



British Columbia Celiac News

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Canadian Celiac Association
L'Association canadienne de la maladie coeliaque

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CCA VISION STATEMENT:
TO BE THE LEADING ADVOCATE FOR CANADIANS
WITH CELIAC DISEASE AND GLUTEN DISORDERS.

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PRESIDENT'S MESSAGE

As the end of the year draws near, I'd like to take this opportunity to extend a heartfelt thank you to all of you.

Thank you for choosing to support our Chapter - your financial contributions ensure we can continue to raise awareness of celiac disease in BC and offer support across our communities. Thank you for showing up as we relaunched in-person events this year. Thank you for your smiling faces on Zoom calls. Thank you for your feedback, for submitting your membership survey, for emailing us with comments on our magazine. Thank you for your shares, likes, comments and confidence in our resources and knowledge. These things are what keep us eager to find new ways to serve you.

Whether you've been with the CCA BC every step of the way or have just joined, we truly appreciate having you in our community. And for those of you further along in your celiac journey, debating the value of another year's membership - remember that your \$20 could make a huge difference in the life of a newly diagnosed celiac who will need to rely heavily on us as they adapt and come to terms with their new reality. Thank you for playing such a pivotal role in our growth.

All of us at the BC Chapter wish you health and happiness this holiday season and beyond.

- Julie

CCA BC FAST FACTS

- An independent registered charity since **1983** - we're turning 40 next year!
- **100% volunteer-run**, including our Board of Directors.
- **Membership & donations maintain** support groups + educational programs + **medical research**.
- Our Facebook support group has over **2.1K BC members** keeping the celiac community strong!
- Coupons, discounts and product for our Membership program are all gifts from **generous sponsors**.
- **We need you!** If you're a tech-wizard, novice/creative writer, science fanatic, a culinary connoisseur, an excellent planner, multilingual, or want to meet new people - we have a role for you!
- Email info@bcceliac.ca to volunteer or apply to become a Board Member!

JULES OULTON

CERTIFIED PERSONAL TRAINER & NUTRITION COACH

INSTAGRAM - @JULESOULTONFITNESS

EMAIL - JULESOULTONFITNESS@GMAIL.COM



What makes me different?

I understand;

- The benefits of strength training with celiac
- The balance of fitness with chronic pain
- Mobility and anatomy from 12 years of dancing
- Repairing relationship with food after celiac diagnosis
- Coaching gentle nutrition

- 1:1 In-Person Fitness Sessions
- Nutrition and Accountability Coaching

LANGLEY, BC

Arica Sharma: Editor
I started reading The Mind-Gut Connection book by Emeran Mayer, and was learning starting with chapter one. Easy to digest, and not too heavy with medical lingo, this is a must-read for anyone with guts.

Lia Fairbairn: Co-Editor
Head to page 11 to read about my favourite books, and other gift ideas for the celiacs in your life!

09 Nutrition Corner



Fermented foods or added fibre to ease inflammation?

20 PRO TRAVEL TIPS



Gluten Free Globetrotter, Erin Smith shares her expertise.

29 Beer Revolution



Cheers to purely GF beer and its crafty brewers.

34 Celiac in the News



Microbiome, antibiotics, Lupus and more, catch-up on research!



Get to know GF Businesses

The celiac community is a hungry lot, one filled with loyalty to those that cater to us with dedicated gluten free environments. This edition, get to know some of the people behind the business, and their passion for serving those of us with serious, medical dietary restrictions.

Join us as we explore the history, and hardships, of GF business life with Dahlia Millington of Unglued Foods (a magical store where everything is GF), Austin Calladine & Casey Parker of Sweet Nutrition (healthy cookie experts), Patrick Carr, of 2 Guys With Knives (ready-to-eat nutritious GF meals), and Claudia Vasconcelos, the President of Quesava (how much do you love samosas or Brazilian-style cheese buns?).

We hope you enjoy learning about these inspired people, their quest for inclusion, and that you choose to support businesses that support us!

Are you a GF Business?

Consider becoming a sponsor! The CCA BC is an entirely volunteer-run registered charity. That means we rely on the support of our membership, donations and sponsors to maintain our programs and events, to continue funding research, and of course - to continue publishing Celiac News.

What are your options?

- Membership is open to individuals and families, and to businesses as well! \$20 annually is a simple way to stay connected.
- Donations can be monetary, but coupons, discounts, or product samples make a big impact on our members' day-to-day lives.
- Advertising in Celiac News is a quarterly opportunity to spread the word about your GF offerings to those of us who want to know about it most. Contact Cynthia to get involved:
caloveman@gmail.com

September - November 2022

Board Highlights

WHERE DO YOU
WANT TO MEET?

TELL US!

EMAIL:

INFO@BCCELIAC.CA

- SEP 12**
 - Our UBC Student Support Group welcomed 11 new celiacs to campus with a meet-and-greet, and welcome packs loaded with GF goodies provided by our sponsors.
 - Dine-out at Jan's on the Beach at sunset with a surprise musical performance!
- SEP 22**
 - Our first BC-wide Support Group hosted via Zoom.
- SEP 24**
 - CCA BC Strategy Session - All Board Members attended an in-person strategy meeting. We have been working hard to finalise goals and budget requirements for our medium - and long-term plans, based on the information gathered from our membership survey.
- SEP 27**
 - We manned a booth at VUFF Movie Night in EastVan hosted by the local BIA to spread awareness and share educational resources.
- OCT 09**
 - UBCeliacs met for Thanksgiving Brunch in a celiac-safe home!
- OCT 20**
 - BC Support Group via Zoom discussed nutrition, medical testing and more.
 - White Rock/Surrey/Langley support group back in person! The group met at Choices Market on King George Blvd.
- OCT 26**
 - Dine-out at Nuba in Kitsilano, new and familiar faces joined in the fun!
- OCT 29**
 - Our virtual Kids' Halloween event was opened up to other CCA Chapters in Western Canada. Attendees had fun showing off both their costumes and their spooky cookie creations.
- NOV 05**
 - UBCeliacs met for a dedicated GF sushi experience at Iki Japanese Restaurant.
- NOV 19**
 - Our "Cafe Crawl" was a fresh take on our Dine-out events, and a lively group of celiacs were introduced to Caffè Delish and Earthling Bakery. We enjoyed great conversation and were given mini samples to take home from Earthling, and a discount code for 30% off lunch at Delish for CCA BC Members!
- NOV 20**
 - Marilyn Wells taught us how to make GF cinnamon buns!
- NOV 24**
 - Our BC support group met online. Key points from the CCA National conference including some additional considerations for managing CD and managing holidays and the cross-contamination risk.
- NOV 29**
 - UBCeliacs Coffee Chats, a great opportunity to chat all things celiac!



• IN MEMORIAM •

Rosemarie Menassas

ROSE PASSED AWAY
OCTOBER 30, 2022.



Rose was diagnosed with celiac disease in 2001 and had been a long-time member of the Abbotsford Support Group. She was a member of the local chapter for years and was instrumental in encouraging others

to join, including some of our past CCA BC Board members.

Our condolences to her husband George, and her many family members and friends.

A tribute to Rose can be found at :

<https://www.wiebeandjeskefh.com/obituary/rosemarie-menassas/>

Namaste
foods for everyone!

Keepin' it
real

Pumpkin Spice Poke Cake

- 1 pkg. Namaste Foods Spice Cake Mix
- 1-15 oz. can pumpkin puree
- 1-10 oz. can gluten free caramel sauce
- 2 cups whipped cream or 8 oz. container whipped topping
- Pumpkin pie spice for garnish
- 1/4 cup chopped pecans (optional)

Preheat oven to 350°F and line 9" x 13" pan with parchment paper or spray with non-stick spray.

Combine pumpkin with Spice Cake Mix in large bowl until smooth. Batter will be very thick.

Spread batter into pan. Bake for 27-31 minutes or until toothpick inserted into center comes out clean. Let cool completely.

Using back end of a wooden spoon, poke holes all over top of cooled cake. Pour caramel sauce over holes, but reserve some to drizzle on top.

Spread whipped cream or topping evenly over top. Drizzle with remaining caramel sauce and sprinkle with nuts and pumpkin pie spice if using. Can be chilled before serving.

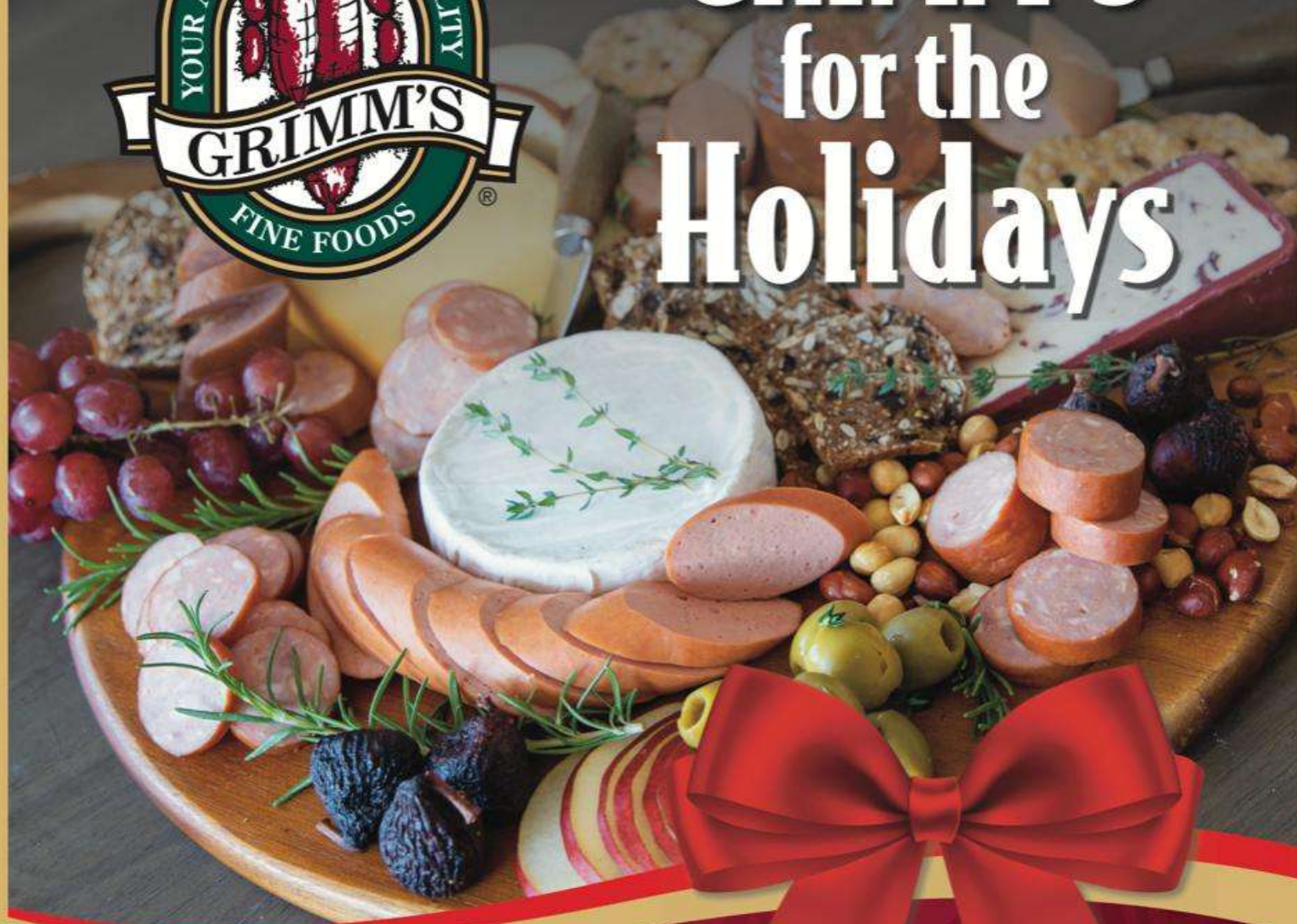
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ASK JESS: NUTRITION CORNER



Jess Pirnak

is a Registered Dietitian and volunteers her time to answer your questions.

She is available for a 1-on-1, 30 min discussion, which is free for members. She can be contacted at:

nutrition@bcceliac.ca

For a list of source materials, please email newsletter@bcceliac.ca

Researchers at the Stanford School of Medicine recently discovered

that a diet rich in fermented foods such as kimchi and kefir can enhance the diversity of gut microbes and reduce molecular signs of inflammation. Now this might sound like old news, but keep reading, as the researchers revealed an *interesting plot twist!*

The researchers took 36 healthy people and randomly assigned them into two groups. The first group was assigned to increase their fermented foods (yogurt, sauerkraut, kefir, kombucha and kimchi). While the second group was asked to increase their consumption of fibre-rich plant foods.

After following the diet for ten weeks, each person was assessed for inflammation and changes in their gut bacteria. Both groups were successful in terms of dietary changes. The fermented food group averaged six servings per day (up from zero), while the fibre group doubled their intake from 22 to 45g per day.

The results were fascinating.

Inflammation markers in the fermented food group dropped significantly and were correlated with an increase in microbiome

diversity. Both these changes have been associated with decreases in chronic disease. The fibre group did not show changes in inflammation or microbiome diversity. However, individuals with high baseline gut microbiome diversity showed improvements in inflammation, while those with poor microbiome diversity actually showed increased inflammation.

The researchers suspect that poor microbiome diversity may lack the microbes necessary to digest the extra fibre.

The Bottom Line:

1. **Eat more fermented foods**
- 6 servings per day (half a cup of kefir would equal a serving)
2. **Add fermented food before fibre**
3. **Increase fibre gradually** -
it probably takes more than ten weeks to get your gut ready for extra fibre.

Quick side note: It is not recommended for pregnant or immune-compromised individuals to consume raw fermented foods. Vitamin K-rich foods may interact with warfarin-type blood thinners. Talk to your doctor.

glutino.

FOREVER GLUTEN FREE



Enjoy gluten free snacks,
without sacrificing taste!

GIFT IDEAS

for the Celiacs in Your Life

BY LIA FAIRBAIRN, CCA BC BOARD DIRECTOR

THE CELIAC WHO LOVES TO TRAVEL:

Toaster bags.

Put your bread or anything you fancy into this bag before popping it in the toaster and you will minimize the risk of contamination from a non-dedicated toaster! Perfect for trips abroad when you're staying in an AirBnB or hotel with a toaster.

Gluten free/ Not Gluten Free stickers.

These are again great for travelling (or living) with non-celiacs when you need to keep your snacks, spreads, meals, etc. safe from contamination.

THE CELIAC BAKER OR CHEF

As an enthusiastic baker, these are some of my top recommendations, plus one that I've heard a lot about on social media but haven't tried yet!

How to Make Anything Gluten Free by Becky Excell: I discovered this book in the UK and am so glad I did! If you've ever followed a recipe from the glutenfreecupcake.co.uk blog, this is the same author. The recipes were all fantastic and featured a wide range of skill levels and tastes.

Hassle Free Gluten Free by Jane Devonshire: Another British treasure, this one featuring a few more savoury items. The focaccia is fantastic!

Gluten Free Sourdough Baking by Mary Thompson: A 2022 release and I've heard such great things about it! You can get recipe inspiration by following the author's Instagram [@acoupleofceliacs](https://www.instagram.com/acoupleofceliacs).



GIFT IDEAS

for the Celiacs in Your Life

BY LIA FAIRBAIRN, CCA BC BOARD DIRECTOR

THE CELIAC MEAL-PREPPER

Celiacs are used to prepping meals before leaving the house for any activity, so why not make the process a little more enjoyable?

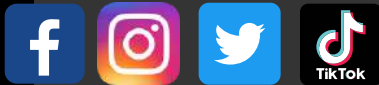
Matching Pyrex Tupperware makes for a present that will be well-loved and last for years to come.

Other sustainable options could be beeswax wraps, reusable snack bags, and a travel sized cutlery set.

THE CELIAC FOODIE

Eating gluten free around the holidays can be a stressful experience.

To show your love, a curated gluten-free snack basket might help make them feel more comfortable. Make your own or support a local company such as Unglued Foods in Richmond! Pictured is the Cookies and Chocolate Large Gift Box from Unglued Foods.



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twitter.com/celiac_bc

tiktok.com/@celiac.bc



**RENEW
CCA BC
MEMBERSHIP**

SOCIAL MEDIA UPDATE

By Lia Fairbairn and Sasha Dobisz, CCA BC Board Directors

FALL 2022

has been a return to some of our pre-Covid norms. We have been constantly posting about our in-person and online events - a nice change from the relatively quiet Covid months! We've shared with our followers updates about our all-ages events, awareness initiatives, new GF food and drink, and nutrition tips.

We still want to revel in some of the pros of online-events, such as the accessibility for people across BC as well as including celiacs from other provinces.

Members can get excited for the many discounts, coupons and product samples provided by our Membership Sponsors – stay posted on limited time offers by checking our social media pages!

Instagram and Facebook are also a great way to share new GF products spotted at grocery stores - we found allergen-friendly boxes of candy for trick-or-treaters as well as Promise pita breads! Be sure to keep up with our stories to find more of these highlights.

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flavour & texture

leavened with
wild fermentation

allergen
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plant
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crafted without
artificial ingredients



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www.thisisalkeme.com

FIND A STOCKIST
NEAR YOU



SUPPORT GROUPS

The only treatment for Celiac Disease is still a gluten free diet, which requires significant patient education, motivation, and follow-up.¹
Slow response occurs frequently, particularly in people diagnosed in adulthood.

- ✓ Keep **learning** to keep **thriving**
- ✓ Access to **science-based**, quality info
- ✓ Local support groups keep you **social!**
- ✓ **Glutened?** We *actually* know how it can feel!
- ✓ Gluten free life is hard. **No judgment.**
- ✓ Manage and cope, there's hope! **It gets easier.**



BRITISH COLUMBIA

3RD THURSDAY OF EACH MONTH 7:00PM

CONTACT:

ONLINE@BCCELIAC.CA

OR CALL (877) 736-2240 TOLL FREE

ABBOTSFORD

CONTACT UTE:

UTET@SHAW.CA



RICHMOND, OR ANYONE NEWLY DIAGNOSED...

2ND MONDAY OF EACH MONTH 6:30PM

CONTACT VAL:

VAL_VAARTNOU@TELUS.NET

OR CALL 604-271-8828

CHILLIWACK

1ST SATURDAY OF EACH MONTH

CONTACT GERALDINE:

GDAVID@UNISERVE.COM

OR CALL 604-792-2119

POWELL RIVER

CONTACT LIZ OR VAL:

LIZKENNEDY@SHAW.CA

VALHAR@SHAW.CA



SURREY, LANGLEY & WHITE ROCK

3RD TUESDAY OF EACH MONTH AT 6:30PM

CONTACT PUSHPA:

PUSHPAKAPADIA@GMAIL.COM

OR CALL 604-721-0098

VICTORIA

CONTACT RILLA:

GLUTENFREE278@GMAIL.COM

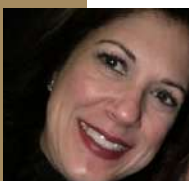


UBCELIACS, OR ALL POST-SECONDARY STUDENTS

DATES POSTED ON INSTAGRAM @CELIAC_BC

CONTACT LIA & SASHA:

STUDENT.SUPPORT@BCCELIAC.CA

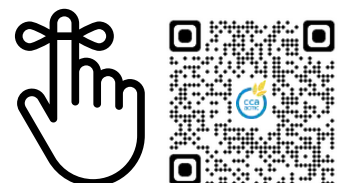


PARENTS & KIDS SUPPORT

DATES POSTED ON INSTAGRAM @CELIAC_BC

CONTACT JASMINE:

JASMINESIDHU@ME.COM



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CCA BC
MEMBERSHIP**

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Pick us up at your favourite grocer or now available on [amazon](https://www.amazon.com)

SUPPORT

UBCeliacs

By: Lia Fairbairn and Sasha Dobisz, CCA Board Directors

Thanks to our kind sponsors, we were able to welcome the first-year celiacs (and newly diagnosed celiacs) to campus with goodie bags! The bags contained products from Lee Kum Kee, Wescana, and Cloud 9.

We started the year off with an on-campus meeting, sharing cookies and treats from Kinnikinnick and Wendel's as well as our stories and restaurant recommendations. It was great meeting a new group of celiacs and telling them about the safe restaurants around Vancouver!

In October, we hosted a UBCeliac Brunch, complete with waffles, Kinnikinnick English muffins, toast, and lots of goodies. We were lucky enough to have a celiac support dog-in-training, Ollie, join us for the event!

Our most recent dinner event was an outing to Iki Sushi Japanese Restaurant (CCA BC Members receive 10% OFF here!), where we were treated with maple crème brûlée. For many of the celiacs new to Vancouver, it was quite overwhelming to have so many choices at a restaurant!

Next up on our busy agenda? Coffee Chat hosted at a campus café. We brought treats, and got to chat.

Our support group is open to all young adults with celiac disease or non-celiac gluten sensitivity in the Vancouver area.



Parents & Kids

For our October Kids' Meetup Group, we held our event on Zoom so that it could be accessible to all of our members across the province. This was a Halloween themed baking event - we dressed up in our costumes (at least for the beginning), we played some games & we made some yummy monster cookies together!

Our next in-person event is on December 4th. This event will be held at the same time and at the same location as our Annual Holiday Cookie Exchange: 2:00pm, New Westminster Public Library.

After 3 long years, we are so looking forward to seeing everyone in person! We will play some games and make some holiday crafts. As always, the more the merrier and we look forward to making more connections amongst our younger members.

- **Jasmine Sidhu,**
CCA BC Director

UPDATE

A CELIAC DISEASE DIAGNOSIS IS LIFE-CHANGING,

and it is only natural for many questions to arise. What you can or cannot eat? Should you be concerned about cross-contamination?

The Canadian Celiac Association British Columbia is here to provide support to anyone impacted by celiac disease and/ or gluten sensitivity. Our celiac support groups consist of people with similar experiences and concerns. These support groups provide individuals with a safe place to discuss their condition, ask questions, and gain knowledge, including how to support themselves and/ or loved ones.

The support groups were created to encourage, support and comfort those living with the disease, allowing them to recognize that they are not alone and that there are people here to help. Even during this pandemic, we still regularly connected virtually. Occasionally we have a registered dietitian join our meeting to address our members' questions and concerns from her perspective.



I took on chairing the South Surrey celiac support group in September 2017. Our support group is filled with amazing people, and our community really helps new members feel like they're not alone in dealing with celiac or gluten sensitivity. The feedback that we've received is that our participants feel like the sessions are therapeutic and healing and that they can express their feelings and challenges without fear of being judged. Our members regularly have the opportunity to share their concerns, successes, stories, favourite restaurants and recipes.

We learn so much from each other and really have created a strong community around this lifestyle. By sharing with each other, we've all gained knowledge, improved health, and better blood test results, and with that, I think, an easier transition into a gluten-free lifestyle, especially for new members.

Our Surrey/Langley meetings are held every 3rd Tuesday of the month at Choices Market in South Surrey and we will continue with our online support group for those who are not able to join in-person. I encourage anyone with celiac or gluten sensitivity to check out a SUPPORT GROUP near you. After all, health is in your hands. – Pushpa Kapadia

**Surrey, Langley & White Rock
Support Group Leader**





Happy Gluten Free Holidays!

Unglued Foods is your 100% Gluten Free Food Store!

Did you know that Unglued Foods only carries products that are Certified Gluten Free or are made in a dedicated gluten free facility? We reach out to every one of our product manufacturers to confirm their processes.

Relax and shop with ease knowing that every product is gluten free!

Shop Online. You'll see ingredients and nutrition facts for every product.

- Delivery throughout Greater Vancouver
- Pick-up at our Richmond warehouse
- Gift boxes and gift cards
- Special orders



DAHLIA MILLINGTON

living her mission with her fully
dedicated gluten free store

UNGLUED FOODS

Throughout her life, Dahlia Millington has helped people get access to food, especially people from underserved communities.

While she worked in business and other areas, Dahlia saw firsthand how connecting people with healthy food completely changed their lives for the better. She cultivated large free



community gardens, hosted free cooking classes, volunteered at soup kitchens, etc. She saw that “If we feed ourselves well, we can bring our best energy out.”

Although she was making a difference locally, Dahlia wanted to help more people restore their health through food. Through her research and experiences, she met people with celiac disease and learned about how sick they were before they received their diagnosis. They shared that while a gluten free diet transformed

their health, they struggled to find safe, healthy and delicious products in their local grocery stores. They talked about how challenging it was to feed themselves and, more significantly, to feel nourished.

Inspired by their stories, she opened Unglued Foods, a store that only carries Certified Gluten Free or Gluten Free labelled products. Dahlia appreciates that those with celiac disease must have a gluten free diet; that this is not a choice or option, but a necessity for restoring and maintaining health and well-being.

Dahlia’s commitment to accessibility is reflected in her store’s model. Unglued Foods is an online store, so you can order food from anywhere in Canada. If you live in the Lower Mainland, you pick-up your order at the warehouse. You can also shop at the store, knowing that everything on the shelves is gluten free.

You can even have your food delivered to your door! And Unglued Foods is a family affair. Dahlia’s son, Malachite Miller, not only handles the website, but also delivers orders personally.

Dahlia wants to become engaged with those affected by celiac disease so she can track down and bring in more products. Since her business opened, she has been receiving requests from people who are not only gluten free, but who also have specific food sensitivities. She loves finding delicious products to help these people feel “normal” and healthy.

In terms of gift-giving, Unglued Foods has gift cards that make gift-giving easy. You can also purchase a gift basket knowing that it will be filled with delicious and safe gluten free goodies.

When asked about the meaning of the name of her business, Dahlia laughs and explains that during COVID, life became a bit “unglued.” Given what gluten does to the guts of those with celiac disease, the name is a perfect fit for this new business.



Celiac Travel Tips: How to be a

GLUTEN-FREE GLOBETROTTER



Diagnosed with celiac disease in 1981 and eating gluten-free long before it was "trendy", Erin Smith has a unique perspective of growing up in the gluten-free community. Erin founded Gluten-Free Globetrotter in 2011 as a way to share her passion for travel and lifelong experience of living with celiac disease with others. Erin has travelled to twenty-four countries across three continents. Erin currently lives in New York City with her family and loves helping other people with celiac disease travel the globe. Contact Erin at gfglobetrotter@gmail.com.



Planning a GF vacation can be daunting to some people. Celiac travellers are afraid of getting sick from accidental gluten so far from home. With a little preparation and some research about your destination, you can travel worry-free this year. Here are some tips to make your GF travel experience a success!

Do your research.

If you have a destination in mind, start researching that city using the Internet. Search for restaurants with GF menus, local Celiac support groups, GF bloggers and other celiac travellers that have been to that city before, and even Instagram accounts for local gluten-free resources. Look for hotels and B&Bs in your destination city that offer gluten-free options to their guests.

Make a map.

Working off the list of websites you found during your Internet search, start saving these locations to a Google map. This is a free tool from Google that allows you to save your own personal map for any location in the world. Pinpoint your hotel, local restaurants with GF menus, supermarkets, and even embassies and hospitals on your map. Print out your map before you travel in case you don't have Internet access during your trip.

Use a professional.

Not everyone wants to plan their own vacation. Many people are more comfortable travelling with a tour provider or using a travel agent to plan their trip. Today, there are tour companies and even cruise companies that are specifically focused on GF travellers.

Pack a bag.

Even the most experienced GF travellers feel more comfortable with a bag of gluten-free food nearby. Buy a soft-sided cooler and stock up on your favourite food before you leave for your trip. Bring resealable bags to store your food in once opened.

Have fun!

Once you arrive at your destination, use your map, ask locals for GF tips, and enjoy your trip. Visit a local farmers market for fresh, naturally GF produce. Stop by a supermarket and look for new-to-you GF food. Bring home GF souvenirs from your favourite stop on your trip.

Share your information.

Once you are home, share your positive GF experiences online. Websites such as Yelp and TripAdvisor are the perfect place for you to share your GF dining adventures with others. This will help make another celiac traveller's planning a lot easier in the future.





Gluten Free



BY **LEE KUM KEE** SINCE 1888

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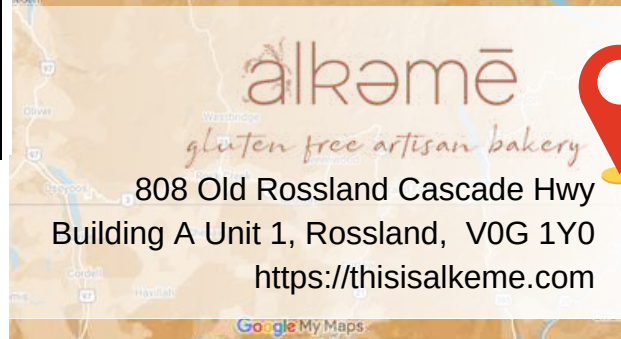
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sweet nutrition

No one would have predicted

that two young men who met playing hockey in Saskatchewan would start their own gluten-free food business that, in a few short years, would produce delicious treats that are enjoyed throughout Canada.

But that is exactly what happened with Sweet Nutrition founders, Austin Calladine and Casey Parker. In addition to enjoying hockey, they learned that they shared other interests, including their search for healthy cookies and snacks that didn't taste "healthy," but that tasted good and were fun.

A cookie that checks all the boxes

Their first success was a doughnut that initially launched in 10 stores and then became available in over 200. But these doughnuts were hard to ship and needed to be in the fridge.

Austin and Casey went back to the drawing board. They decided to focus on creating a GF, preservative-free, healthy, and tasty cookie from certified gluten free products. And they did it!

They are no longer in cooking in their home kitchens! They have a plant in Saskatoon with a kitchen staffed by 3 bakers (Austin's grandmother was their first baker!), a warehouse, etc. Sweet Nutrition cookies are available in small and larger grocery stores, and even in some convenience stores across Canada.



After working different jobs, they decided to open their own business to create the snacks they craved. One day, they both quit, went shopping at the grocery store, and started developing recipes in their kitchens!

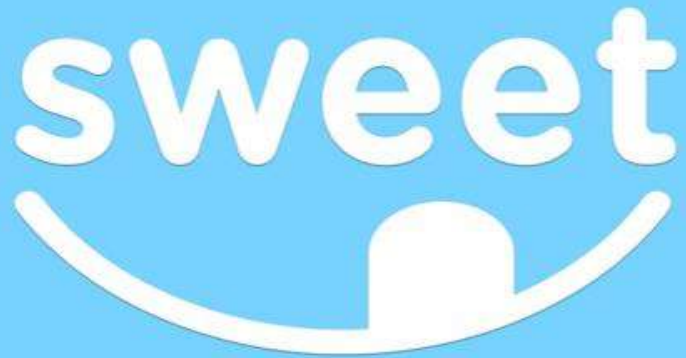
Their goal was to make delicious goodies that were gluten-free, plant-based, keto, and low sugar.



There are currently 4 flavours with a 5th being launched in 2023. Austin and Casey are working to secure GF certification for Sweet Nutrition. They are also developing recipes for more snacks that will be convenient, tasty and healthy.

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Ollie the Celiac Service Dog

Submitted by Marcella Cross



I decided to train a service dog to help me with gluten detection when I moved to Canada for graduate school. I am celiac, and my sensitivity levels have been getting far more severe in the last year. Being sick so often gave me the final push to

commit to training a dog. When I first began looking into it, I found that you could pay a trainer to train the gluten detection skills and service dog obedience, however, the cost was far more than I was able to afford. Instead, I found a golden retriever breeder in BC that had great health records and who allowed me to do a scent test with 6 puppies from a large litter.

Ollie stood out from his siblings in his interest in sniffing and his level of food motivation. I took him home on October 1st, 2022, when he was eight weeks old, and we have been training ever since

Eventually, Ollie will be able to be shown a plate of food or a sealed package at the grocery store and indicate with the raise of a paw whether that item contains gluten down to approximately one part per million. To gain these skills, I am working with CreScent Service Dog trainers based in the US. I meet over zoom with the trainers each week and they guide my training skills to make sure Ollie stays on track. The training typically takes 12-18 months, and once Ollie is ready, this will have an extreme impact for me, as I am getting contamination from trace amounts of flour on grocery store conveyor belts, unlabelled

medications, flour in the air near a bakery or lab that raises flour beetles etc.

Ollie is now 14 weeks old, and we are still training the basic service dog skills of obedience such as sitting quietly during

Ollie will be able to be shown a plate of food...and indicate with the raise of a paw whether that item contains gluten down to approx. 1ppm.

classes, meetings, bus rides etc. We also practice heel and sit and other important skills like dropping the acorns that he loves to stuff in his cheeks as we walk...

I spent an enormous amount of time doing research before getting Ollie and have learned a huge amount since getting him as well. It is a long process and is certainly challenging. Navigating the complex world of service dogs has been a learning curve, and I am always excited to answer questions and chat with people about my experience and love hearing the experiences of others. Feel free to reach out or say hi if you see us on the UBC campus!



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WHAT IS MAP PACKAGING?

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2 GUYS WITH KNIVES!

Packaging (MAP), I knew I found the answer. MAP is a proven, natural packaging method of extending the life of food without changing its texture, nutritional value, and most importantly, its taste.

Now our customers can order a week's worth of meals, knowing that their meal on Day 7 will be just as fresh, healthy, and delicious as the one they enjoyed on Day 1!

HOLIDAY SPECIALS

Holidays can be difficult for those who have CD. Having a ready-to-eat meal eliminates stress and allows all to celebrate safely.

Patrick Carr, of 2 Guys With Knives gives us an update and sneak peak for the new year!

Check out our 3 special holiday meals that will be online soon. **Orders need to be placed by December 15th.**

Our gift cards also make life easier for you and the person who receives it! You will be giving the gift of health. **Please use our coupon code in the ad.**

WHAT'S COMING IN 2023?

Reducing our carbon footprint! There were no plant-based trays developed for MAP technology, so we decided to make one! We expect to have a plant-based tray ready next year.

We are receiving many requests for meals from people who live outside the Lower Mainland, so we will be expanding our services to help more people become healthy.

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THE GF BEER REVOLUTION AND YOU:

THE STRUGGLE FOR A BRIGHT GF BEER FUTURE | PART 1

Beer is a revolutionary beverage. 12,000 years ago, the agricultural revolution saw nomadic people literally putting down roots to ensure access to beer. 300 years ago, the scientific and industrial revolutions paved the way for modern brewing. And since the 1980s, the craft beer revolution has reshaped consumer expectations for beer – weaving together the importance of individual ingredients, innovation, diversity, community and more recently, inclusion.

SO WHEN IS THE GLUTEN FREE BEER REVOLUTION SCHEDULED TO BEGIN?

For those of us with celiac disease (and other gluten related conditions), it often feels like beer is a beverage made for other people, a reminder of our food restrictions or an elusive gluten free (GF) unicorn that rarely or never materializes in the real world.

This just in:

the GF beer revolution has already begun, but its impact, reach and pace may depend on factors within and outside our collective influence.

The Gluten Free Beer Revolution and You



In gluten free brewing hubs around the US, Australia and Argentina change is afoot. GF malting companies (“maltsters”) have fast tracked centuries of barley-specific knowledge to adapt to the unique properties of millet, rice and buckwheat. Brewers focused on the craft of GF beer have collaboratively bootstrapped research and development into brewing techniques to achieve results now on par with conventional (barley based) beer. And if you’re lucky enough to live near one of these hotspots, you can have a beer consumer experience that would seem far-fetched to most of us: the ability to select from multiple celiac-safe beers covering a wide range of beer styles, often in a place where GF food is the norm

not the exception. In the words of the royal British poet Farrokh Bulsara, “Is this the real life or is it just fantasy?”

SIGNS OF SUCCESS

It’s nice to hear that GF beer is coming into its own, but how does that translate to your reality? What would a successful GF beer outcome, our bright GF beer future, look like in Canada?

Here are five intertwined signifiers:

QUALITY



Malted GF grains (typically millet, rice and buckwheat) – combined with GF brewing knowledge and experience – make for great beers. Success means GF beer producers will have moved away from unmalted syrups that -- especially on their own -- lack depth and can be responsible for the off flavours and poor foam that have given GF beer a bad rap.

SAFETY



Gluten reduced beers made from barley are not celiac safe and are not a substitute for GF beer!

It will be a significant milestone when pub and restaurant staff, retailers, distributors and celiac consumers themselves can consistently make

THE GF BEER REVOLUTION AND YOU:

THE STRUGGLE FOR A BRIGHT GF BEER FUTURE | PART 1

make that distinction. Success means gluten reduced beers will have become the oddity in restaurants and stores, rather than the one and only item on the menu; that shift will have helped to fuel the growth of naturally GF breweries. In non-dedicated GF breweries, safety will have extended to all ingredients (not re-using yeast from barley beers for example) and to cleaning protocols.

ACCESS



Success means we'll have overcome the "catch-22" situation of consumer demand and availability (where retailers and restaurants are reluctant to bring in beers that don't sell, and GF beer drinkers can't find options they want to buy). Drinkers will easily be able to find high quality, celiac safe beer not just in provincial and private liquor stores, but in restaurants and pubs – particularly those who offer GF food options – and one can hope, in GF brewery taprooms and brewpubs. Improved access will extend to more affordable GF brewing ingredients (i.e. malted grains) that commercial and amateur brewers here in Canada need to make those high quality beers within our own communities.

DIVERSITY



A flourishing GF beer scene will be reflected in the diversity of styles being brewed (increased variety and seasonal variation), in a broader consumer demographic that feels represented by these beers, and in the ownership and staff that bring them to life. (A positive start: two of the three dedicated GF malt houses in the world are female-owned and led).

QUALITY



A GF beer revolution must be built to last. Good tasting GF beer (like good gluten free food) is typically more expensive than conventional equivalents because ingredients are more costly and difficult to source. Success on this front means GF beer is reasonably affordable and in turn assumes increased capacity for GF grain production and malting in Canada, reduced "food miles" (distance and transportation costs) and reduced barriers to small businesses (growers, maltsters, brewers, and distributors) attempting to meet those demands.

In part two of this series, we'll look at how the GF beer revolution is unfolding in Canada, and some ways we can collectively influence those outcomes.

Stuart Cole is, a CCA BC Member, long-time brewer and beer obsessive, a five year "apprentice" to celiac disease, and an organizer for the international Zero Tolerance Gluten Free Brewing group and wiki. He lives on Bowen Island, BC with his gluten free beer tolerant family.

This or That



GLUTEN FREE BEER

GLUTEN REDUCED BEER

GLUTEN FREE

INGREDIENTS

GLUTEN

YES,
NATURALLY!

UNDER 20PPM?

USING ENZYMES,
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YES

MEETS CCA STANDARD?

NO

YES

MEETS HEALTH
CANADA STANDARD FOR CELIACS?

NO

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Years ago,

at a stall on Granville Island, or a tiny bakery on Main Street, you may have discovered delicious GF, handcrafted, Brazilian-styled cheese buns, along with other delicacies produced using cassava, tapioca, and other simple, ingredients.



The company, Quesava, is now a national brand which is in the process of securing gluten-free certification. Quesava's small, hands-on team proudly uses traditional, GF ingredients in a dedicated facility to create healthy sweet and savoury food that is easy and convenient to prepare at home.

Raised in El Salvador, Claudia's family enjoyed simple delicious dishes that used similar ingredients and were made in the style of Quesava products. Claudia laughs as she explains that when she was young, she wanted absolutely nothing to do with cooking or baking! She loved numbers and studied industrial engineering. Her area of interest was in creating and improving processes.

Everything changed when Claudia became a mom. Wanting her daughter to eat well, she started learning to make food from scratch.

Meet the Team at
the 2023 GF Expo!



She even worked at a bakery for a short time to refine her baking skills (Claudia admits to being a perfectionist). She recreated dishes she enjoyed as a child, and used the same simple, GF ingredients to create a variety of healthy and delicious treats.

In 2015, Claudia was hired to run Quesava's manufacturing plant. But there was no plant yet; "the plant" was the small kitchen of the tiny bakery (where there was not even enough space to bake and pack at the same time). Claudia worked there to learn firsthand how these handcrafted products were made. She then started planning how to move production from the bakery kitchen to a manufacturing facility.



Quesava's ever-growing line of products reflect Claudia's deep passion for creating healthy, delicious artisan-quality food from simple GF ingredients. The cheese poppers, for example, were invented as an alternative to muffins. Although new flavours of Quesava muffins were tested at staff meetings, Ken Schneider, the CEO, was craving something smaller and more savoury.



This led to Claudia's creation of cheese poppers which have become a huge customer favourite. Claudia also explained that there is also a significant amount of testing to get recipes just right. The brownies, for example, were a real challenge, taking more than 20 "test runs" to perfect.

Claudia misses talking with customers and the "regulars" who came to shop at the stall and the bakery. She loved finding out firsthand what their favourite treats were and what they would enjoy in future. She is excited to meet CCA BC members at Quesava's booth at the Gluten Free Expo where you can sample some new products and meet the team!



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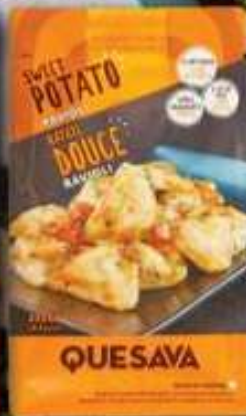
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CELIAC IN THE NEWS

Submitted by Val Vaartnou, CCA BC Member

Kids With Asymptomatic Celiac Disease May Have Severe Disease Histology

This study found that screening first degree relatives of those who have been diagnosed with celiac disease is important. They found that a first degree relative may appear asymptomatic yet have severe histology – the endoscopy show severe atrophy of the villi in the small intestine. There may also be other high-risk conditions.

"One study suggests that individuals screened before 10 years of age should have repeat screening in their second decade for a small increased pick-up of diagnoses," they write. Further research is required to determine of optimal frequency of screening for first-degree relatives.

<https://www.medscape.com/viewarticle/982135>

Celiac Disease and Thrombotic Events: Systematic Review of Published Cases

PubMed was searched to determine the comorbidity of celiac disease and thrombotic events; 55 cases were included for review. The most common event was found to be hepatic veins (30.91%) and thrombosis of cerebral blood vessels; deep venous thrombosis of lower extremities, and pulmonary thromboembolism were less frequent. CD as the sole risk factor was found in 58.7% of the cases. Treatment of severe cases with Vitamin K was found to be effective. The study reinforces the importance of looking at extraintestinal manifestations of CD. The study was limited to research done in English and publication bias as all studies were from PubMed.

<https://www.mdpi.com/2072-6643/14/10/2162/htm>



Dysbiosis and Migraine Headaches in Adults With Celiac Disease

The relationship of CD and migraine is influenced by the gut-brain axis. Inflammatory and vasoactive mediators are involved in migraine. These are regulated by the GI immunological and autonomic system managed by the gut microbiota. Common factors that impact migraines include: "composition of the gut microbiota, dietary components, neurotransmitters, hormone pathways, and inflammatory mediators (IL-1, IL-6, IL-8, and TNF- α), influence this interaction. Since some gut bacterial strains are known to be negatively impacted by neuropeptides, including CGRP, it has been hypothesized that these neuropeptides are also involved in the reciprocal communication between the gut and the brain." Further research is required to understand exactly how these processes work. Dysbiosis is evident in CD, but it is unclear whether this is a cause or result of it.

<https://www.cureus.com/articles/105708-dysbiosis-and-migraine-headaches-in-adults-with-celiac-disease>

Qasim H, Nasr M, Mohammad A, et al. (August 24, 2022) Dysbiosis and Migraine Headaches in Adults With Celiac Disease. Cureus 14(8): e28346. doi:10.7759/cureus.28346



CELIAC IN THE NEWS

Submitted by Val Vaartnou, CCA BC Member

Population-based Screening for Celiac Disease (CD) Reveals that the Majority of Patients are Undiagnosed and Improve on a Gluten-free Diet

A study in Norway looked at 12,981 adults who were tested with the tTG test or anti-deamidated gliadin peptide IgG. Those with increased levels of antibodies were given an endoscopy. 1.47% were found to have CD and 75% were previously undiagnosed. A gluten-free diet for over a year saw improvement in abdominal discomfort (76%) and 58% saw energy improved. The study concluded that many viewed their symptoms as “normal” and therefore remained untested and undiagnosed. The most common reason for dietary failure and suspicion of refractory CD is poor dietary compliance, which is associated with a younger age at diagnosis and a lack of acute gluten-induced symptoms. The study results were surprising as Norway has a “well-organized health care system.”

Kvamme, JM., Sørbye, S., Florholmen, J. et al. Population-based screening for celiac disease reveals that the majority of patients are undiagnosed and improve on a gluten-free diet. Sci Rep 12, 12647 (2022).

<https://doi.org/10.1038/s41598-022-16705-2>

<https://www.nature.com/articles/s41598-022-16705-2>

Anti-CD19 CAR T Cell Therapy for Refractory Systemic Lupus Erythematosus

Why is this important? Like celiac disease, lupus is an autoimmune disease “characterized by adaptive immune system activation, formation of double-stranded DNA autoantibodies and organ inflammation”. This was a small study of only 5 patients, however in all 5 participants lupus was put into remission by infusing T cells from patients with systemic lupus that had been transduced with “chimeric antigen receptor (CAR) Tcells” which attacked

the patients B cells which churn out autoantibodies. Four months after the treatment the patients showed no malfunction antibodies and the patients remained disease-free. The treatment was well tolerated with only mild cytokine release symptoms. However, the small study provides hope as similar treatments are already used in cancers and new hope for treatments for other autoimmune diseases like CD. More research is required as long-term side effects are unknown and suppressing the immune system is not without major risks.

<https://www.nature.com/articles/s41591-022-02017-5>

Acid Suppression and Antibiotics Administered During Infancy Are Associated with Celiac Disease

This study in Bethesda, Maryland looked at the association of “proton pump inhibitors (PPI), histamine-2 receptor antagonist (H2RA), and antibiotic prescriptions in the first six months of life with an early childhood diagnosis of celiac disease” and found a positive correlation between their use and development of celiac disease. Antacids and antibiotics both cause changes in the gut microbiome and intestinal permeability and therefore impacts the way the immune system encounters antigens.

Limitations of the study included: the early symptoms and indications for prescribing medications were unknown. Second, the study did not include infants under six months of age.

<https://doi.org/10.1016/j.jpeds.2022.10.013> ;

<https://www.news-medical.net/news/20221020/Infancy-acid-suppression-and-antibiotic-use-are-associated-with-celiac-disease.aspx>

<https://www.sciencedirect.com/science/article/abs/pii/S0022347622009003>



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HOLIDAY MEAL ALTERNATIVES

BY ELIZABETH RICHARDS

The holidays are just around the corner. We are all getting ready to make our traditional holiday meals such as roasted turkey, stuffing, meat pies, cabbage rolls, etc. Very often they include some sort of meat. Animal fat is in everything we eat! Some of us, however, have high cholesterol or concerns about heart disease and want to “downsize” the animal fats in our dishes. Some may also just want to do so out of curiosity or to make more sustainable choices, or because, overall, it’s just delicious food and good for you! In my case, I’m motivated by some of these factors.

I am originally from Montreal, Quebec. I grew up with a lot of French-Canadian influence in my meals. During the holidays I think of traditional foods I’d look forward to eating such as tourtière (“meat pie”), creton (meat pâté

spread), pouding chômeur à l’érable (“unemployed person’s maple pudding”... a terrible translation but a delicious sweet vegetarian dessert nonetheless), etc. All of these meals are not traditionally gluten free but can be made gluten free. It takes a bit of adjusting but it is all worthwhile, especially when we have those moments of longing for comfort food from our past! I wanted to make these comfort foods from my past but also experiment with plant based cooking. I started exploring various plant based cookbooks and loved what I found. I made a lot of delicious meals gluten free and plant based. Many of the recipes from these cookbooks that became some of my favorites are naturally gluten free or can be made gluten free. Here is a list of a few of my favorite plant based cookbooks that I highly recommend:

Plant You by Carleigh Bodrug.
Eat More Plants by Desiree Nielson, RD.
Oh She Glows for Dinner by Angela Liddon.
The Buddhist Chef by Jean-Philippe Cyr.

The Plant You cookbook has small photos of every ingredient in the recipes and a photo of each final product. So practical to be able to actually visualize every part of the recipe! The recipes are almost all gluten free or can easily be made gluten free with substituted ingredient alternatives. I made Carleigh Bodrug’s “Meaty Vegan Lentil Loaf” which was incredibly meat-like! Her “Roasted Red Pepper & Cauliflower soup” was also delicious. The pureed cashews elevated the soup’s taste and texture. Her book is available as I write this (in early November) at Save-On Foods (on sale!).



HOLIDAY MEAL ALTERNATIVES

BY ELIZABETH RICHARDS

In Desiree Nielsen's book, *Eat More Plants*, I tried her "Real Deal Gluten-Free Bread" made with only 5 ingredients and one of them is water! It was made with Bob's Red Mill All Purpose Flour (NOT the 1-to-1 blend) but the one made with chickpeas. It turned out like an artisanal gluten free bread. It was delicious. I baked it in a dutch oven so the crust was very crunchy...the next day very, very crunchy... almost hard to cut but, when toasted and served with the Roasted Red Pepper & Cauliflower soup...it was heaven! I loved the simplicity and high protein content of the recipe. Her book includes over 100 anti-inflammatory plant based recipes.

Angela Liddon has many delicious plant-based comfort foods in her cookbook, *Oh She Glows for Dinner*.

I was particularly drawn to her "Immune-Boosting Hungarian Mushroom and Wild Rice Stew". Being of Hungarian descent anything with "paprika" will get my attention. I love mushrooms and I love the idea of substituting beef with hearty and earthy cremini mushrooms. They can be a part of a wonderful holiday meal.

Jean-Philippe Cyr is a French-Canadian who is a practicing Buddhist. In *The Buddhist Chef*, he is brilliant at transforming meat based meals into plant based equivalents. I recommend to you his "Millet Pot Pie" (a plant based equivalent to the traditional French-Canadian tourtière -- meat pie -- I had been craving!). It took a bit of time but it was worth it! The pie crust was so easy to make with Melt Organic Salted Plant

Based Butter Sticks (gluten free of course!) I had some left over dough from the pie crust (very little) and I made a mini apple pie with the remainder. Delicious!

These books can also be great gifts for the holidays...and no I don't know any of the authors but I admire all of them!

Finally, I wanted to include a vegetarian (not vegan) recipe for the pouding chômeur dish I mentioned above. It is so simple to make. It is very sweet but makes a delicious dessert.

(Note: the pouding chômeur recipe was taken from a French cookbook "Ma Biographie Gourmande" by Joël Legendre. I translated the recipe to English)

Pouding Chômeur à l'Érable

Dry Ingredients

- 1 cup all-purpose gluten free flour (I used Bob's Red Mill)
- ½ cup sugar
- 1 ½ tsps baking powder
- ½ tsp salt

Wet Ingredients

- ½ cup milk
- ¼ cup heavy cream (35% M.F.)
- 1 egg
- 2 tsps softened butter

Sauce

- 1 ½ cup maple syrup
- ½ cup brown sugar
- ¾ cup water
- 1 tbsp butter

Directions



1. Mix dry ingredients in a bowl. Mix wet ingredients in another bowl.

Incorporate wet ingredients into dry ingredients in 3 steps. You will create a soft dough like batter.



2. Oil or butter an 8x8 pan and pour batter in pan.

3. Melt all sauce ingredients in a small pan. Remove from stove top once it starts to boil.

4. Pour saucepan ingredients into a large measuring cup that has a spout and very gently pour over batter into the pan



5. Bake in oven at 350F for 35-40 mins. Let it sit for a couple of minutes.

Underneath the cake will be a toffee/sugar like sauce. Serve as is or with some vanilla ice cream.

Note: I made this cake with no animal fats too and it turned out very well. I substituted the milk with unsweetened soy milk (you can choose any plant based milk). I also substituted the heavy cream with full fat coconut milk (from a small can). I substituted the egg with 1 tablespoon of ground flaxseed combined with 3 tablespoons of water. You need to let it sit a bit to allow it to thicken before adding it to the recipe. You can serve it with any type of plant based ice cream, or as is!



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Holly's Marvellous Muffins



Ingredients:

- 2 ripe bananas, mashed
- 2 eggs, beaten
- 2 tbsp honey
- ½ cup of maple syrup
- 1 tsp baking soda
- 1 cup peanut butter
- 1 tbsp vanilla
- 1 cup semi-sweet chocolate chips

Directions:

1. Mix everything together until smooth.
2. Add semi-sweet chocolate chips.
3. Bake in muffin cups at 400F for 13 - 15 mins.

Holly's Vegan Fruit Bars

Ingredients:

- 2 ripe bananas, mashed
- 1/3 cup of apple sauce
- 2 cups gluten free oats
- ¼ cup of almond milk
- ½ cup of raisins (optional)
- 1 tsp vanilla
- 1 tsp of cinnamon

Directions:

1. Mix all ingredients and bake at 350F for 15 - 20 mins.



image source: popsugar.com

Hearty tasty, simple & vegan.

Pomegranate Gin Fizz Cocktail

[Recipe source: acouplecooks.com/pomegranate-gin-cocktail/](http://acouplecooks.com/pomegranate-gin-cocktail/)



Ingredients:

- 2 ounces gin
 - 1 ½ ounces POM Wonderful 100% Pomegranate Juice
 - ½ ounces lemon juice
 - ¾ ounce simple syrup
 - 1 egg white*
 - 1 ounce soda water
- For the garnish: rosemary sprig (optional)

Directions:

1. Place the gin, POM juice, lemon juice, simple syrup and egg white in a cocktail shaker. Shake vigorously for 15 seconds.
2. Fill the shaker with ice and shake for 30 seconds until cold.
3. Strain the drink into a glass and top with the soda water; the egg white foam forms on top. Enjoy!

*For vegan, substitute 2 tablespoons aquafaba, the liquid from a can of chickpeas.

Contributed by Holly, granddaughter of fellow celiac

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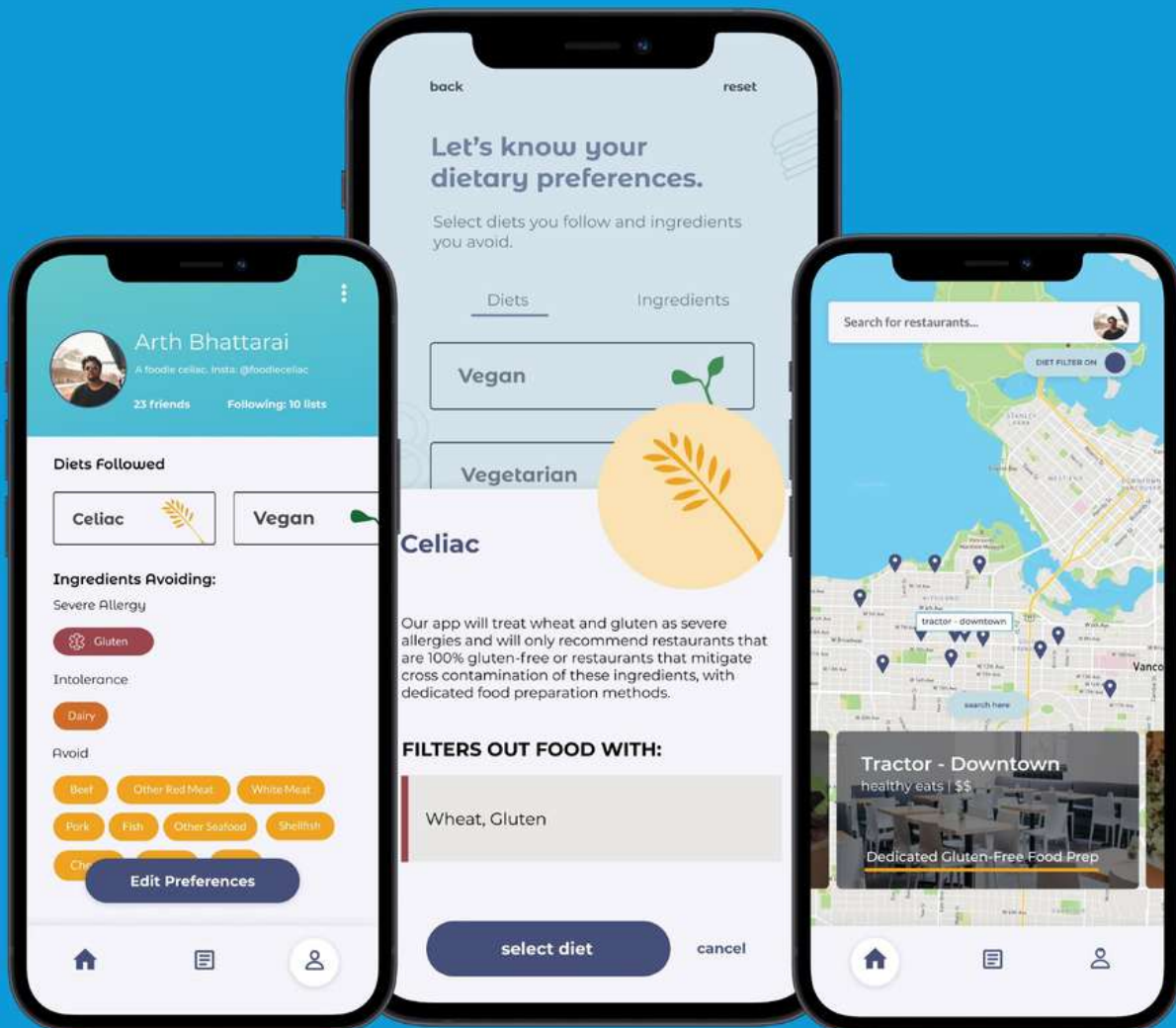
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CROCK POT AU GRATIN POTATOES

Recipe courtesy of Old World Garden Farms

Thinly sliced potatoes drenched in a homemade cheese sauce and cooked until tender in a slow cooker. The perfect holiday side dish recipe and it does not need the oven

INGREDIENTS

- 3 pounds russet or Yukon Gold potatoes
- 1 small onion chopped
- 4 tablespoons butter
- 1/4 cup all purpose gluten free flour
- 2 cups whole milk
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded sharp cheddar cheese

DIRECTIONS

1. Wash potatoes and cut them in 1/8" thick slices, set aside.
*Use a mandolin slicer if you have one.
1. Spray slow cooker with non-stick cooking spray, set aside.
2. In a medium saucepan over medium-low heat melt the butter.
Then whisk in the flour until the dry flour is no longer visible.
3. Add the milk, garlic powder, salt and pepper, and whisk to combine.
4. Continue to cook just until it starts to thicken, whisking frequently.
5. Remove from heat and stir in cheeses until melted.
6. Add 1/3 of the sliced potatoes in the bottom of the slow cooker.
7. Then add 1/3 of the chopped onion on top of the potatoes.
8. Pour 1/3 of the cheese sauce over the potatoes and onions.
9. Repeat these layers 2 more times.

Cook Time:

Cover and cook on high in slow cooker for 3-4 hours or low for 4-6 hours or until potatoes are tender. Turn off the heat and let the potatoes sit for 20 minutes before serving for the sauce to thicken.

Yes, no, maybe so!

There is so much I miss out on or just isn't normal.

Birthday parties

Family dinners

Sleepovers

Hot lunch

Going out for food with friends

Eating at school with my friends

Trick or treating without checking the label on candy

School field trips

Girl Guide camps

|

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