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Wendy T's Gluten-Free Stampede Breakfast Sells Out, Welcoming 1,000 Guests as Calgary Kicks Off Stampede Week

Calgary, Alberta — July 2, 2026 — As Calgary gets ready to launch into Stampede on July 3, the Calgary Celiac Association is bringing a powerful message to the city's biggest celebration: everyone deserves a safe seat at the table.

Wendy T's Gluten-Free Stampede Breakfast, hosted by the Calgary Celiac Association, is officially sold out and will welcome 1,000 guests who are celiac or gluten-sensitive or who support someone who is. Taking place Saturday, July 4, at Parkdale Community Association, the breakfast offers something many Calgarians take for granted during Stampede: a safe, welcoming, fully gluten-free community meal.

The event is named Wendy Ts in honour of Wendy Turnbull, a respected Calgary voice in the gluten-free community, author of *Gems of Gluten-Free Baking*, and longtime advocate for people living with celiac disease. Her work helped make gluten-free baking more accessible, practical, and joyful for families navigating a strict gluten-free diet.

The Calgary Stampede is known for hospitality, pancakes, western spirit, and bringing people together. But for thousands of Calgarians living with Celiac disease or gluten sensitivity, community meals can be difficult to navigate. Gluten-free eating is not a preference or a trend for those with celiac disease; it is a daily health requirement.

Celiac disease affects approximately 1% of Canadians and requires a strict lifelong gluten-free diet. In Calgary, that means thousands of people are managing this condition every day, often in situations where food is central to social, workplace, school, parish, and community life.

"This event is sold out because the need is real," said Janet Lymer, CFRE, President of the Calgary Celiac Association. "A person may eat more than 1,000 meals in a year. Being asked to accommodate one meal is not a hardship. People with celiac disease and gluten sensitivity must navigate every meal, every day, with care. When a community makes space for that, it says: " You belong here."

For individuals with celiac disease, avoiding gluten is medically necessary. Even small amounts of gluten can cause harm. Safe food service requires more than offering a gluten-free option; it requires thoughtful preparation, awareness, and prevention of cross-contact.

The sold-out breakfast will feature gluten-free pancakes, gluten-free sausage options, live entertainment, family fun, and the unmistakable spirit of Stampede hospitality. More

importantly, it demonstrates that accommodating gluten-free dietary needs is both possible and practical when planned with intention.

“As Calgary puts on its boots and opens its doors for Stampede, this is the perfect time to remember what real hospitality looks like,” said Lymer. “It includes the people who are too often left out of community meals because their dietary needs are misunderstood or overlooked. It is easy to accommodate when we decide it matters.”

The Calgary Celiac Association hopes this sold-out Stampede breakfast inspires more community organizers, schools, parishes, workplaces, restaurants, and public events to consider how simple, respectful food accommodations can make participation possible for more people.

About the Calgary Celiac Association

The Calgary Celiac Association supports individuals and families living with celiac disease and gluten-related disorders through education, advocacy, community connection, and resources that help people live safely and fully gluten-free.

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