) and be available for quarterly check-ins with the Calgary Celiac chapter. Please contact [admin@calgaryceliac.ca](mailto:admin@calgaryceliac.ca).

## Kids Meetup : Seeking Parent Input

Is your child interested in participating in Kids Meetup? Since re-launching the program for elementary school aged kids we've had a pizza party, a visit to Telus Spark and a skating party. Do you have some great ideas for future events? Do you have contacts at sports or arts organizations which may be able to host a Kids Meetup? Please contact [events@calgaryceliac.ca](mailto:events@calgaryceliac.ca) to share your ideas.

## Committee and Board Members

There are many opportunities to volunteer with the Calgary Celiac Association. One way to volunteer on a regular basis is to join a committee or the Board of Directors. These positions would take advantage of any special skills you have in the areas of communications, finance, fundraising, teaching, medical/healthcare or grant writing. Email [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca) to find out more.

# Charity Wish List:

We have a few items on our wish list that would help us in providing our events and programs.

If you have these items that you are willing to donate, a charitable tax receipt could be provided for the value of the donated item. Please contact [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca) or call (403) 237-0304.

## Folding Heavy-Duty Wagon/Cart



Roll over image to zoom in

## Ergonomic Office Chair x 2



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# NEWS FROM NATIONAL: CELIAC CANADA

## Have your voice heard: Health Canada seeks public and stakeholder input on Long Term Care Standards



Health Canada has just launched a public consultation to improve health care for all Canadians. In their release, the Government states, "Every senior in Canada deserves to live in dignity, safety, and comfort, regardless of where they live. While a majority of Canadians want to age closer to home and their family, they also expect and deserve long-term care—if it is needed—to be high quality and safe." Unfortunately, long term care for people living with celiac disease has been difficult and at times scary. With your help, we hope to change how food service is managed in public institutions. Click here to share your ideas and concerns to improve health for our most vulnerable community members. The survey is open until September 21, 2023

[LEARN MORE / COMPLETE SURVEY](#)

## Annual Virtual Conference

Saturday, November 18, 2023

Stay up to date with the latest news and information about celiac disease, at our annual virtual conference.



[LEARN MORE](#)

## Weighing in on the Future of Food in Canada

Health Canada recently asked stakeholders to provide feedback on priorities surrounding food policy in Canada. Led by Registered Dietitian Shelley Case, Chair of CCA's Dietitian Working Group, we provided our recommendations on a number of key areas that are important to improving the quality of life for people living with celiac disease and gluten disorders.

[LEARN MORE](#)







*Hello! My name is Marney Yip and I'm the Customer Engagement Supervisor at the Community Natural Foods 10th Ave store. I'm also an*

*CNF champion for all things gluten-free. I was diagnosed with Celiac Disease almost 33 years ago.*

**It's back to school time!** So, I'm going to talk about gluten-free foods for busy and active kids. My daughter was diagnosed with Celiac Disease at 11 (about 10 years after my diagnosis). Even though I was living successfully with the diet, I quickly realized it's a whole other ball game when dealing with a preteen! The Celiac Association had a parent group that met once a month to discuss ideas and share recipes, which I greatly appreciated. There are many helpful resources out there now for those looking for more information and helpful advice on living gluten-free.

I highly recommend joining the Calgary Celiac Association and Celiac Community Facebook pages. These groups are wonderful for bouncing ideas off others, finding suitable restaurants, and simply being able to communicate with others going through the same struggles.

My daughter was one of the first groups to go to the Rod McDaniel's Celiac kids camp though it wasn't called that back then. I remember how excited she was to meet others with the same diagnoses, and being able to eat everything without asking if it is safe! If you're thinking about the camp for next year,

I highly recommend it. They do such a great job of making it a special experience for each child.

With the children heading back to school soon, I know you must be thinking of the dreaded meal prep and lunch packing. You're probably wondering how you're going to make all these nutritious, and exciting meals for their growing bodies and minds. Well, I have a few ideas up my sleeves!

## BREAKFAST

Breakfast can be a tough one. I suggest Overnight Oats (or Chia Seed Pudding is a great choice too). I know kids love a great bowl of cereal. I recommend selecting ones that have some protein, fibre, and little sugar. We don't need those sugar crashes. You can elevate it with hemp seeds to add protein, nuts, seeds, dried fruit, cacao nibs and coconut chips. If they love granola - make your own to watch the sugar content.

We carry a new Stoked Oats product at our store with

only 3 grams of sugar, 5 grams of fibre and 7 grams of protein. This granola is great with your favourite yogurt and remember to elevate it when you can.



Eggs are an excellent source of protein. Get your kids to make a tray full of egg cups that they can eat throughout the school week. Add in anything from veggies, cheese, chopped or cubed protein such as ham, bacon, turkey, chicken, or chickpeas if vegetarian. I find the more you involve your children there is a higher chance of them coming home with an empty lunch kit.

## LUNCH

For lunchtime ideas - there are some great store-bought wraps, but if you are looking for one that is pliable and lasts for days and tastes great – come see me at the store for a recipe handout.

Homemade Lunchables are great options and very flexible. Try cottage cheese (Avalon 2%) and salsa, with chopped cold chicken, pork tenderloin or steak. Include good quality cheese (CNF has a great selection), and some of our lactose-free if needed.



Hummus and crackers or tortillas are a staple. Homemade soup or stew in a thermos is a classic. If you can't swing the homemade soup, CNF has some good healthy options.



**Here's a good tip** - add powdered bone broth to increase protein. Organika Bone Broth has 15 grams of protein for 2 Tbsp.

## SNACKS

Delicious gluten-free snacks to keep handy:

- Old Country Pepperoni sticks (have no sugar & zero nitrates)
- Spread'Em dips and crackers
- Keto clusters
- Oggi pizza (the best box there is, and great for a snack on your way to after-school activities)
- Made Good cracker stars (these have added veggies)
- From the Ground Up Cauliflower snacking crackers & pretzels
- Freeyumm cheezy cracker bites
- Yupik nuts (after school treat) \*please make sure you pick the GF one
- Breakfast cookies – see my recipe at end of the newsletter!

If you have any other questions or concerns, please stop by our 10<sup>th</sup> Ave location. I'll be there Sundays or Mondays from 10:00 to 4:30. And be sure to ask for Marney! I'd be more than happy to walk you around the store and help you on this journey. And please remember – we want more protein, fibre, and low sugar to help those minds and bodies grow!







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# THE INTESTINAL BIOPSY – THE FINAL STEP TO A CELIAC DIAGNOSIS

BY J. MURRAY

The intestinal biopsy is still considered the gold standard for a definitive celiac diagnosis in most children and all adults. And in our current medical environment, many ask *‘Is it worth the wait? for that definitive diagnosis? How much longer do I put my life on hold?’*

The waiting time in Calgary is rarely a matter of weeks and is usually a standard of months, often many, many months. For too many people, the road to diagnosis has already included the ‘on average’ wait time of ~11 years with several physicians and many complicated tests involved before arriving at the blood screening tests that show a positive IgA tTG test result that indicates the likelihood of celiac disease. Now, the final step to diagnosis is the coveted biopsy. Your physician tells you that it will take another number of months to have a consultation with a gastroenterologist and then another few months before the biopsy will be available to you. By now, your frustration is palpable. You’re usually having miserable symptoms. The treatment is very straightforward, it can even be self-prescribed. And you’re told you must not start treatment until the biopsy is done. The temptation is overwhelming to ignore the required delay to finally have your life back on track. What do you do? The people who

like all things in order grudgingly wait the time for the system to ultimately accommodate them. The risk takers often proceed with self-prescribed treatment with the intent to get themselves well and deal with the fallout later.

There are no easy answers. And weighing all the information for decision making is complicated. Your physician may suggest that self-prescribing the gluten free diet treatment and doing a gluten challenge later is a wise intermediate solution.

What are some of the questions you need to ask yourself as you weigh the choices.

## Let’s talk about Children and Diagnosis in Children

Are they the first members of your family about to be diagnosed with celiac disease or do they have any first degree relatives who have been officially diagnosed with celiac disease?

Are they showing classic symptoms? Are they showing non-classic symptoms that are now recognized as being included in the common presentation of the disease in children?

Are their blood screening results at least 10x a normal result? And has it been reproducible with a second test? Have they had the additional screening tests that aid in confirming a celiac diagnosis?



Have they had the genetic test to determine if they carry one or more of the genes necessary to develop the disease?

Are they at a critical stage of their development where delay in diagnosis would impact their future health and growth? Is their ability to learn being impacted? Are they experiencing mental health concerns that interfere with their experience of quality daily life?

Are their symptoms so severe and intense that they pose a danger to their immediate health?

If they do go gluten free while waiting for the biopsy and have a biopsy once healing has begun, will there still be enough diagnostic evidence for a definitive diagnosis without doing the gluten challenge?

Are you prepared to guide them through a gluten challenge at a later time when access to the health system becomes more available? Are you prepared to have a gluten challenge fail?

Some children can be diagnosed by blood tests alone if they meet the specific criteria.

## Now Let's Talk about Adult Diagnosis.

Everything that is mentioned above for evaluating potential diagnosis of children can also be asked about adults. Consider going through the checklist and making certain that you can check off all the boxes as being completed and evaluated.

Now, ask yourself, is your quality of life impacted to the extent that you are no longer fulfilling your adult responsibilities? Are you able to set symptoms aside and carry on effectively most days? Are you putting other people at risk because of your health issues? Are you at risk of losing your employment? Is your career path on hold because of workplace health concerns? Is your lack of quality of health and life interfering with family relationships and commitments?

Now that you've had a look at some of the realities of your life as it is today, it's time to take a look at some of the obstacles that can complicate the future if you don't get that coveted definitive biopsy diagnosis now.

There's a lot of research going on at both the diagnostic level and for future treatment. Historically, opportunity to participate in research has been restricted to those with a biopsy diagnosis.

Once new science comes on track for diagnosis and treatment, there is likely to be some continuing restriction for access to these new programs when they join the list of available procedures. If you look at the current delays of access for procedures like knee and hip replacements and the anticipated delay in having the numbers of physicians, nurses, technologists, therapists and all other support staff, created to provide and manage the needed services, there could be huge delays before you can re-enter the system to complete the next steps of a definitive diagnosis.

Perhaps the most significant obstacle that is often overlooked is having your self-diagnosed or only partially diagnosed celiac disease taken seriously. Celiac Disease can be viewed as an **Anchor Disease**. By that, I mean it needs to be factored into any discussion about any other health conditions that you currently have or that may join your life over the next few years. It's one thing to have an incomplete diagnosis recognized by your current health team, but as you gradually find your care being provided by second, third and fourth generation health care providers, the carry forward of the assumed diagnosis gradually falls off the table because there is no proof.

I am now personally facing fourth generation medicine since my diagnosis. Some of my health care providers willingly accept my biopsy diagnosis from almost six decades ago and incorporate it into the investigations and treatments that have now entered my life. **Osteoporosis** has been a primary consideration for a number of years. Now, as of today, **gluten ataxia** has also been added to my long term health focus.

Because I can describe my very long undiagnosed history (more than 2 decades) and pinpoint the moment I had a biopsy diagnosis, both the specialists for these disorders are focusing on my celiac disease as being the **anchor disease** for both these conditions. Without that biopsy, I would have been just another person with osteoporosis and balance issues. Because I had the biopsy, I am now seen as a person with a serious autoimmune disease (celiac disease) needing treatment for a serious metabolic disorder (osteoporosis) and a serious related brain disorder (gluten

ataxia). Instead of polite placating gestures, my health issues are being recognized as predictable outcomes of long term undiagnosed celiac disease, long term well managed celiac disease and the forces of aging combined. These health concerns can be better managed in my senior years by knowing that they have a relationship to gluten all those years ago, and with diligent food management, I can still enjoy my best life possible moving forward. These are important distinctions and will continue to impact all my future health choices.

*Ask yourself. Could this be your story? Will the biopsy benefit you?* I knew long before today that the biopsy was important. It was reinforced in my mind today as these specific dots were connected.

There are more and more health conditions that are also recognized as being impacted by a celiac diagnosis, but without the biopsy diagnosis, few physicians will tie those pieces of information together. I have heard that some have offered a gluten challenge to remove the doubt, a wise offer on their part. However, when a person is having another serious health concern diagnosed, particularly one that has already weakened their health, it's a tough sell to persuade that patient to willingly start a gluten challenge.

Then there are the more social types of restrictions. Children can find that their needs for a safe environment are not addressed in the school system if there is not evidence of need. Seniors entering retirement facilities that provide meals as part of the package are often told that special food needs can't be met or that they



can only be met with very costly additional fees.

I encourage anyone struggling with the current restrictions to medical access that prevents them from getting a timely diagnosis, to consider all the thoughts I have put forward in this newsletter. There are no easy answers. I can offer no solutions to the dilemma you are facing. I can only say that without the biopsy diagnosis, some doors are closed to people who have a real need for timely investigation and treatment of their health issues and the connections these issues may have to a celiac disease diagnosis.

Sit down with your family, your physician, your employer (in some circumstances), your member of the legislature, your member of parliament, and any other person who could and should have your best interests at heart as you make your decision. Create a plan for how you will manage your health and this health decision. Ask the questions that will make it easier to understand the restrictions that are limiting your current access to diagnosis. And then ask yourself, is it realistic, is it manageable, is it doable. And if not, why not? And if yes, when?

***I wish you all a safe health journey. There are no easy answers. All I can really say at this moment is that my biopsy all those years ago saved my world today.***

***This is the last regular article I will be writing for the Calgary newsletter. I may still contribute from time to time, if there are topics that I believe I should speak out about. I will continue to write comments for the Calgary Celiac Facebook page as well as the Celiac Canada Facebook page. I know that there are some readers who still look forward to my take on some topics, but it will be mostly social media comments moving forward.***

***JoAnne***





**NEW!**

TRADITIONAL  
**ENGLISH  
MUFFINS**

**Crispy, toasty, light & fluffy.**  
**Now free from egg.**



     
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# RESEARCH PARTICIPATION:

## Have you ever wondered what is living in your Gut?<sup>1</sup>



Connect to learn more about how you can help to bring a novel diagnostic device to market and learn more about your gut.



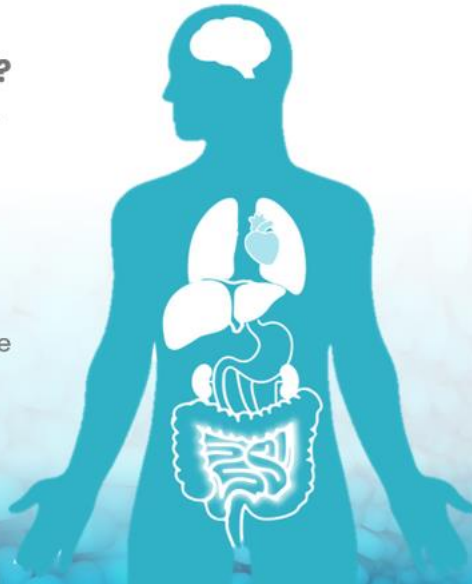
### Who can participate?

**Anyone over the age of 18.**

Specific exclusions apply and will be reviewed with the coordinator prior to enrollment.

**Your participation is also encouraged if you have:**

- Irritable Bowel Syndrome
- Celiac Disease
- Crohn's Disease
- Ulcerative Colitis
- Functional Dyspepsia



**Nimble Science is enrolling volunteers for a clinical research study to directly sample your gut microbiome using a novel ingestible device.**

For more information please contact: [info@nimblesci.com](mailto:info@nimblesci.com) or call (866) 493-4633

There is no cost to participate

The Health Research Ethics Board of Alberta has approved this study HREBA.CTC-22-0096



# Gluten-Free Pantry

Groceries | Kitchen Wares | Cookbooks

We're Open Everyday

MON-FRI 10AM - 8PM

SAT-SUN / HOLIDAYS 10AM - 6PM

📍 1978 Kensington Rd NW

📧 [gfpantry@eatforlifebymarsha.com](mailto:gfpantry@eatforlifebymarsha.com)



MONTHLY EVENTS



PANTRY PERKS



GIFT BASKETS



WEEKLY RECIPES



[glutenfreepantrycalgary](https://www.facebook.com/glutenfreepantrycalgary)



825-222-4172

[glutenfreepantry.eatforlifebymarsha.com](https://www.glutenfreepantry.eatforlifebymarsha.com)





*Coming soon*



## Gluten-Free Food Guide for Youth

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

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

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

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

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





# Breakfast Cookies

Recipe and image courtesy of leelalicious.com

Marney's Picks



## INGREDIENTS

- 1/4 cup coconut oil melted
- 1/4 cup honey or maple syrup
- 1 cup rolled old-fashioned oats
- 1 cup quick cooking oats
- 2/3 cup dried cranberries unsweetened
- 2/3 cup pumpkin seeds
- 1/4 cup ground flaxseed
- 1 teaspoon pumpkin pie spice or cinnamon
- 1/2 teaspoon sea salt
- 1/2 cup pumpkin puree
- 2 eggs \* beaten

## INSTRUCTIONS

1. Preheat oven to 350 F. Line a baking sheet.
2. In a small bowl warm coconut oil and honey (either microwave, inside preheating oven or on the stovetop).
3. In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
4. Drop about 1/4 cup-sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
5. Let cookies cool on baking sheet before moving to an airtight storage container.

# Easy Egg Bites

Recipe and image courtesy of [kayscleaneats.com](http://kayscleaneats.com)

Marney's Picks



## INGREDIENTS

- 1/2 cup baby greens, chopped ( baby spinach works great)
- 1 small tomato, diced and seeded
- 4 strips bacon, cooked and crumbled
- 1/4 cup shredded cheddar cheese
- 7 large eggs
- 1/4 cup milk ( if using almond use unsweetened)
- salt and pepper to taste

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Spray muffin tin generously with nonstick spray.
3. In a medium bowl mix eggs, milk, salt, and pepper to taste.
4. To each muffin slot, add about 1 tbsp of greens, tomatoes, bacon, and a sprinkle of cheese.
5. Pour over egg mixture to each slot leaving little room at the top.
6. Bake egg bites for 20 minutes. If the top is not fully cooked return to the oven cooking in 3 minute increments.

Enjoy!



# Hickory Pulled Chicken with Cucumber Slaw

*Savoury succulent chicken nestled under crispy cucumber slaw piled high on a toasted Kinnikinnick Hamburger Bun. Yummy! Recipe created by Kinnikinnick Corporate Chef Lori Grein*



## Ingredients

### Hickory BBQ Sauce

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

### Cucumber Slaw

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

### Pulled Chicken

- 3 chicken breasts (600 g)
- 1 cup Hickory BBQ Sauce - prepared (240 g)
- ½ cup water (120 g)
- ½ tsp salt (2 g)
- 1 tsp black pepper (2 g)

1½ packages **Kinnikinnick Hamburger Buns** - 6 buns (367 g)

## Directions

### Hickory BBQ Sauce

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

### Cucumber Slaw

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

### Pulled Chicken

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

### Assembly

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

**Yields 6 sandwiches**

# Cobb Salad with Homemade Croutons



*Quick and easy summertime meals. Mix it up by adding your favourite protein or gluten-free dressing. Recipe created by Kinnikinnick Corporate Chef Lori Grein*



## Ingredients

### Balsamic Vinaigrette Dressing

- 2/3 cups balsamic vinegar (157 g)
- 1 tbsp honey (20 g)
- 1 tbsp Dijon mustard (16 g)
- 1/2 tsp salt (2 g)
- 1/4 tsp garlic powder (1 g)
- 1/2 tsp black pepper (1 g)
- 1 cup extra virgin olive oil (200 g)

### Homemade Croutons

- 1 Loaf **Kinnikinnick White Bread** - cut into 1 inch cubes (454 g)
- 1 tbsp garlic powder (5 g)
- 2 tbsp dry parsley flakes (3 g)
- 1/2 tsp salt (2 g)
- 1 tsp black pepper (2 g)
- 1 tbsp olive oil (15 g)

### Cobb Salad

- 1 cup Homemade Croutons (50 g)
- 2 heads romaine lettuce - chopped (680 g)
- 1 cup cooked turkey – shredded (125 g)
- 6 slices cooked bacon (gluten-free) – chopped (90 g)
- 1 cup cherry tomatoes- halved (149 g)
- 3 hard boiled eggs (168 g)
- 2 avocados – thinly sliced (200 g)
- 1/2 tsp salt (2 g)
- 1 tsp black pepper (2 g)
- 1 tsp lemon juice (5 g)

Optional: 125 g favourite cheese

Optional: green onion or scallion – thinly sliced

## Directions

### Balsamic Vinaigrette Dressing

Combine all ingredients in a jar and shake vigorously for 2 minutes. Store at room temperature in an air-tight container until ready to use.

### Homemade Croutons

Preheat oven to 350°F (176°C). Line a baking tray with parchment. Set aside. Toss bread cubes with garlic, parsley salt and pepper until coated. Spread herbed cubed bread evenly on pan. Drizzle with olive oil. Bake at 350°F (176°C) for 10 minutes, turning bread cubes once in oven. Turn oven off. Leave pan of herbed bread cubes in oven for 10 minutes. Remove from oven and let cool and dry overnight. Store Homemade Croutons in an airtight container for up to 2 weeks.

### Cobb Salad

Place chopped romaine in bottom of serving bowl. Line with cooked turkey, chopped bacon, tomatoes and 1 cup Homemade Croutons nestled on top of romaine lettuce. Toss avocado slices in lemon juice, salt and pepper.

Peel hard boiled eggs and slice into medallions or cut in half. Add seasoned avocado and egg to Cobb Salad.

Add optional cheese and onion if desired. Drizzle with Balsamic Vinaigrette Dressing.

Yields 6 servings