

WINTER 2026

Vol. 01



NEWSLETTER



**SNACKING ON THE SLOPES
WITH MALAK**

HOLIDAY PARTY RECAP

**2026 SERVUS CHARITY
CHALLENGE**

2026-2029 STRATEGIC PLAN

**BETHANY'S GLUTEN-FREE MOUNTAIN
HIKING & FUEL GUIDE**



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The Calgary Celiac Association serves our local community through programs of awareness, advocacy, community events, education and research. We are a chapter of Celiac Canada.

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CONNECT WITH US

OFFICE HOURS

Tues and Thurs
10:00 AM - 3:00 PM

Visitors by
appointment only.

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OUR TEAM

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Lisa Cerato
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Treasurer

Brooke Barrett

Secretary

Daphne Nakhid

Vice President

Bethany Saunders

Directors at Large

Kristin Stringer
Dana Hagg
Bob MacEwan
Sonya Hope
Janice Taylor
James Gaby

Charity Administrator

Dee Murphy

Event Coordinator

Mainey Cookson

Bookkeeper

Courtney Brown

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MESSAGE FROM OUR PRESIDENT



Lisa Cerato

As we begin a new year, I want to extend my sincere thanks for your ongoing support of the Calgary Celiac Association. Your engagement, whether through volunteering, attending events, or sharing your experiences, continues to strengthen and sustain our community.

I'm thrilled to share that our recent Holiday ZooLights event and Casino fundraiser were both great successes. These efforts directly support our programs, education, advocacy, and family-focused events throughout the year. Thank you to everyone who contributed their time, energy, and enthusiasm to make these initiatives possible.

We also appreciate your patience as we completed the analysis of our 2025 Community Survey. Your feedback was essential in shaping our direction and directly informed the development of our new 2026-2029 Strategic Plan. You'll find a summary of both in this newsletter, along with a link to the full strategic plan on our website. As a volunteer-driven organization, our ability to achieve our vision **"Improving quality of life for all people living gluten free"** depends on strong volunteer recruitment and retention. If you've been thinking about getting involved, now is a wonderful time. Your skills and passion truly make a meaningful impact.

I'm also excited to share two important leadership updates. **The Board of Directors has appointed Bethany Saunders to the role of Vice President.** Bethany has demonstrated outstanding leadership through her work chairing the CCA Education Committee and her advocacy efforts to strengthen connections with the medical community. We are grateful for her continued commitment and look forward to the impact she will have in this new role.

In addition, I want to share that I will be stepping down from my role as President this summer. It has been an honour to serve this organization and community, and I remain deeply proud of the work we've accomplished together. **The Board will be recruiting a new President to lead the Calgary Celiac Association into its next chapter.** We will be sharing more information about this opportunity soon and encourage those with an interest in community leadership, governance, and advocacy to consider applying.

Looking ahead, **registration is now open for the Calgary Marathon, and the CCA will once again participate in the Charity Challenge.** It's a fantastic opportunity to enjoy outdoor fitness while fundraising for a great cause, we hope you'll join our team!

Thank you again for being part of this community. Wishing you good health and great weather ahead. Be sure to stay connected through our website and social media and **keep an eye out for our May is Celiac Awareness Month campaign**, there are lots of exciting things coming.

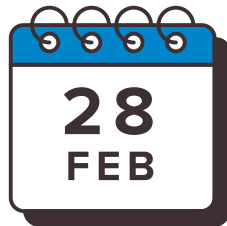
Lisa

UPCOMING EVENTS



KIDS MEETUP

10:00 AM - 3:00 PM
Telus Spark



GF MARKET: FROST EDITION

10:00 AM - 3:00 PM
Marda Loop Community Hall



CELIAC 101

7:00 - 8:30 PM



GROCERY STORE TOUR

7:00 - 9:00 PM
Community Natural Foods - Seton



GF EXPO

10:00 AM - 3:00 PM
Hall D - BMO Centre



SENIORS EXPO

9:00 AM - 3:00 PM
Kerby Centre



CALGARY MARATHON

Downtown Calgary
Online

To stay up-to-date on CCA events, check our website, sign up for our email updates, or follow us on social media @calgaryceliac.



FAMILY HOLIDAY PARTY HIGHLIGHTS



By Mainey Cookson - Event Coordinator

Back in December, we hosted our Family Holiday Party, and as my first organized event for the Calgary Celiac Association, I was so pleased with how it came together.

We had a great turnout and introduced two meal sittings this year, which worked really well for families. Everything offered was 100% gluten free and safe, allowing everyone to relax and enjoy the day.



My favourite part was spending time with the kids. I offered small prizes for jokes and riddles, and once it got going, the laughter did not stop.

.It was heartwarming to see the joy and confidence the kids experienced in a space created just for them.

While we do charge a small fee to attend, please know this event is not a fundraiser and is made possible through the generosity of our members and donors.

Your support allows us to create safe and meaningful community events.

A big thank you to our volunteers and to every family who attended and supported the event. We truly could not do this without you.



HERE ARE A FEW PHOTOS FROM THE DAY.
THE SMILES SAY IT ALL 🧡

STEPS TOWARD SUPPORT:

MILES WITH MEANING | CALGARY MARATHON 2026



We're proud to be participating in the Calgary Marathon as part of the **Charity Challenge** in support of the Calgary Celiac Association. Participants can choose between the in-person race weekend on May 23 & 24 or the virtual race experience running from May 25 to June 21.

Choose your distance and take part your way:

Saturday Events: 5 km, 10 km, Kids Race, Diaper Dash

Sunday Events: 21.1 km (1/2 Marathon), 42.2 km (Marathon)

When you participate in this iconic Calgary event, you're doing more than crossing a finish line, you're helping raise awareness and funds for individuals and families affected by celiac disease and gluten-related disorders. All donations in support of our team are made directly through our official [▶Charity Challenge profile page◀](#), ensuring your contribution makes an immediate impact.

[REGISTER HERE](#)





ENHANCING SUPPORT FOR SENIORS WITH CELIAC DISEASE IN CALGARY

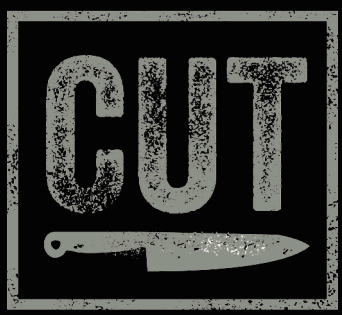
A Calgary Celiac Association Initiative

SENIORS' EXPO 2026
COME AND VISIT OUR BOOTH AT THE KERBY CENTRE
SATURDAY APRIL 25TH, 9AM - 3PM
FREE ADMISSION - FREE PARKING
www.calgaryceliac.ca

Many Calgary seniors living with celiac disease face challenges accessing current information, using digital tools, and navigating care or housing options. The Calgary Celiac Association aims to strengthen support through community engagement, education, and partnerships—helping seniors age safely at home or in supported living.



gluten free goodness at
cutcooking.com



COOKING INC

Snacking on the slopes with Malak

By Malak Abraham - Education committee



I've been skiing since I was a kid. I was born in Edmonton and learned to ski at Rabbit Hill, then skied my first mountain at Marmot in Jasper. Since then, I've skied resorts like Revelstoke, Fernie, Panorama, Sunshine, Lake Louise, Whitefish, Sun Peaks, and Whitewater. I also volunteer with Backside Tours as a trip expert and love getting groups out to the mountains. About a year ago, I was diagnosed with celiac disease,

which changed my relationship with food in a world not designed for celiacs. Food became less accessible and required more upfront planning, especially with ADHD making grocery shopping and meal prep more challenging. As a young engineer working downtown Calgary, I value low-effort, no-cook food I can look forward to while skiing. Meal planning takes effort, but it gives me more time on the hill and less time waiting in cafeterias or restaurants, although on-hill options can sometimes work if you plan ahead and make reservations.

Packing Tips:

- **Confirm hotel amenities:** Call ahead to make sure you'll have access to a microwave and mini fridge.
- **Keep prep minimal:** Plan meals that require little to no prep and can be microwaved.
- **Pre-portion meals:** Pack grab-and-go breakfasts and lunches to save time in the mornings.
- **Pack a day bag:** Bring a small backpack with food so you can eat anywhere on the hill when you get hungry.
- **Protect your sandwich:** Pack sandwiches in a ziplock inside a takeaway container, with veggies to prevent sogginess and squishing.
- **Pack smart:** Use lightweight takeaway containers; they're backpack-friendly and safer if you fall.
- **Utensils & extras:** Pack a spoon, fork, knife, and a paper towel; a plate (if available) is helpful for reheating.
- **Electrolytes:** Bring Gatorade or single-serve electrolyte packets from home to save money on-hill.
- **Hot food option:** Bring a thermos and stash a food pack at the base of the hill to keep meals warm

Breakfast

- **Veggies Made Great frittata egg bites:** microwaveable for extra protein
- **O'Doughs Double chocolate muffins:** pair well with fresh fruit (Strawberries/blueberries etc.)
- **Premade Protein shakes:** A great option for on the go breakfast

Lunch on the Hill:

- **Go-to sandwich:** Turkey, cheddar, and grainy mustard on gluten-free toast
 - Promise bread (widely available at most grocery stores)
 - Turkey slices + cheddar
 - Grainy mustard
- **Easy protein:** Protein bars are always a solid option (e.g., RXBAR)
- **Snack add-ons:** Carrots, snap peas, and mini Dairy Milk bars.
- **High-calorie snacks:** Peanuts are filling and delicious (e.g., kettle-cooked lime & chili peanuts).
- **Treat yourself:** I pack one bag of chips per day.

Dinner:

- **Microwave-friendly meals**
 - Amy's Kitchen Gluten-Free Non-Dairy Burrito
 - Amy's Kitchen Rice Mac & Cheese
 - Food Earth Organic Ready-to-Eat Chickpea Curry with Rice
 - Food Earth Organic Ready-to-Eat Vegetable Biryani
- **No-heat / cold dinners**
 - Charcuterie-style plate: cheese, rice crackers (Good Thins, etc.), grapes
 - Apple slices with peanut butter
- **Add-ons & treats**
 - Popcorn
 - Gluten-free Oreos or Kinnikinnick chocolate biscuits

If you're staying in a ski town, a little research goes a long way! Use apps like Find Me GF, call restaurants ahead to ask about kitchen practices and cross-contamination, and choose spots with lots of gluten-free options; everyone's comfort level is different, but planning ahead makes multi-day ski trips feel safer, smoother, and sometimes even ends with a well-earned gluten-free poutine.



GREY FOX BREWING

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LEARN MORE AT GLUTENFREEFOODPROGRAM.COM

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@GREYFOXBREWING | GREYFOXBREWING.COM

UNCOMPROMISED
CRAFTSMANSHIP

Several stylized white snowflake graphics are scattered across the top half of the page, adding a winter theme to the design.

GLUTEN FREE MARKET

FROST EDITION

SATURDAY February 28th, 2026 10-3
Marda Loop Community Hall
3130 16 St SW Calgary T2T 4G7

RSVP
ON EVENTBRITE

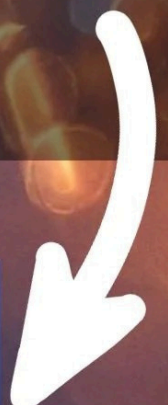
BRING A DONATION

The LOKAL. logo is presented in white, uppercase letters on a solid red rectangular background.

LOKAL.

The CALGARY FOOD BANK logo is presented in white, uppercase letters on a solid blue rectangular background.

CALGARY
FOOD
BANK



BETHANY'S GLUTEN-FREE MOUNTAIN HIKING & FUEL GUIDE

By Bethany Saunders - Education committee

Bethany was diagnosed with celiac disease at the age of 14. Over the years, she has learned the importance of preparation for any form of exercise, especially when heading into new or unfamiliar environments. Living with celiac disease has required her to be proactive about food safety, nutrition, and cross-contamination, particularly when spending long periods outdoors.

Bethany is highly active and frequently cycles, hikes, and goes on long walks in the mountains. Through experience, she has developed reliable routines that allow her to stay energized, safe, and confident while enjoying time outside.



FOOD & FUEL PLAN FOR MOUNTAIN HIKING

BREAKFAST (AT HOME)

Starting with a balanced, protein-rich breakfast helps support sustained energy during hikes.

- **Chia seed pudding** (Chia seeds, Yogurt or milk of choice, Mixed berries, Nuts or nut butter for added protein and healthy fats)
- **Greek yogurt bowl** (Full-fat Greek yogurt, Gluten-free granola, Seeds (pumpkin, hemp, or flax), Fresh or frozen fruit)
- **Gluten-free oatmeal** (Certified gluten-free oats, Nut butter, Banana or apple slices, Cinnamon and chia or hemp seeds for extra staying power)
- **Smoothie** (Protein powder (certified gluten free), Greek yogurt, Frozen fruit, Spinach, Nut butter or seeds)



- **Egg-based options**
 - Scrambled or hard-boiled eggs
 - Omelette with vegetables and cheese
 - Egg sandwich with gluten free english muffins, bread or buns
- **Gluten-free toast**
 - Avocado and eggs
 - Nut butter and banana
- **Coffee with cream**

SNACKS FOR THE ROAD

Quick, easy, and clearly labelled gluten-free options.

- Alani Protein Drinks
- Protein shakes
- KIND Bars
- Cut up fruits or veggies

LUNCH/DINNER (WHILE ON THE MOUNTAIN)

Choose portable, lightweight foods that are easy to eat on the trail and provide steady energy throughout the day. When possible, aim for higher-protein options to help keep you full and fueled longer.

- **Gluten-free wraps and sandwiches** fill them with chicken, tuna, or egg salad for a protein boost. I find coleslaw adds a nice crunch.
- **Soup in a Thermos** is another great option, especially on colder days. Homemade soups are simple to prepare and can be packed with nutrient-dense ingredients tailored to your tastes.
- **Adult Lunchable** create your own! Many salami, pepperoni, and beef sticks are gluten free; pair them with your favourite cheese, fruit, nuts, pickles and gluten free crackers for an easy, balanced meal on the go.

Snacks to add depending on the length of the hike, the elevation and weather:

- Popcorn
- Clementines
- Mixed nuts and dates
- Cheese
- Nut butter squeeze packs
- Gluten-free granola bites
- Gluten Free Rice cakes
- Dark chocolate
- Hard boiled eggs (these can be picked up at my gas stations in an emergency!)

I always pack an extra snack beyond what I think I will need, especially in colder or higher-elevation conditions. I always keep an extra protein drink in my bag.



HYDRATION & ELECTROLYTES

Hydration is critical in the mountains, where altitude, cold, and exertion can increase dehydration risk.

- Water (more than expected for the hike length)
- Electrolyte packets or tablets labeled certified gluten-free (I like LMNT)
- Thermos with hot coffee, tea, or broth (optional for cold weather hikes)

ANTI-CROSS-CONTAMINATION KIT

I keep this in my car in case I ever need to stay overnight. Believe it or not, it's incredibly helpful during snowstorms or for unexpected, spontaneous stays. This kit is essential and often what separates a fun trip from a ruined one.

- Dedicated sponge (brand new)
- Aluminum foil (used as a barrier for grills or shared surfaces)
- Paper towels or wipes
- Zip-top bags (double-bag gluten-free food)
- Disposable plates and cutlery (gold standard for safety)
- Personal cutting board and knife
- Permanent marker (to label everything gluten-free)

A small mini version of this kit (wipes, sanitizer, foil square, zip-top bag) is always carried in my hiking pack.

Living with celiac disease doesn't mean you limit adventure; it simply means preparation. With thoughtful planning, reliable fuel, and careful cross-contamination practices, the mountains remain a place of freedom, strength, and confidence.





2nd Annual

**GLUTEN
FREE
EXPO**

**April 19, 2026
BMO Centreat
Stampede Park**

**GLUTEN
FREE
EXPO**

by **LOKAL.**

**Get your tickets at
GFEXPO.CA**



MEMBER DISCOUNT PROGRAM

Calgary Celiac members are eligible for discounts at select local gluten-free businesses. Discount details and codes will be emailed with your membership card upon purchase.

Please present your digital or printed membership card at the following participating businesses.

Alkeme - 15% off online purchases

Mini Viet - 10% off

Arepa Boss -10% off

Miss P's Gluten Free - 10% off

Arepas Ranch - 10% off

Misoan - 10% off pre-orders

Avatara Pizza - 12% off
*offer valid on pick up orders only

SunnyCider - 40% in-house cider

Delissitude - 10% Off

Sunnyside Natural Market -5% off

Heaven Restaurant and Market - 10% off

The Village Flatbread Co. - 10% off

Hornby Organic - 10% online purchasing

The Salt Cellar - 15% online purchasing

M&M Food Market Marlborough - 15% off regular priced items

M&M Food Market Airdrie- 10% off

Tre Vietnamese 10% off

Velmira Delights - 20% off + Free Calgary Delivery

For more information and to purchase your membership [Click Here](#)



2025 CALGARY CELIAC ASSOCIATION COMMUNITY SURVEY

WHO WE HEARD FROM:



People with celiac disease, parents, caregivers, & community members from Calgary, Medicine Hat, Lethbridge & area

TOP COMMUNITY PRIORITIES:



- Safer Restaurants & Cross-Contamination Awareness
- Kids & Family-Friendly Events
- Access to Affordable, Healthy GF Food
- More Education & Support Resources

BIGGEST BARRIERS YOU FACE:



- Limited Knowledgeable Healthcare
- Cross-Contamination Fears & Dining Challenges
- Feelings of Social Isolation & Misunderstanding

SUPPORT & RESOURCES YOU FIND HELPFUL:



- Educational Workshops
- Safe Restaurant Lists
- Local GF Product

RECOMMENDATIONS:



- Online & In-Person Support Groups

YOUR EVENT & PROGRAM IDEAS:



- Cooking classes
- Kids & family friendly events
- Seniors' programs
- Grocery Store Tours

MEMBERSHIP FEEDBACK & IDEAS:



- Raise Membership Awareness
- Explain Benefits More Clearly
- Offer Members Only Benefits (like Discounts)

Together, we're building a supportive, safe, and well-informed gluten-free community.

Thank you for sharing your voices and experiences!

Eight Ounce

Coffee & Donuts

The Perfect Pairing



**Gluten-Free Treats & the
World's Best Coffee. All in
One Place.**

We've partnered with Sweet Rice Mochi Donuts to make our café a 100% gluten-free facility. Pair a soft pillowy donut with one of our handcrafted beverages made with coffee sourced from top roasters around the world.



now available at Eight
Ounce Coffee

Calgary Celiac Association 2026–2029 Strategic Plan

This framework guides our mission to support people living with celiac disease and gluten-related disorders. Our plan strengthens education, advocacy, community connection, and healthcare collaboration to improve quality of life for all living gluten free.



STRATEGIC PRIORITIES:

Education & Awareness

- Expanding access to credible, up-to-date information and resources that support safe, informed gluten-free living.

Advocacy & Policy Engagement

- Championing the rights of individuals with celiac disease by working with policymakers and industry to advance food safety, accurate labeling, and equitable healthcare access.

Community Support & Engagement

- Strengthening peer networks and community connections so no one feels alone in their diagnosis or journey.

Healthcare Collaboration & Research Support

- Building strong partnerships with healthcare providers and supporting research to improve diagnosis, treatment, and understanding of celiac disease.

Sustainability & Organizational Growth

- Ensuring Calgary Celiac remains a strong, responsive organization through sound governance, diversified funding, and engaged volunteers.

CCA Values and Guiding Principles:

Community



We foster connection, trust, and inclusion for all affected by celiac disease, grounded in equity, diversity, and access for underserved communities.

Education



We provide credible, evidence-based information to support informed decision-making.

Awareness



We increase public and professional understanding of celiac disease.

Advocacy



We champion systemic change to advance food safety, food security, and healthcare equity.

Empowerment



We equip individuals and families to live confidently with celiac disease.

Care



We lead with compassion by listening, responding, and supporting community needs.

modern whisk

Birthday Cake Cookie

Ingredients

- One bag Modern Whisk Cake Mix
- 2 eggs
- ½ cup melted butter
- 2 tsp vanilla extract
- 1 tsp almond extract
- GF Rainbow Sprinkles



Directions

1. Combine all ingredients in a mixing bowl together. Stir/mix using a spatula until it resembles a soft fudge
2. Heat the oven to 350° F.
3. Once proper consistency is achieved, place it in the fridge for 10 to 15 minutes to let it rest while your oven heats up
4. Cover large baking pan with parchment paper
5. Scoop dough and form into balls. Roll each ball in the sprinkles until coated on all sides, then place 2 inches apart on pan. Press down slightly on each ball to flatten
6. Bake for 5-6 minutes - rotate pan - bake for another 5-6 minutes
7. Let cool and enjoy your new favourite Cake Cookie!

Want MORE FUN? Sandwich them together with buttercream filling! OMG!!



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VOLUNTEER OPEN HOUSE RECAP

By Mainey Cookson - Event Coordinator

We recently hosted our first ever Volunteer Open House on January 24th, and I couldn't have been happier with the outcome. The room was filled with incredible people who showed up with open hearts, meaningful skills, and a genuine desire to contribute.

It truly affirmed what we are feeling as an organization. People are craving more connection and community right now, and this gathering proved just how powerful it is when we come together with shared values and purpose. Creating things together brings a deep sense of fulfillment, and the energy in the room left us excited for what's possible in 2026.

We have some very exciting initiatives ahead, including returning events and new campaigns, and we cannot do this work without people who advocate for living with celiac disease and want a hands on approach to making a difference.

If you would like to get involved or learn more, please email us for additional information. Thank you to everyone who attended and shared their time and energy. We can't wait to see what we create together.



SPOLUMBO'S FINE FOODS & DELI

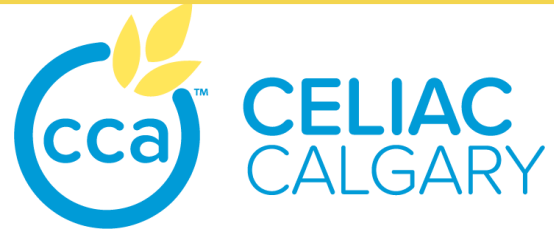
Ask your local grocer for original Spolumbo's

All meat. No wheat

SPOLUMBO'S
All-Natural ❖ Gluten-Free

Seeking Volunteer Board President

Calgary Celiac Association (CCA)



Volunteer | Non-Profit | Two-Year Term

Since 1980, the Calgary Celiac Association (a chapter of Celiac Canada) has been the voice for people in Calgary and Southern Alberta who are adversely affected by gluten, including celiac disease, dermatitis herpetiformis, and non-celiac gluten sensitivity. We are a volunteer-led registered charity dedicated to education, peer support, advocacy, and community programs that improve quality of life across the gluten-free lifespan, from newly diagnosed families to seniors. The President is a volunteer, non-profit leadership role and serves as the chief executive officer of the Board of Directors. Working collaboratively with fellow board members, a Charity Administrator and an Events Coordinator, the President provides leadership, strategic direction, and governance oversight to ensure the Association fulfills its mission and operates ethically, transparently, and sustainably.

This role is ideal for someone with experience in governance, leadership, strategy, or non-profit oversight, and a passion for community impact.

President-Specific Responsibilities:

- Lead and support an engaged, effective Board of Directors
- Chair board meetings and the Annual General Meeting; set agendas and priorities
- Foster a respectful, collaborative environment for strategic discussion and decision-making
- Act as a key spokesperson and representative with Celiac Canada, other chapters, partners, and the public
- Support board recruitment, orientation, succession planning, and leadership development
- Oversee updates to bylaws, policies, and governance documents as needed
- Work closely with the Charity Administrator and Events Coordinator to support day-to-day operations while maintaining appropriate governance boundaries

Time Commitment:

- Two-year volunteer term, approximately 10-15 hours per month
- Monthly board meetings (virtual or in person)
- Participation in the AGM and key planning activities
- Additional time as needed for leadership, preparation, and representation

What We're Looking For:

- Experience in board governance, leadership, strategy, or non-profit organizations
- Strong communication, facilitation, and relationship-building skills
- Commitment to ethical leadership, transparency, and collaboration
- Lived experience with celiac disease or strong alignment with the mission is required

Why Volunteer With Us:

- Make a meaningful impact in the celiac and gluten-free community
- Apply your leadership skills in a respected, long-standing organization
- Help shape the future of education, advocacy, and support in Southern Alberta
- Be part of a dedicated, values-driven volunteer leadership team

How to Express Interest:

To learn more or to express interest in the President role, please contact:

Lisa Cerato
president@calgaryceliac.ca

CALL FOR VOLUNTEERS

GET INVOLVED WITH THE CCA AND MAKE A DIFFERENCE IN OUR COMMUNITY!

The Calgary Celiac Association (CCA) relies on the dedication and generosity of volunteers to fulfill our mission of supporting and advocating for those living with celiac disease and gluten-related disorders. Volunteer commitment is the foundation of our sustainability — without the time, skills, and passion of our community members, we could not offer the programs, education, events, and advocacy that so many depend on. Whether you're able to lend a few hours at a single event or take on a more ongoing role in leadership or committee work, your involvement helps ensure the CCA remains a strong, supportive, and thriving resource for our community.

We are currently recruiting volunteers for the following roles:

- **Peer Support Group** – Support others in their gluten-free journey by facilitating group connections, sharing lived experience, and offering encouragement.
- **Education Committee** – Contribute to educational programs and resources by assisting with curriculum design, workshops, and outreach activities.
- **Gluten-Free Market Events** – Lend a hand with vendor coordination, setup, welcoming attendees, and general event logistics.
- **Other CCA Events Assistance** – Volunteer at community events such as our Stampede Breakfast, Volunteer Brunch, and Celiac Awareness Month activities.

CCA CASINO JANUARY 9 / 10



THANK YOU!

We would like to extend a sincere thank you to all of the wonderful volunteers who supported our 2026 Casino on January 9 & 10 at Cowboys Casino. Every shift was filled in advance, and aside from one unavoidable illness that was quickly covered, our volunteers showed up on time and ready to contribute. From the quieter daytime hours to the busier evening rush, you brought professionalism, teamwork, and a positive spirit to every role.

Your commitment made the event run smoothly and ensured this important fundraiser was a success. We are truly grateful for the time, energy, and care you give to our community! We couldn't do this without you!

RECIPES ROOTED IN WINTER FLAVOURS

February calls for comfort, and what better way to embrace the season than with hearty, nourishing root vegetables. Carrots, sweet potatoes, parsnips, beets, and other underground gems have long sustained families through the coldest months of the year. Naturally gluten free, beautifully versatile, and perfect for everything from cozy soups to vibrant roasted dishes, these humble winter favourites shine in simple, satisfying ways. In this month's recipes, we're celebrating their enduring appeal and transforming them into wholesome, delicious gluten-free dishes the whole family can enjoy.

ROASTED ROOT VEGETABLE SOUP



INGREDIENTS

- 1 small sweet potato, (peeled weight 350g)
- ½ butternut squash, (peeled weight 200g)
- 1 large parsnip, (peeled weight 150g)
- 1 large carrot, (peeled weight 150g)
- 1 white onion
- 4 garlic cloves
- 2 tbsp + 1 tsp olive oil, divided
- Herbs and spices: ½ tsp mixed herbs, 1/8 – ¼ tsp chili powder, 1/8 tsp cinnamon
- 1 tbsp maple syrup
- 60g thick coconut yogurt, or coconut cream*
- 650-750ml vegetable stock
- Salt and pepper
- Gluten free Bread or Croutons & Chives for serving

*Can be substituted for plain or Greek yogurt

INSTRUCTIONS

1. Preheat the oven to 180Fan/200°C. Wash and peel the vegetables. Chop the sweet potato, squash, parsnip and carrot into small cubes and add to a roasting tin. Chop the onion, peel the garlic and add to the vegetables. Pour in 2 tbsp olive oil with mixed herbs, chili, cinnamon, salt and pepper and toss well.
2. Roast for 30 minutes, pour in the maple syrup and stir well. Roast for another 10-15 minutes, until sticky and soft.
3. Pour all the roasted vegetables into a blender along with the yogurt or cream and stock. Blend until smooth.
4. Warm again, if needed, on a stovetop in a large saucepan. Serve warm topped with more yogurt, fresh chive and gluten free bread or croutons.
5. After cooling, you can keep in a sealed container for 2-3 days in the fridge or in the freezer for up to 1 month.

RAINBOW ROASTED ROOT VEGETABLES



INGREDIENTS

- 2-3 medium orange sweet potatoes
- 2-3 small red or golden beets, trimmed and peeled
- 3 large carrots, peeled
- 2 large parsnips, peeled
- 1 large white potato, cut. You can peel or not peel the potatoes. optional,
- 1 small red onion, cut in half and sliced thin

*** It's important that the vegetables are similar in size so that they bake evenly, than a particular size. The red onion is sliced thinly and not the same size as the other vegetables.**

- 4 tablespoons extra virgin olive oil
- 10 fresh thyme sprigs + extra for garnish more or less to taste
- 10 fresh rosemary sprigs + extra for garnish more or less to taste
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt more or less to taste
- ½ teaspoon fresh black pepper more or less to taste

INSTRUCTIONS

- Preheat oven to 400 degrees F and line two rimmed baking sheets with parchment paper. Set aside.
- Divide the all cut vegetables (except the red onion) among the two baking sheets.
- Drizzle olive oil over the vegetables. Sprinkle the cumin, salt and pepper over the vegetables. Gently toss with your hands to ensure they are all well coated, and making sure the vegetables are in a single layer on the baking sheet, not touching so that they cook well.
- Place rosemary and thyme sprigs on top of vegetables.
- Bake for 15 minutes, remove from oven and add sliced onions to each baking sheet; Return to oven and bake an additional 15 minutes, or until vegetables are tender with crispy golden edges.
- Once done baking, remove rosemary and thyme sprigs.
- Add all the roasted vegetables to a large bowl or platter and gently toss, with fresh chopped thyme and rosemary to garnish, serve and enjoy!

GLUTEN-FREE SWEET POTATO MUFFINS



INGREDIENTS

- 2-1/4 cups gluten-free all-purpose baking flour (without xanthan gum)
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 3 large eggs, room temperature
- 1 cup mashed sweet potatoes
- 2/3 cup honey
- 2 tablespoons coconut oil, melted
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract
- topping:
 - 3 tablespoons sugar
 - 1/4 teaspoon ground cinnamon

INSTRUCTIONS

1. Preheat oven to 350°. In a large bowl, whisk the first 8 ingredients. In another bowl, whisk eggs, sweet potatoes, honey, coconut oil, olive oil and vanilla until blended. Add to flour mixture; stir just until moistened.
2. Fill 12 greased or paper-lined muffin cups three-fourths full. Combine topping ingredients; sprinkle over batter. Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool 5 minutes before removing from pan to a wire rack. Serve warm





LEGACY GIFT



Planning your will? Your legacy gift will directly translate into improving the lives of people in the Calgary Celiac community. You will be directly supporting our mission to be the primary support and advocate for people living with Celiac Disease and gluten sensitivity in Calgary and Southern Alberta.



"Nurturing the Seeds of Yesterday for a Brighter Tomorrow."

Besides supporting Calgary Celiac's mission through the years to come, you will also be giving your family an example of philanthropy that will become a precious family tradition in your honour. Contact an estate planner / lawyer to maximize your tax savings for charitable donations on your estate.



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HAPPY BIRTHDAY TO US!

On March 28th the Calgary Celiac Association turns 45!

Here's to many more years of advocating, educating, and celebrating living our best gluten-free lives in Calgary.

Volunteers Wanted

CELIAC CALGARY EDUCATION COMMITTEE

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www.calgaryceliac.ca

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