



CALGARY CELIAC NEWS

Fall 2023



Annual General Meeting

Family Zoolights Holiday Party

HOLIDAY TIPS & IDEAS

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9:00 am to 3:00 pm

Visitors by Appointment Only

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Please review the CCA's disclaimer policy on its website at <http://www.celiac.ca/>



<p>NOV 15</p> <p>Annual General Mtg</p> <p>Nov</p> <p>Virtual over Zoom @ 7pm</p> <p>Everyone is welcome to attend the Annual General Meeting of Members. Election of new board members and review of financials will be on the agenda.</p>	<p>NOV 16</p> <p>Travel Presentation</p> <p>Nov</p> <p>Asylum for Art @ 7pm</p> <p>Four expert Celiac travelers will be discussing their favorite destinations and tips for travelling safely gluten-free. Discover Spain, Disney, Mexico and more. Cheese and nibbles provided. You may purchase your own beverage (or meal).</p>
<p>NOV 18</p> <p>National Conference</p> <p>Nov</p> <p>Virtual</p> <p>FREE virtual, annual Fall Conference 2023. Discover the latest research and information, best practices and advocacy for celiac disease issues.</p>	<p>NOV 29</p> <p>Family Holiday Party</p> <p>Nov</p> <p>Calgary Zoolights 5-9 pm</p> <p>This family friendly event is back by popular demand. This year we are having an indoor gathering in addition to all of the outdoor Zoolights festivities. Our sponsors McLeod Law and Community Natural Foods make sure this event is affordable and there are lots of take home goodies.</p>
<p>JAN 11</p> <p>Celiac 101 Info Session</p> <p>Jan</p> <p>Virtual</p> <p>Are you newly diagnosed or want to learn more about Celiac Disease and living gluten free. Learn from our expert volunteers how to be successful on the Gluten Free journey.</p>	<p>MAY 29</p> <p>Charity Fundraiser</p> <p>May</p> <p>Calgary Marathon—5k, 10k, 1/2 or Full</p> <p>We are an official charity of the 2024 Servus Calgary Marathon. Join our team, choose your distance and fundraise for the Calgary Celiac community. REGISTRATION LINK</p>

REGISTER FOR EVENTS HERE:
WWW.CALGARYCELIAC.CA/UPCOMING-EVENTS

OKTOBERFEST, A DELICIOUS SUCCESS!

Oktoberfest at The Park was a delicious success!

On October 12, 61 people attended Calgary Celiac's annual Gluten Free Oktoberfest. The attendees enjoyed a delicious buffet with chicken schnitzel, Miss P.'s perogies, beef rouladen, Harvest bratwurst sausages with apples and brussel sprouts, plus a variety of sides and apple cheesecake for dessert. Thanks to The Park Kitchen and Bar for this delicious buffet!



Untapped Craft Supplies provided samples of five Glutenberg beer varieties. Untapped rep Dan Hritic walked beer samplers through the differences between the options.

The beer proved so popular that the restaurant had to send someone out to buy more beer!



Thank you to our sponsors Harvest Meats, Miss P's, Untapped Craft Supplies and Glutenberg for sponsoring this event!

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Prost! Cheers! A gluten free adventure in Germany

My daughter moved to Germany in July 2022. Germany had never been high on my list of places to visit, but I've now visited Germany twice over the past year. I visited Frankfurt, Karlsruhe, Berlin, and Munich over the two trips.

It's not an easy country to navigate on a gluten free diet. The traditional food of the country is very gluten focused. They eat a lot of bread products, spaetzle (small dumpling/noodle), dumplings and breaded meat. Cake and coffee is a very important tradition in Germany as well.



On my first trip, I mostly stuck to dedicated bakeries and food from ethnic restaurants that do not traditionally use much gluten. I had Eritrean, Spanish, Persian, Mexican, Indian, Hawaiian, Italian, Thai and Vietnamese! On my final night in Germany, we went to a restaurant at an airport hotel in Frankfurt. I was not optimistic that I would find anything to eat, but they offered gluten free Wienerschnitzel (breaded veal), potatoes, and red cabbage. They even had gluten free buns! You just never know when you'll stumble onto a great place!

Grocery shopping in Germany is much easier than eating in a restaurant. Like most European countries, they have excellent food labelling laws. I had good luck finding tasty gluten free breads, cookies, pasta, crackers and more. Similar to Canada, some grocery stores have a better selection than others. They also have stores that are similar to a Canadian pharmacy, but without medications. These are called "DM". They have lots of shelf stable gluten free options.

Gluten free beer does exist in Germany, but it does all seem to be gluten-removed rather than made from gluten-free grains. Celiac Canada does not recommend gluten-removed beer, but I did find a gf certified beer and I decided to try it. I tried it, and due to my gluten allergy I did have an allergic reaction (not serious). It was nice to try it, but in the future I'll wait until I get home to have a beer made from gf grains.



TIPS FOR TRAVELLING IN GERMANY

- ◆ Take a gluten free travel card to explain what you can and cannot eat. Ask the server to give it to the chef. There are several cards and apps available if you search for "gluten free travel card"
- ◆ Book an apartment hotel. I found several options that have fridges, stove and microwaves. It is usually easier to eat breakfast in your hotel. We also took along some lunches when we were visiting sites that were unlikely to have gluten free options.
- ◆ Do some research before you go. I had good luck entering in Zoliakie, glutenfrei, and then the city I was visiting. I found more local restaurant recommendations by search using German rather than English search terms. I made a "collection" on Yelp of all of the restaurant and grocery store recommendations that I found.
- ◆ The Frankfurt airport has few gluten free options. Be sure to bring some food to eat while waiting for your flight.

Restaurants to add to your list!

- ◆ Isabella Glutenfreie Patisserie – locations in Frankfurt and Munich. They have beautiful pastries as well as tasty bread.
- ◆ Lohninger Restaurant in Frankfurt – fine dining with a tasting menu option. The chef has Celiac and everything can be made gluten free.
- ◆ Pinsa si in Karlsruhe – gf pizza which is prepared in a separate area and cooked in a separate oven.
- ◆ Palmtree in Munich – dedicated gf restaurant that offers breakfast, lunch and dinner. We ate there four times!
- ◆ AERA Bread in Berlin – this dedicated bakery has delicious sourdough and some sweet treats as well. They make a delicious grilled cheese sandwich!
- ◆ Burgerie in Berlin – gluten free burgers and fries made in a gf fryer. They have a separate prep area.
- ◆ Schnitzerei Mitte in Berlin – be sure to book in advance at this popular restaurant. They have a gf schnitzel option.

Are you interested in learning more about traveling gluten free? Join us on Thursday, November 16 at **Globetrotting Gluten Free.**

The event features four panelists who have a special interest in different types of travel including Disney, Cruises, all-inclusive travel, several European countries, Japan, and North, Central and South America.



2023 ANNUAL GENERAL MEETING

November 15th, 2023 7pm



All are welcome to attend the Calgary Celiac Association, Annual General Meeting of Members. To be held Virtually via Zoom.

AGENDA:

1. Establish quorum
2. Opening Remarks & Introductions
3. Approval of Minutes from 2022
4. Year in Review
5. Election of Board Members



[REGISTER HERE](#)

REGISTRATION
WWW.CALGARYCELIAC.CA

AN INTERVIEW WITH SWEET RICE

BY J GODSMAN

Meet Naomi and Michael Nar, the owners of Sweet Rice. I recently had the chance to try some of their mochi donuts and what a treat! Naomi was kind enough to answer a few of my questions,

**What is Mochi?
pronounced MOE-chee**

Mochi is a Japanese dessert made of rice flour. The steamed rice is pounded into a paste and used to make desserts.



Why did you start a gluten-free donut shop?



Address: 4204—12 Street NE

Originally we didn't intend to be gluten free. Our product is made of 100% rice so it was a natural fit. The goal was to give people a little bite of happiness and have something they could share amongst friends & family. When we saw how important it was for our gluten free customers we decided that it was important to us to make something everyone could enjoy.

When did you start your business?

We started in October 2020, during the pandemic. We originally worked out of a shared kitchen and took pre-orders by direct message. We recently closed our business for some time while we found



the right dedicated facility to re-open. We both had corporate jobs when we started this venture. I have left mine to focus on Sweet Rice but my husband still has a full time job.

What are your goals for the future?

In the near term we hope to ramp up our hours to be open Thursday-Sunday and have people find our offerings in other locations. We would love to become a premier quick service outlet that is exclusively gluten free and introduce more savory items.

With the aim to be accessible we have dairy free options available and corn free by special request. It is really important for us to make a product that everyone can enjoy.

“We want to be the most delicious part of life’s sweetest moments.”

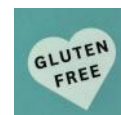
Contact information:

<https://www.instagram.com/sweetriceyc/>

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

For corporate and large event ordering, email:

feedme@sweetrice.ca



GLUTEN FREE MEDIA RELEASE

For all of our Calgary Celiac Community that is familiar with the Judy G products please see this acquisition notice!

Piccola Cucina Inc. Acquires Assets of Judy G Foods Inc. in a Strategic Move to Expand

Consumer Packaged Offerings to the Gluten Free & Allergen Sensitive Communities

Media Release

Winnipeg, Manitoba & Calgary, Alberta October 2, 2023 – In a remarkable display of entrepreneurship and commitment to health and wellness, Piccola Cucina Inc., a leading Woman-Owned and operated, Canadian manufacturer of certified gluten & dairy-free products is pleased to announce the acquisition of Judy G Foods Inc. a gluten free pizza and vegan dessert company. Production of all products will be in the Winnipeg location. Find out more here: www.piccolacucina.com

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Travelling on a gluten free diet can be challenging. Join our panel of experienced gluten free travelers as they share their tips and tricks for a variety of travel locations.

The event will take place at Asylum for Art's MOB Café. It is a dedicated gluten free restaurant. Gluten free, vegetarian charcuterie is included in the \$10 ticket price. You're also welcome to order, and pay for, any drinks you may wish to have.

We've received a donation of snackalicious snack bags for attendees from the Gluten Free Pantry. The bags will include some tasty gluten-free travel snacks from the store. Many thanks to Gluten-Free Pantry for this donation!

The speakers at the event include:

Marcia Bruce

Marcia is a research manager at the University of Calgary which gives her the opportunity (and challenge as a person with celiac disease) to travel to different cities across Canada and US frequently for work.

Marcia's husband also has celiac disease and their children follow a doctor ordered gluten free diet, so that means gluten free family vacations too! Her family loves cruises and Disney and they have frequented Disneyland and Disney World. Marcia's friends turn to her as a Disney expert to help plan their Disney vacations and she especially loves sharing gluten free dining tips and tricks with them.

As an active family with three kids on sports team, they also travel regularly for out of town tournaments which Marcia has learned to navigate as well.

The poster features the Celiac Calgary logo at the top left, with a stylized airplane icon. The main title 'Globetrotting gluten free' is written in a large, black, cursive font. Below the title, the event details are listed: 'PRESENTATION & PANEL DISCUSSION' and 'GLUTEN FREE SNACKS SERVED'. The location is 'ASYLUM FOR ART - MOB CAFE' and the date and time are 'NOVEMBER 16 AT 7 PM'. A yellow button contains the date and time. Below the button, it says 'FOR TICKETS OR MORE INFORMATION' and 'WWW.CALGARYCELIAC.CA'. The bottom of the poster is decorated with various travel-related icons like a camera, globe, suitcase, and passport.

Emily Halliday

Emily is the event coordinator for the Calgary Celiac Association as well as a long-time volunteer. Her daughter has Celiac disease, and Emily has a gluten allergy. They have been travelling gluten free for over 10 years.

Emily has travelled to many cities across North America as well as Germany, Spain, Portugal, Scotland, England and Belize over the last few years. She also likes to go to Mexican all-inclusives.

Lisa Park

As an avid traveler, Lisa was apprehensive about attempting travel with her two young boys and husband, who were all diagnosed with Celiac disease within a span of 3 years.

Through persistence, research and trial and error, they have been able to have several successful adventures in Mexico (all-inclusive and vacation rentals), the USA and Spain. Lisa will be discussing the intricacies of preparation, dealing with language barriers, and how to advocate for yourself as a Celiac traveler.

[GET TICKETS](#)

Jenna Wenkoff

Jenna Wenkoff is a communications specialist and writer with a passion for travel. Despite being diagnosed with Celiac Disease, she has explored destinations like Ireland, Mexico, Argentina, Japan, and various parts of Canada. Even though she is a 'Silent Celiac,' Jenna maintains a strict gluten-free diet even when travelling, underscoring her commitment to her well-being and love of adventure.

The restaurant will open for supper at 5:30 pm for anyone who is interested in having supper at the restaurant. They have a pre-order option as well. Here is the link:

<https://www.asylumforart.ca/mob/preordertak>



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VOLUNTEER CLASSIFIEDS

Can you Help?

Kids Meetup : Parent Volunteers

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? We are seeking parents that would be able to help organize a kids meetup event.

Do you have contacts at sports or arts organizations which may be able to host a Kids Meetup? You would work with our Events Coordinator to make your vision a reality.

Please contact Emily at 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 to find out more.

SERVUS CALGARY MARATHON: MAY 26TH



Calgary Celiac is an official charity of the Servus Calgary Marathon happening on May 26th, 2024. This marks the 60th year of this event in Calgary.

Choose any distance. Walk or Run, Virtual or In-Person. We would love to have you on our Calgary Celiac Team! Register by Jan.24/24 for the lowest prices.

We had such a great team last year and raised \$6,600 for our Charity. You will get some great swag from Calgary Celiac and our sponsors. Hope to see you there.

[REGISTRATION LINK](#)

CASINO DATES ANNOUNCED!

Gluten Free Oktoberfest was a roaring success. Huge thanks again to our event organizers. Don't look now, but here comes Christmas!!

GF Oktoberfest is one more example of the program activities that Fund Raising enables. Although the Chapter aims to break-even on events by charging admission, having a bank balance enables our board and organizing crew to plan without undue concern for the "what if's".

The next Calgary Celiac Casino will be in May 16/17, 2024.

These dates will arrive in the middle of our May Celiac Awareness Month and a great opportunity for you to lend a hand with our charity. We will need all hands on deck!

We will be at Cowboy's Casino this time just east of MacLeod Trail on 12th Ave (421 – 12 Ave. SE). It is central, easily accessible from Calgary Transit, and has a good volunteer room. There is free underground parking and there will be tons of Gluten Free food. For those not requiring GF there are complementary meals available at the onsite restaurant(s).

This time we will use the Signup Genius app to fill the schedule. It is straightforward to use, it will show you immediately what shifts are open, and confirm your choice(s) right away. We have the technology.

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 Education Programs, Kids Programs, Gourmet SAIT dinners, Family Christmas Party, Information nights, Gluten Free Oktoberfest, and the many other activities we provide to the Southern Alberta GF Community.

I look forward to seeing you there.

Thank you.

Ralph



FAMILY HOLIDAY PARTY NOVEMBER 29

Zoolights Family Holiday Party is back!

For the second time, Calgary Celiac is hosting a holiday party at the Calgary Zoo. Attendees can enjoy the beautiful Zoolights displays as well as warm up at a “come and go” party.

Calgary Celiac and McLeod Law have made generous financial contributions to the event to subsidize the ticket price.

We’ve also received gluten free treats for the gift bags thanks to Community Natural Foods and Cut Cooking. Thank you to all of the sponsors for making this event more accessible!

Events are a team effort! We couldn’t have these events without volunteers. Would you like to volunteer at this event? Please contact events@calgaryceliac.ca to volunteer.



The event takes place on Wednesday, November 29 from 5 to 9 p.m. Tickets are \$15 per person and include entry to Zoolights, a party with light food and drink and a gift bag for each household.



[GETTICKETS](https://www.calgaryceliac.ca)



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NEWS FROM NATIONAL: CELIAC CANADA

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. (times MST)

10:00 -10:10 pm Opening Remarks and Prizes

10:10-10:55 pm Highlights from the State of Celiac Survey and Q&A

11:05-12:00 pm What's new: An update on diagnosis and treatment of celiac disease and Q&A

12:10-12:50 pm ASK Study – Pediatric and Q&A

1:00-1:45 pm Neurological manifestations of celiac disease and Q&A

1:55-2:35 pm Living Gluten Free: Managing Symptoms, gluten sensitivity, and FODMAP and Q&A

2:35-2:45 pm Closing Remarks



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Hello, my name is Marney Yip. I am the Customer Engagement Supervisor at Community Natural Foods 10th Ave store.

I'm an advocate and CNF champion for all things gluten-free, and I love this time of year!!!! The leaves are falling and it's getting a bit chilly out. It's a great time for baking and making good hearty meals. I just love talking about holiday baking. I remember the first year that I was diagnosed with Celiac (33 years ago). I was home one Sunday evening, the kids in bed, and my husband at hockey. I had my one gluten-free shortbread recipe that was given to me by a member of the Celiac Association. I was baking well into the evening, and there was a knock on the door. A volunteer from the Celiac Association delivered a box full of GF goodies just for me! I remembered how special I felt, and I believe that is why I love helping people navigate the gluten-free diet - especially holiday baking.

It can be a little scary this time of year with holiday parties and get-togethers. Just remember if you're not sure if there will be gluten-free options, to take your own or offer to bring something. One of my favourite savoury tarts is a recipe I got from a cousin and all I did was use a GF blend. You can make the crust ahead of time and it freezes well.

Community Natural Foods has great items to add to your GF nuts and bolts and nut mixes - even GF dry-roasted peanuts. Any time you need help with holiday baking, entertainment tips or just GF meals - come see me at the 10th Ave store on Sundays and Mondays from 10 to 4:30. You can even make an appointment at Marney@mycnf.com for a private shopping tour!

Happy cooking & happy holidays!

Here's a delicious dish that suits any event.



Fontina & Tomato Tart

Light and simple, it's ideal for brunch, lunch or as a dinner party appetizer.

Pastry Ingredients:

- 1 cup (250ml) unsalted Normandy-style cultured butter
- 4 oz (125g) Winnipeg old-fashioned cream cheese
- 1 tsp (5ml) salt
- 1 tsp (5ml) fresh or dried thyme
- 2 cups (500ml) Bob's Red Mill one-to-one GF flour
- ¼ cup (5ml) ice-cold water

Topping Ingredients:

- 3 tbsp (45ml) Dijon mustard
- 6 ripe tomatoes, thinly sliced
- 3 cups (or 175g) coarsely grated Fontina or Asiago Springbank cheese
- 3 tbsp (45ml) finely shredded fresh basil leaves
- Coarse salt to taste
- Freshly ground pepper

Method:

To make pastry, combine flour, salt & thyme in a large bowl. With a pastry blender or two knives, cut in butter and cheese until mixture resembles peas.

Add cold water and mix until dough forms a ball. Roll dough and put in a 16 x 12-inch (40x30cm) cookie sheet. Freeze tart shell until ready to use.

To make the tart, preheat the oven to 400 F (200 C). Bake the frozen tart for 20-25 minutes or until the shell is golden brown and cooked through. If shell bubbles during cooking, poke bubbles down with the tip of a knife.

Remove from oven and let cool. Leave oven on and slice tomatoes.

Brush tart shell with Dijon mustard. Arrange tomato slices on tart shell in a single layer. Sprinkle with grated cheese and shredded basil. Drizzle olive oil and season with coarse salt and pepper.

Bake for 20 minutes or until the cheese melts. Cut into pieces. Serve warm or at room temperature.





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FOR MORE INFORMATION & ONLINE BAKING DEMOS

SCAN

Avatara Restaurants

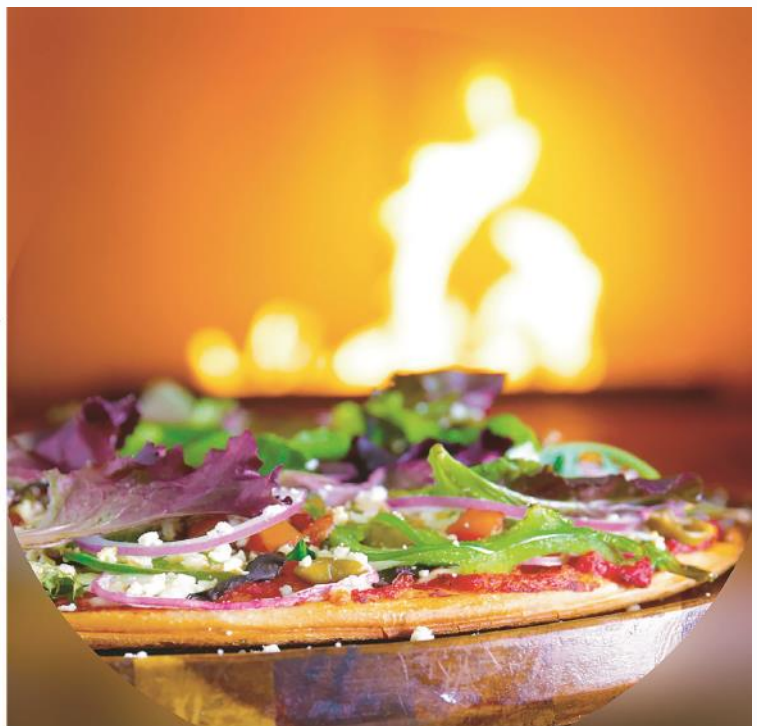
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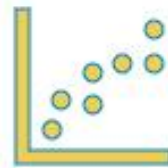


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RESEARCH ROUND-UP

American College of Gastroenterology Conference 2023

James King, MSc

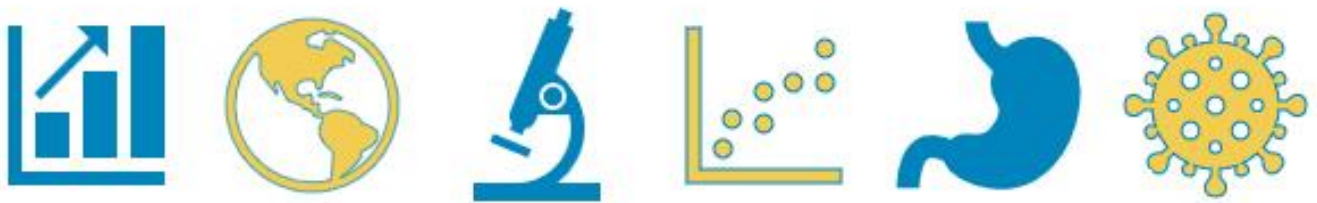
I recently attended the American College of Gastroenterology that took place in Vancouver last month. This conference largely has a clinical focus, and as the name implies, primarily includes American-based research. There were several interesting posters and presentations on some of the latest research on celiac disease.

Women's Health Disorders

One of the most interesting presentations I attended was a study from researchers at the Cleveland Clinic that analyzed female-specific health disorders among those with celiac disease.¹ A little over 9000 women with celiac disease were compared to a control population without celiac disease, and identified an increased risk for several health outcomes. Among women with celiac disease compared to those without, primary ovarian failure was estimated to be about 6 times more common; ovarian dysfunction and polycystic ovary syndrome 3 times more common; irregular menstruation and painful menstrual cycles approximately 2 and a half times more common; and absent/rare menstruation and recurrent pregnancy loss about 2 times more common. Other adverse outcomes associated included menopausal/perimenopausal disorder, endometriosis, and infertility. Some of these conditions have been identified in previous research, therefore bringing further evidence of such risks in a new population studied. With celiac disease diagnosed much more frequently in females compared to males, these findings further emphasize the importance of clinician and healthcare provider awareness around these associated conditions. The authors of this research note the importance of this to a) potentially screen for celiac disease among women who have these conditions and b) assess for these outcomes among women already diagnosed with celiac disease during regular follow-up.

Artificial Intelligence

There have been pop culture references to several different forms of artificial intelligence for several decades now, but this concept has recently come to the forefront of our everyday reality – major strikes in the entertainment industry have involved issues around using artificial intelligence to write stories (and thereby replacing many workers), music has been developed using such techniques, and the continuous work around creating self-driving cars are just some examples of how this phenomenon is going to be something to navigate for years to come.



But how can artificial intelligence potentially relate to celiac disease or the gluten-free diet? The research group from Cleveland Clinic also investigated some of the online tools using artificial intelligence, namely Google's Bard, OpenAI's ChatGPT (Chat Generative Pre-trained Transformer), and Microsoft's Bing Chat.² One of the studies aimed to understand the accuracy of information on celiac disease from several questions. Overall, these tools produced mostly accurate information, although it was often briefly stated and did not always provide references for the claims. The most concerning answer came from ChatGPT with a response that stated: "if you have a child with celiac disease, it is recommended to introduce gluten-containing foods into their diet gradually." The authors provide a cautionary warning that artificial intelligence does not yet appear to be at a stage for a reliable source of information on celiac disease for those with celiac disease (or caregivers for someone else with celiac disease).

Perhaps more frequently searched on the web for those with celiac disease is information on the gluten-free diet, including recipes, product information, and how to read ingredient labels and avoid challenges like cross-contamination. The research group also explored if ChatGPT could produce a 1-week meal plan for someone with celiac disease.³ The tool was able to produce a plan within seconds and did not contain any items with gluten in the list (a total of 75 items generated). Moreover, the plan was deemed to be reasonably balanced and nutritious. However, there were some errors related to some ingredients not being listed in a required dish (e.g., no mozzarella cheese being included for caprese salad) and an overall cost was not provided for the plan. Further detail was also absent in many instances, with no recipes, products, or brands recommended for the various items, nor were there personalized options or cultural-specific dishes. While this could offer some utility in the future, the authors concluded this resource is unlikely to replace the knowledge and expertise of a dietitian.

These preliminary findings from the various studies mentioned were of major importance as women's health is often understudied in epidemiological research, and the novelty of artificial intelligence in treating celiac disease identifies an area of inquiry that is only just beginning. Further research roundups will aim to keep such pertinent topics in discussion and follow-up on the full publication of these studies.

References

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Disclaimer: I report on evidence from various peer-reviewed studies on celiac disease. However, in these reports I also take this evidence into forming my own considerations on how to interpret these findings. These views are informed by my perspective as epidemiological researcher, my interactions with those in the celiac disease community, and as a celiac disease patient in the healthcare system. I do not have medical training and therefore can not make clinical recommendations for individual health concerns.

Contact: If you have any comments, questions, or general feedback about this article, or would like to see certain research topics discussed, please contact me at jamking@ucalgary.ca.



WESCANA FOODS

CREATING EXCEPTIONAL FOODS



Quick Oats



Rolled Oats



Steelcut Oats



Your New Favorite Quick Oats Oatmeal

- 1 cup water or milk of your choice
- Pinch of salt
- ½ cup Wescana Foods Quick Oats
- 2 tablespoons milk of choice
- 1 to 2 teaspoons honey, cane sugar or brown sugar for serving
- Pinch of cinnamon
- Combine water (or milk) and salt in a small saucepan. Bring to a boil. Stir in oats and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand for 2 to 3 minutes.
- Top with milk, sweetener, cinnamon, dried fruits or nuts, if desired.

RESEARCH PARTICIPATION:

VERSION 2. SEP 15, 2023. PRO00126345.

Are you the parent or caregiver of a child or youth who has been diagnosed with Celiac Disease and is on the gluten-free diet?

A research team led by Diana Mager PhD RD at the University of Alberta is conducting an **ONLINE SURVEY** to assess the potential impact of COVID-19 on Household food insecurity and adherence to the gluten-free diet.

[Impact of COVID-19 on food insecurity, diet quality and adherence to the GFD in youth with Celiac \(Pro00126345\) \(ualberta.ca\)](https://www.ualberta.ca/pro00126345)

- Currently seeking **parents of children and youth (2-18 years) with Celiac Disease who are on gluten-free diet.**
- Minimum age to complete the survey is **12 years.**
- If you are interested in this study, please **scan the QR code or follow the link above.**
- The survey will take about **15-20 minutes** to complete.



CONQuER

Celiac disease Outcomes in Nutrition,
Quality of life, and Emerging Research.



Any questions, please contact Nicole Wang at xw6@ualberta.ca, or Rita Jiang at zhiqian3@ualberta.ca, or Dr. Diana Mager at mager@ualberta.ca



Cheddar and Potato Pierogi

Boiled & lightly fried in butter, perfect for quick meals and celebration dinners. Recipe created by Chef Lori Grein



Ingredients

Dough

3 large eggs (168 g)
 ¾ cup vegetable oil (115 g)
 2 tsp salt (10 g)
 3½ cups mashed potatoes (945 g)
 3½ cups **Kinnikinnick All Purpose Flour Blend** (690 g)
 Additional: **Kinnikinnick All Purpose Flour Blend** for working off dough

Filling

4 cups mashed potatoes (1080 g)
 600 g old cheddar cheese - grated
 1 tsp salt (5 g)
 2 tsp black pepper (4 g)
 ⅓ cup sour cream (70 g)

Optional

Butter, margarine or olive oil for frying
 Serve with sour cream, fried onions and bacon bits.

Directions

Potatoes

Peel and chop 4.5 pounds (2025 g) potatoes. Boil until soft. Drain and mash until fluffy. Set aside 3½ cups mashed potatoes for dough and 4 cups mashed potatoes for filling. Let cool.

Dough

In a large bowl mix eggs, oil and salt with an electric mixer. Add 3½ cups cooled mashed potatoes. Mix with an electric mixer. Slowly work in 3½ cups **Kinnikinnick All Purpose Flour Blend** with your hands. Continue to knead **Kinnikinnick All Purpose Flour Blend** in with your hands until you have a smooth dough (dough will be slightly sticky). Cover and let dough rest on counter for 20 minutes.

Cheddar Filling

In a large bowl mix 4 cups cooled mashed potatoes, cheddar cheese, salt, pepper and sour cream with an electric mixer. Mix until smooth. Time saver: divide filling into portions and set aside on a cookie sheet with layers of parchment between.

Assembly

Working with a portion of dough at a time, roll out dough to a thickness of ¼" thick. Use a piece of parchment paper and additional **Kinnikinnick All Purpose Flour Blend** (sparingly) to help roll out dough.

Cut rolled out dough into 2½" - 3" circles using a cutter or drinking glass. Working with one cut out piece of dough in your hand at a time, place a portion of filling in the centre and fold dough in half. Pinch along dough edges to seal. If the dough cracks, use the heat from your fingers to push the dough back together, don't worry about small cracks. Place Cheddar Pierogi on a baking tray with layers of parchment between (no more than 2 layers). Repeat with remaining dough. Freeze on baking trays until Cheddar Pierogi are completely frozen.

Remove from baking trays and freeze in freezer bags until ready to use.

Yields: 150 Cheddar Pierogi

Cooking

Boil water in a large pot. Add frozen Cheddar Pierogi to boiled water (don't overcrowd pot). Bring Cheddar Pierogi back to a boil. Continue to boil for 2 minutes (Cheddar Pierogi will float to top). Remove from water and pan fry in butter, margarine or olive oil (approx. 3 - 5 minutes per side). Serve warm with optional sour cream, fried onion and bacon bits.

Tips & Variations

Russet, red or yellow potatoes work best.

We used a #100 scoop for filling portions.

Scoping filling ahead of time makes it easier when working off dough and will save you time.

Gluten Free Nuts & Bolts



- 3 cups **Rice Chex**
- 3 cups **Corn Chex**
- 3 cups **Gluten-Free O's Cereal**
- 1 cup **Gluten Free Peanuts (or Mixed Nuts)**
- ½ cup **Vegan Butter** (or salted butter)
- ¼ cup **Gluten-Free Worcestershire Sauce**
- 1 cup **Gluten-Free Pretzels**
- 1 tablespoon **Salt**
- 1 teaspoon **Seasoned Salt**
- ¾ teaspoon **Paprika**
- ¾ teaspoon **Garlic Powder**
- ½ teaspoon **Onion Powder**
- ¼ teaspoon **Sugar**

DIRECTIONS

1. Preheat oven to 250 degrees. Combine ingredients for Homemade Seasoned Salt in small bowl then set aside.
2. Add Rice Chex, Corn Chex, O's cereal, and peanuts to a very large mixing bowl then set aside.
3. Add butter to a medium sized bowl then microwave until melted, 50-60 seconds. Add worcestershire sauce plus seasonings and stir to combine. Pour butter mixture over cereal mixture then stir with a spatula to coat. Pour into an 11x17" or larger baking dish then bake for 45 minutes to 1 hour, stirring every 15 minutes, or until cereal is golden brown.
4. Stir in pretzels then cool and serve.

Note: You can substitute GF Corn Chips for the Corn Chex.

Grandma Edward's Christmas Stollen



- ½ cup raisins
- ½ cup currants
- ½ cup candied orange peel
- ¼ cup dark rum
- 2 ½ cups gf flour blend, if your recipe doesn't contain Xanthan Gum, you will need to add it
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon mace
- ¼ teaspoon cardamom
- A few gratings of nutmeg
- ¾ cups of slivered, toasted almonds ground finely in food processor
- ½ cup butter
- ¾ cup sugar
- 1 cup full-fat cottage cheese or ricotta
- 1 egg
- ½ teaspoon vanilla
- 2 tablespoons dark rum

1. Soak currants and raisins in rum for about a week until the rum becomes syrupy.
2. Cream butter and sugar. Add egg and cottage cheese (or ricotta) and blend until smooth.
3. Mix remaining ingredients and then add liquid.
4. Knead gently until mixed, adding more flour if necessary.
5. Form dough into a flat circle about 1 inch thick. Brush lightly with water and fold in half.
6. Bake at 350 F for about an hour until the internal temperature is 170-180 F. For two small loaves, 35-40 minutes on 350 F.
7. Once cool, brush with melted butter and sprinkle with icing sugar.

Note: Makes one large loaf or two small ones. Doubling the recipe makes three nice sized ones.

Happy Holidays!

Christmas Pudding

Long standing Christmas Tradition, Christmas Pudding served warm, and flambé at the table with brandy. Recipe created by Chef Lori Grein



Ingredients

1 cup dried or fresh figs - chopped (140 g)
1 cup candied mixed fruit peel (202 g)
1 cup golden raisins (154 g)
1 cup currants (140 g)
2 apples - cored/peeled/diced (320 g)
1 large navel orange - zested/juiced (8 g/100 g)
1 large lemon - zested/juiced (7 g/44 g)
¼ cup brandy (45 g)
½ cup **Kinnikinnick All Purpose Flour Blend** (98 g)
1 tsp baking powder (5 g)
1 tsp salt (5 g)
½ tsp baking soda (3 g)
1 tsp allspice (2 g)
1½ tsp cinnamon (5 g)
1 cup beef suet (104 g)
¾ cup dark brown sugar (125 g)
1 cup **Kinnikinnick Panko Bread Crumbs** (130 g)
2 large eggs (112 g)
2 tbsp butter (30 g)

Directions

Marinated Fruit (overnight)

In a large bowl combine candied fruit, fresh fruit, lemon and orange zest and juice. Add ¼ cup brandy and mix together. Cover with plastic wrap and store in the refrigerator overnight.

Christmas Pudding

Combine **Kinnikinnick All Purpose Flour Blend**, baking powder, salt, baking soda, allspice and cinnamon in mixing bowl. Mix until combined. Add beef suet, brown sugar and **Kinnikinnick Panko Bread Crumbs**. Mix until combined. Add eggs one at a time and mix until combined. Add marinated fruit and mix until combined.

Cooking

Generously grease a pudding bowl with butter (heat proof medium size deep ceramic bowl).

Fill with Christmas Pudding and press contents slightly to make a smooth top and ensure there are no gaps.

Cover top of bowl with a piece of parchment. Wrap bowl tightly with tin foil. Secure in place with kitchen twine and tie at top of bowl creating a handle. Place Christmas Pudding bowl in a large pot. Fill with water just below top of Christmas Pudding bowl. Cover with a lid. Cook on medium heat for 10 minutes. Reduce heat to low and steam in water bath for 7 hours. Check water during cooking process. Top up if needed.

Carefully remove Christmas Pudding bowl from water using the aid of your kitchen twine handle.

Remove twine, foil and parchment paper. Let cool slightly. Invert bowl on a plate. Remove bowl and finish cooling Christmas Pudding. Wrap cooled Christmas Pudding tightly with parchment, tin foil and a plastic bag. Store until Christmas Eve/Day in a cool area. You can store in the freezer if you live in a humid area.

Finish Christmas Pudding

Generously butter Christmas Pudding Bowl (same bowl you used to make it). Unwrap Christmas pudding (if frozen, thaw the day before). Place cooked Christmas Pudding on a plate. Place buttered bowl on top of Christmas pudding and flip back into buttered bowl (same way it came out, smaller side in the bottom of the bowl). Cover top of bowl with a piece of parchment. Wrap bowl tightly with tin foil. Secure in place with kitchen twine and tie at top of bowl creating a handle. Place Christmas Pudding bowl in a large pot. Fill with water (just below top of Christmas Pudding bowl). Cover with a lid. Cook on medium heat for 10 minutes. Reduce heat to low and steam in water bath for 1 hour prior to serving. Carefully remove Christmas Pudding bowl from water using the aid of your kitchen twine handle. Remove twine, foil and parchment paper. Let cool slightly. Invert bowl on serving plate. Remove bowl. Place an optional piece of holly on top of Christmas Pudding.

Optional: Flambé with brandy prior to serving. Heat ¼ cup brandy on the stove. Place heated brandy into a metal ladle. Light brandy in ladle and carefully pour over the top of Christmas Pudding (brandy will burn a beautiful blue colour on the top of Christmas Pudding and go out by itself). Serve Christmas Pudding warm with optional Vanilla Custard or fresh cream.

Tips & Variations

- Shelf Stable: Tightly wrap Christmas Pudding with parchment paper, tin foil and place in a freezer bag to prevent drying out. Christmas Pudding will last for about 1 month at normal room temperature.
- Freezer: Tightly wrap Christmas Pudding with parchment paper, tin foil and place in a freezer bag to prevent drying out. Christmas Pudding will maintain best quality for about 12 months.

