

Gluten-Free Guide



Newsletter of the Québec CCA Support Group

Highlights of this Issue:

Have your say: State of Celiac
Learn about the latest installment of this world-renowned survey of those with celiac disease.

Please see page 3.

CCA funding new research
Learn about the award that will support exciting new research on inflammatory triggers.

Please see page 4.



RECIPE OF THE MONTH

Wow your friends and family this holiday season with this chocolate peppermint biscotti. Who says gluten free can't be delicious? See page 8.

Message to followers of the Québec CCA Support Group

The Quebec CCA Support Group wishes you all a very Happy Holiday Season.

This newsletter comes to you, courtesy of Mark Johnson, President of the CCA's Ottawa Chapter, and in future will replace the monthly Updates we have been sending. It will only be sent out about every three months. In between, you will receive notice of upcoming events separately with reminders from our email address: quebecsupportgroup@celiac.ca. You can also check out both Local events, National events and our non-interactive Facebook page at: www.celiacquebec.ca

Our Quebec Canadian Celiac Association (CCA) Support Group is evolving and we now have a permanent sub-committee of Marie Ghanem who is our link with the National CCA, Jennifer Pearcey who will be sending out this newsletter and notices of local events and Margaret Duthie who will continue to be involved in various secretarial ways.

In addition, Gemma Mattheij will be organizing restaurant meals and Priscilla Hellyer will assist with translations into French, as needed.

Last, but not least, our Quebec CCA Support Group Steering Committee will continue to meet three times a year in January, April and September.

If you are interested in becoming more involved do let us know through our email: quebecsupportgroup@celiac.ca

Apart from our Holiday Restaurant meal on Friday November 18th at 6pm at the Arepera Restaurant at, 73, rue Prince Arthur, Montreal, QC H2X 1B4. (514) 508 7267, our focus in December will be on collecting GF donations to Food Banks.

We know of five (5) Food Banks we have identified in the Greater Montreal area that will put aside clearly labelled bags of GF food donations to be given only to persons who need GF food for medical reasons. Labels can be printed out in French and English from the CCA's National website at:

<https://www.celiac.ca/get-involved/savemeforglutenfree/>

The list of these Food Banks can be found below*. If any of you know of other Food Banks in your area that can also be relied on to give GF donations to those needing GF food only, please let us know.

We have at least one Metro store in Brossard at: 2121, Lapinière Boulevard, Brossard that will allow us to put out a collection box for GF food donations in their store. We can send you a sample letter for the manager of the local grocery store in your neighbourhood., on request, if you want to do this in your own neighbourhood and are prepared to collect the donations in a timely manner and take them, clearly labelled GF to one of the local Food Banks listed on page 15*.

We wish you all a very healthy, happy and gluten-free Holiday Season and look out for CCA's special Holiday magazine if you have signed up for the free emailings from the National CCA on their website at: www.celiac.ca

Best wishes from:

Marie, Jennifer, and Margaret
quebecsupportgroup@celiac.ca
www.celiacquebec.ca
www.celiac.ca

(continued on page 15)

News from CCA National

State of Celiac Survey

The CCA has launched the newest edition of the State of Celiac survey. This is a professional, academia-backed survey that will provide critical data to help us advocate on your behalf, push government and industry to take action to address celiac issues, and support further world-renowned celiac disease research. If you have celiac disease and haven't done the survey yet, please do! It does take a good 30 minutes, perhaps 40, but it is so important to helping the CCA fulfill its mission. If you yourself have celiac disease, please participate. Access the survey at this link: <https://www.surveymonkey.com/r/stateofceliac>

As background, in 2022, the CCA partnered with Health Canada, the University of Ottawa and Fondation Quebecois Maladie de Cœliaque (FQMC now Cœliaque Québec) to launch a substantial quality of life survey of the CCA membership. It consisted of 76 questions in a 16-page booklet that was mailed to all 5,200 members in 2002. 3,400 surveys were tabulated in this first round of which 2,600 were confirmed biopsied individuals that were used in the analysis. A copy of the peer-reviewed article on the study can be found here: <https://www.celiac.ca/wp-content/uploads/2019/10/Canadian-Celiac-Health-Survey.pdf>

In 2008 the CCA ran a second, similar survey with improvements to questions and received approximately 7,800 responses from members of which approximately 5,900 were biopsy confirmed celiac disease or dermatitis herpetiformis. It took over 1.5 years to input and assess the data which was hand collected from the paper responses. A peer reviewed paper on the results can be viewed here: <https://>

www.celiac.ca/wp-content/uploads/2019/10/CCA-major-study-Living-with-GFD-study-CCA-HC-in-JHN-2012.pdf

Both studies were widely acclaimed and referenced internationally due to the sample size of the data and depth of questionnaire. Please participate in our new survey!

Newly Diagnosed Pathway

The CCA is proud to announce the launch of a first-of-its-kind program for people in Canada newly diagnosed with celiac disease or a gluten-related disorder. The CCA is making an effort to provide better outcomes from the onset of diagnosis, and connect sooner with those that are facing a life-changing diagnosis. The goal is to empower everyone new to our community to build a better life with celiac disease from day one.

Research shows patients are leaving their doctor's office following a diagnosis without information or knowing what the future holds. The disease can be overwhelming, isolating and it can be challenging to understand what is safe to eat. The CCA aims to connect with this group earlier and more frequently to provide ongoing support to the newly diagnosed person throughout their journey.

The newly diagnosed program spans one year and includes: educational programs, a newly diagnosed kit available for order or download,

CANADIAN
CELIAC
ASSOCIATION



L'ASSOCIATION
CANADIENNE
DE LA MALADIE
COELIAQUE

digital resources, an online community, access to peer supporters and more. Link: <https://www.celiac.ca/newlydiagnosed/>

James A. Campbell Young Investigator Research Award Winner

The CCA is thrilled to announce the winner of our James A. Campbell Young Investigator Award. Sara Rahmani is a chemical engineer with a MASc degree in Chemical Engineering from the University of Waterloo. Currently, she is a PhD candidate at the School of Biomedical Engineering at McMaster University, supervised by Dr. Elena Verdu (Medicine) and Dr. Tohid Didar (Mechanical Engineering).

Sara's research focuses on developing an in vitro epithelium model in the form of organoid monolayers from mice that transgenically express the human HLA-DQ2 or HLA-DQ8 molecules encoded by the necessary genes in celiac disease (CeD). She investigates mechanisms underlying the interaction between gluten and the intestinal epithelium. Specifically, she will unravel the inflammatory triggers that switch on the expression of DQ2, necessary for antigen presentation, on organoid monolayers and whether the expression of these molecules promotes the activation of CD4+ T cells.

She will also explore how other environmental triggers and drivers of celiac disease, such as opportunistic bacterial pathogens, influence these pathways. Her long-term goal is to engineer a high throughput preclinical screening tool for novel drugs in CeD.

CCA Online Conference

On November 12-13, the CCA hosted an online conference, and we hope that many of you attended! Over 1,000 people from across Canada registered to hear about the latest celiac disease



research, tips from dietitians and pediatric specialists, and discussions on food insecurity, the gluten content in wheat, plant-based eating and other diets, and oats. If you missed it, fret not, the conference presentations will soon be available online! Keep an eye on the CCA's YouTube channel.

Client Support Desk

We have staff tracking our client support desk from Tuesday to Saturday thanks to donor support. If you need help with a question, you can call 1-800-363-7296 ext. 224 and one of our staff will be happy to help you.

Follow the CCA on Social Media!



Finding gratitude this holiday season

The holidays are a time to focus on the most important aspects of life. We take time out to be with family, share gifts, and give to those less fortunate. Whether intentional or not, feelings of gratitude are often woven throughout these annual traditions, and can impact our mental health in a positive way.

We know that gratitude helps us appreciate life, improve our health, build strong relationships and handle adversity. In fact, research shows having an attitude of gratitude is consistently associated with greater happiness.

So how can you focus on gratitude this holiday season? Here are some simple ideas you can practice everyday:

1. **Make a list of things you have instead of things you want.** This time of year is often focused on receiving gifts. To increase your gratitude, make a list of things you already have. Count your blessings and record how it makes you feel to have these things in your life.

2. **Write a thank you note.** The act of saying thank you can help you better appreciate the gifts you receive. In addition to gifts, try thanking someone for being a good friend or helping you in an intangible way. As your relationships are strengthened, your gratitude will also increase.

3. **Meditate or pray.** If you are religious, praying can often help cultivate gratitude and help us focus on things outside of ourselves. Much in the same way, meditating can help us to

re-establish priorities and remind us of what we have to be thankful for.

4. **Practice acts of kindness.** The holiday season is a wonderful time to help others who are less fortunate. Volunteering, donating canned goods and toys, or baking cookies for a neighbour are simple and easy ways to show others that you care. As a bonus, while these acts of kindness serve others, they also help to boost our mood and gratitude.

5. **Focus on your health.** While you may have some health problems, mental or physical, focus on the positive aspects of your health. Are you able to get outside? Can you smell dinner cooking or hug a loved one? We often take our abilities for granted. Take time to be thankful for what your health allows you to do and not how it may be limiting.

Gratitude is about focusing on what we have rather than what we lack. In doing so, we can boost our mental health and help those around us.

Work on increasing your gratitude over the holidays and into the New Year.



Recipe Corner

Cinnamon Vanilla Tea Latte (from Osteoporosis Canada)

Submitted by Sheila Parker, Moncton Chapter

Ingredients:

- 2 c. milk (2% or skim)
- 1 Tbsp. maple syrup
- 2 cinnamon sticks
- 1 tsp vanilla extract
- 2 black tea bags (such as Earl Grey, English Breakfast, or Orange Pekoe)

Instructions:

Combine milk and cinnamon sticks in a small saucepan. Set over medium-low heat. Heat until bubbles form around the edge and milk is steaming. Remove from heat and add tea bags. Cover and let steep 5 minutes. Remove tea bags and cinnamon sticks, pressing gently on tea bags. Whisk in maple syrup and vanilla until frothy on top. Pour into two warmed mugs. Makes 2 servings.

Cranberry Holiday Punch

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 1 c. whole cranberries, frozen
- 1/2 c. pomegranate seeds
- 1 c. cranberry juice
- 1-750mL bottle of prosecco or champagne
- 2 c. cranberry ginger ale, or more, as desired
- 1/3 c. simple syrup
- Ice
- Rosemary sprigs, optional garnish

Instructions:

1. Make plenty of ice (more than you think you'll need). Fill your pitcher or punch bowl half full with ice (keep some aside for individual glasses). Add in the cranberries and pomegranate seeds.
2. Add the cranberry juice, sparkling wine, simple syrup, and top off to taste with the cranberry ginger ale.
3. Pour or ladle into individual serving glasses and garnish with rosemary, if desired.

Winter Fruit Salad

Submitted by Monica MacEwen, Moncton Chapter

Ingredients – Salad:

- 3 grapefruit, peeled and segmented
- 3 blood oranges, peeled and segmented
- 4 mandarin oranges, peeled and segmented
- 2 navel oranges, peeled and segmented
- 4 kiwi fruit, peeled and sliced
- 3 bananas, sliced
- 1/2 pomegranate seeds

Ingredients – Orange Poppy Seed Simple Syrup

- 1/4 c. water
- 1/4 c. sugar
- 1 navel orange, juiced
- 1 tsp. poppy seeds

Instructions:

In a large serving bowl, combine fruit and toss gently. Prepare simple syrup by combining water, sugar, and juice of one orange. Bring to a boil; remove from heat. Stir in poppy seeds and cool completely. Pour simple syrup over fruit.



Garlic Thyme Roasted Butternut Squash

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 2 lb butternut squash 1 large, peeled and cubed
- 2 garlic cloves crushed
- 2 Tbsp olive oil
- ½ tsp salt
- 1 Tbsp fresh thyme

Instructions:

Preheat the oven to 400F. Line a sheet pan with parchment paper. Toss the peeled and cubed butternut squash in olive oil, salt, garlic, and arrange it in a single layer on parchment paper-lined sheet pan. Sprinkle fresh thyme over the butternut squash pieces. Bake for 30 minutes, turn squash pieces after 20 minutes and sprinkle with fresh thyme. Bake for a further 5-10 minutes or until it's caramelized. Remove from the oven, serve hot.



- 3 cloves garlic, minced, divided
- 1 tsp. grated fresh ginger
 - 4 c. low-sodium vegetable broth
 - 1 (14 ounce) can no-salt-added diced tomatoes
 - ½ c. red lentils, picked over and rinsed (gluten-free)
 - ¼ cup chopped fresh cilantro, plus more for garnish

Instructions:

1. Heat 2 tablespoons oil in a large saucepan over medium heat until shimmering.
2. Add onion, carrots and parsnip and cook until the onions are translucent, about 6 minutes.
3. Add squash, apple, curry powder, 2 cloves garlic and ginger and cook, stirring, until fragrant, 1 to 2 minutes.
4. Add broth, tomatoes and lentils and stir to combine. Bring to a boil.
5. Reduce heat to maintain a low simmer, cover and cook until the squash and lentils are tender, about 20 minutes.
6. Gently mash some of the soup with a potato masher to achieve desired consistency. (Alternatively, transfer half the soup to a blender and puree. Use caution when blending hot liquids.)
7. Garnish the soup with cilantro.

Winter Vegetable Mulligatawny Soup

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 3 Tbsp. extra-virgin olive oil, divided
- 1 medium onion, finely chopped
- 2 medium carrots, finely chopped
- 1 medium parsnip, peeled and finely chopped



- 4 c. peeled diced acorn squash or butternut squash
- 1 medium green apple, peeled and finely chopped
- 1 Tbsp. curry powder

Snowman Cheese Ball

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 2 (8 ounce) blocks of cream cheese, room temperature
- 1 ounce package ranch seasoning mix (gluten-free)
- 2 c. finely shredded jack cheese
- 1 baby carrot
- Whole peppercorns

Instructions:

1. Allow cream cheese to come to room temperature. Using a mixer, combine cream cheese and ranch dressing mix.
2. Divide cream cheese mixture, use 2/3 of the mixture to form a larger ball and use the other 1/3 to form a smaller ball for the snowman head. Refrigerate for at least two hours to allow cream cheese to harden.
3. Before serving, press shredded cheese into the cheese ball. Place the larger ball on a serving plate and place the smaller cheese ball onto the larger cheese ball. Cut off the tip off of a baby carrot and press into the cheese ball to make a nose. Use the peppercorns for mouth and eyes. Serve with gluten-free crackers, pretzels, or veggies.



- 6 Tbsp. honey
- 3/4 tsp. dried, ground ginger

Instructions:

Combine coleslaw ingredients in a large bowl. In a small bowl, combine dressing ingredients and mix well. Pour dressing over coleslaw and stir until evenly coated.

Chocolate Peppermint Biscotti

Submitted by Monica MacEwen, Moncton Chapter

Ingredients – Biscotti:

- 2 c. gluten-free flour
- 1 c. sugar
- 1/2 c. cocoa powder
- 2 tsp baking powder
- 1/4 tsp salt
- 3/4 c. butter softened
- 1 tsp peppermint extract
- 2 eggs, large

Ingredients – Drizzle and Topping:

- 1/2 c. white chocolate
- 1/3 c. crushed candy canes (gluten-free)

Instructions:

1. Preheat the oven to 325F. Add your dry ingredients to a bowl. Use a whisk to blend it together.
2. Add the wet ingredients to a small bowl and mix. Pour the wet ingredients into the dry ingredients to make the biscotti dough. Place the dough onto a piece of parchment paper and form it into a rectangle.
3. Use a sharp knife to cut score lines into the dough.

Apple Cranberry Coleslaw

Submitted by Monica MacEwen, Moncton Chapter

Ingredients – Coleslaw:

- 1 (14 ounce) bag 3-colour coleslaw mix
- 1 large apple, chopped
- 1/2 c. dried cranberries
- 1/2 c. chopped walnuts
- 4 green onions, sliced

Ingredients – Dressing:

- 3/4 c. low-fat mayo
- 3/4 c. plain yogurt, not Greek



HINT: Do not cut all the way through the dough. Cut about $\frac{1}{4}$ of the way down. These lines will make it easier to cut the dough mid-way through baking.

4. Bake the biscotti for 15 minutes then remove it from the oven. Use a sharp knife to cut all the way through the cut marks. Gently turn each slice of biscotti on its side on the tray. Be sure there is some space around each slice.
5. Bake on the side for 15 minutes, then carefully flip the biscotti slices over to bake on the other side. Bake for 15 minutes. After this, your biscotti should be hard. (If your slices are really thick it may take longer for it to bake.)
6. When the biscotti are cooled, melt the white chocolate in the microwave. Microwave it at 20-second intervals, stirring between each. Reduce the microwave time to 10 seconds when the white chocolate starts to melt. This is important to prevent it from burning. Drizzle on the white chocolate and then sprinkle the crushed candy cane on top of the biscotti while the chocolate is still melted.



· $\frac{1}{2}$ tsp. freshly ground nutmeg

Instructions:

1. In a medium mixing bowl, whisk together instant pudding mix, eggnog, and nutmeg until the mixture begins to thicken (about 5 minutes).
2. In a separate bowl (or in a stand mixer), whisk the heavy cream on high speed until stiff peaks form.
3. Gently fold the whipped cream into the eggnog pudding mixture. Transfer pie filling into the prepared pie crust.
4. Chill for at least 3 hours to allow the pie to firm up. Serve with additional whipped cream and a sprinkle of freshly grated nutmeg.

Vintage Eggnog Pie

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- Small instant vanilla pudding mix (102 gram size)
- 1 c. heavy whipping cream
- 1 prepared pre-baked 9-inch gluten-free pie crust (such as Kinnikinnick frozen crust)
- 1 $\frac{1}{2}$ c. eggnog



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Poland done gluten free

Mark Johnson, CCA Ottawa Chapter president

This fall, I flew to Katowice, Poland to do some volunteer work, teaching English for a few days. I of course added a couple of days to my itinerary for some tourism, so some celiac research in advance was necessary, as it always is. While I was flying into Katowice, my volunteer work was near Wroclaw (northwest of Katowice) and I first took the train to Kraków (southeast of Katowice) to do the tourist thing.

I did bring some snacks along, but planned to largely rely on groceries and restaurants. To my disappointment, the two (rather large) grocery stores I visited had very, very few gluten-free products. I didn't even see anything from our friends at Schär, who can usually be counted upon across Europe. What I did find was chocolate-covered rice cakes and yogurt-covered rice cakes, which was no surprise as the chocolate-covered rice cakes I occasionally purchase at Dollarama are made in Poland. Unfortunately, there was very little else, apart from junk food. I did take a chance on what appeared to be strawberry-flavoured Cheetos, and they were quite interesting!

I only had about 30 hours in Kraków, including two nights, so during my day out and about, I packed a lot in - a visit to the Schinder Enamel Factory (of Schindler's List fame), a walking tour of the city, and a visit to a spa. The hotel breakfast was very good, and I had lots of eggs, cheese, and vegetables. I left so full that I really didn't need much lunch. I had some Kind granola and some peanuts that I had brought from home, so along with the yogurt-covered rice cakes, that was my lunch.

I finished my day with a visit to a nearby spa, for a "hippie sauna" night. The owners (a British fellow and his Polish wife) said they could provide



some GF food. However, they hadn't realized that sauces and such can contain gluten. I was largely confined to veggies and hummus, cheese, and various fruits. I also had to stop Joanna from putting oat milk into my coffee. Fortunately, she also had pea milk on hand.

The next morning, I hopped the train over to Wroclaw (pronounced vrah-t-swahv), which is about 3.5 hours from Kraków. I made plans to go to a restaurant and a bakery, both of which had been endorsed by the Polish coeliac society. The hours of operation of the restaurant were a little odd - closing at 5 PM on a Friday, but I made it there at 4:30, after having completed a walking tour of the city. It was so worth it - gluten-free perogies, which are often quite difficult to get, especially fresh!

Manufaktura Bezglutenowa did not disappoint. I looked over the dumpling options, and they all

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looked tasty, so the manager suggested that I try a variety of them. Some had meat, some had potatoes and cheese, some had spinach and cheese. I would happily try them all again. Had I had a microwave in my hotel

note - I also visited Fit Cake again a week later, as I was heading home. Yes, it was THAT good!

The next morning, I had breakfast at the hotel - the same food as my previous hotel

room, I might have taken some for the road!

I then hopped over to Fit Cake bakery, which fortunately was open until 7 PM that day. It was quite expensive by Polish standards - and by that, I mean prices comparable to Canada. It was 21 zloty (\$6 CDN) for my piece of Reese's cheesecake - which was divine. I also loved the Oreo tart, the crust of which itself was from gluten-free "Oreo" crumb. That ran me 13 zloty (\$3.75 CDN). I washed it all down with a nice iced coffee. (Side

visit - and a dozen of us boarded our oversized van to head to Chojnik, a village in the southwest corner of Poland, about 7 kilometres from the Poland/Czech Republic border, and about 70 kilometres from the Poland/Germany border.

The English immersion program took place at a lovely country resort called Hotel Chojnik, which has about 20 rooms, a sauna, a restaurant, a conference room, a pool table, and a foosball table.



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For the next five days, I taught English to a group of 11 Polish speakers who wanted to learn English, along with ten other “mentors” from across the Anglo world - US, UK, New Zealand, and Canada.

Before I volunteered, I had been promised that my gluten-free needs would not be a problem. I certainly did not eat like a king throughout the program, but nor did I go hungry. Breakfast and dinner were mostly buffet style, and lunch was the primary meal. My lunches included spaghetti, zucchini and lentils, salads, and lots of potatoes - of course (it being Poland). There was also a “barbecue night” toward the end of the program with chicken legs and some kielbasa (sausages), the latter of which was to be cooked over the fire - and to my delight, both were gluten free! Every meal, apart from lunch, included gluten-free bread, so I had quite a few sandwiches. I didn’t trust the deli-type meats they had but I had cheese, lettuce, tomatoes, and



cucumbers on my sandwiches, with some mustard to help complete it.

Throughout the program, we had unlimited tea and (instant) coffee available. Off the bat, I had to check to make sure the instant coffee was gluten free. Fortunately, the 2nd in charge of our program was Polish, so I was able to rely on her to pass along my various questions - about how the pasta was cooked, is that sauce gluten free, can I see the ingredient list for X product, etc.



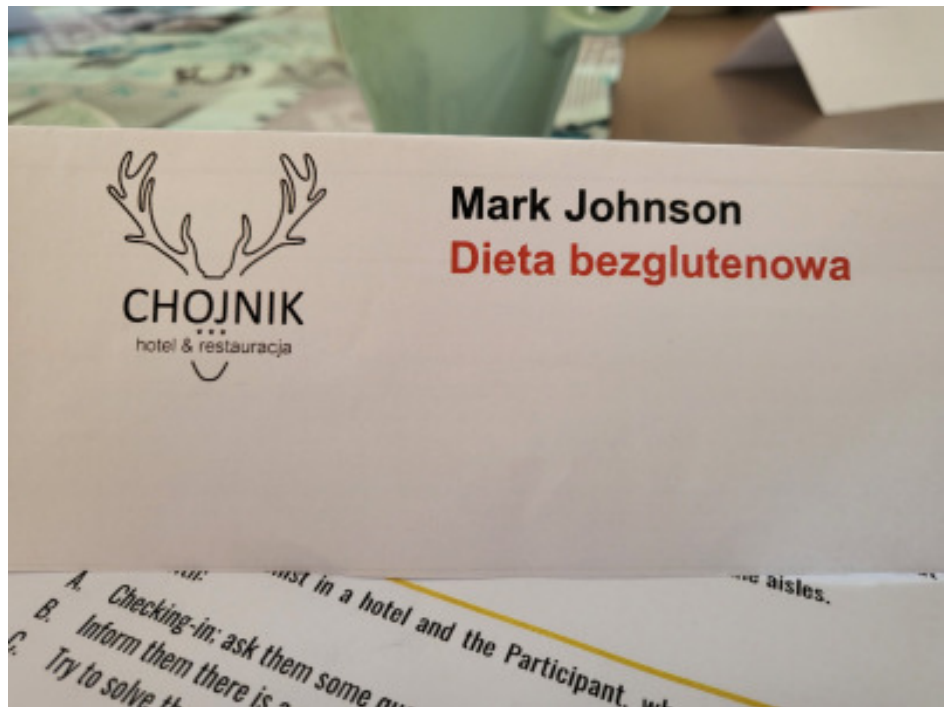
For breakfast, I usually relied on eggs, cheese, and vegetables, though I am not an early riser and sometimes the gluten-free egg option (i.e. without bread nearby and without questionable mayonnaise) was gone. If that was the case, I had a sandwich instead. Dinner was usually a sandwich, or two, though one day they made us a lovely risotto using wild mushrooms that had been picked throughout the nearby forest. Don’t worry, Rafal guaranteed that

they were safe mushrooms. No one perished, and no one became hallucinogenic! And they kindly made the risotto gluten free.

In summary, during my program, my needs were taken care of, so that was a relief. When I was on my own, while the grocery stores were lacking, there were generally restaurant options available. Kraków and Wrocław are definitely both worth visiting! There was at least one staff person who could speak English at the restaurants I visited, and I imagine it's the same for any

in the tourist regions. I type this as I am on layover in Barcelona, and nearly all of the snacks I brought with me remain in my suitcase - a sign of a successful voyage!

In terms of the flights, on the way over, I had to run through the airports to make my connections in Toronto and Dublin. My flights home were



more relaxed, and I was able to get some gluten-free (junk) food at the airport in Katowice, but I had complete meals during my layovers in Barcelona and Toronto. In fact, being in Spain, I couldn't resist getting a gluten-free Big Mac!

It was indeed a trip to remember, and in a good way. Do zobaczenia wkrótce, Poland!



Gluten-Free Certification Program

When you see the GFCP logo you know the manufacturer has used special processes to make sure your gluten-free food really is gluten free.

For more information, visit www.celiac.ca

Zero-Waste Christmas Ideas

What is zero-waste? Living a zero-waste lifestyle whether at home or in your business, means you strive to use as little single-use plastic as possible, instead opting for sustainable and reusable alternatives. In short, it means you send as little as possible to landfills; replacing as much as possible with reusable products. The 3 R's play an important role in this; Reduce, Reuse, Recycle. With inflation increasing the costs of everything and signs of global warming seemingly all around us, are you looking for ways to reduce the amount of waste this season?

Below are a few ideas to help inspire you:

1. **Buy pre-loved gifts** – visit thrift stores, charity shops and vintage/second-hand stores to find interesting and unique gifts that are pre-loved and still have a lot of life in them.

2. **Give an experience** – instead of buying a physical gift, buy the ones you love an experience such as tickets to see their favorite artist or

comedian or a one-off experience like a whale watching excursion?

3. **Create homemade gift wrap** – use items that are eco-friendly and single-use plastic free, include using fabric, tear sheets from fabulous magazines or old comics, creating your own gift wrap from plain brown paper.

4. **Give a gift that keeps on giving** – such as gifting cooking courses or art classes, etc. that they can use time and again to have great experiences or a membership to a club.



Message to Québec CCA Support group followers (cont'd)

* **Service de Nutrition et d'Action Communautaire,**

10,780, Laverdure Street, Ahuntsic-Cartierville, Montreal Qc H3L 2L9 (514) 385 6499 Local 003

** Go to the basement - open 9 to 4 pm - Mon-Friday.

Share the Warmth/Partage L'Espoir,

625, rue Fortune, Pointe-Saint-Charles, QC H3K 2R9 (514) 933 5599.

info@sharethewarmth.ca and

juliepoirier@partageonslespoir.ca

** Call to find out hours open for donations

Mission La Nouvelle Génération,

1423, Provencher Boulevard, Brossard, QC J4W 1Z3 (450) 486 7667

info@missionnouvellegeneration.org

**Call to find hours for accepting donations.

On Rock Community Services,

9554, Gouin Boulevard West, Pierrefonds, Qc H8Y 1R3 (514) 696 1905.

www.onrock.org onrock@onrock.org

Extended Hands,

1810, rue Saint-Antoine, Lachine, Qc H8S 1V4. (514) 469 2408 #4. ** There is someone there 8 am - 4 pm Tues. to Thurs.

If you know of other food banks that will keep GF food only for those who need it for medical reasons, please let us know by sending an email to: quebecsupportgroup@celiac.ca

Holiday Word Search

When everything is shimmering and sparkling and Christmas music is playing everywhere you go, there's no question that it's the most wonderful and magical time of the year! Search for some key words relating to this holly jolly season.



Merry Christmas

A	I	Y	K	O	T	G	N	O	G	I	F	T	O
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F	N	N	R	N	A	T	I	V	I	T	Y	T	G
W	T	I	E	L	V	E	S	L	H	G	N	A	O
O	A	K	S	G	G	A	N	G	E	L	H	G	I
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| SLEIGH | NATIVITY | ANGEL | GIFT |
| REINDEER | TREE | LIGHTS | CANDY CANE |
| RUDOLPH | WREATH | SANTA | ELVES |
| ORNAMENTS | SNOWFLAKE | STOCKING | SHOWMAN |



Tidbits from the world of celiac research

Oral diagnosis of celiac a future possibility?

Research published in the academic journal BMC Gastroenterology are proposing a potential future non-invasive way to diagnose celiac disease. In celiacs, xerostomia (dry mouth) is a common complication. This condition causes the salivary glands to malfunction and, in turn, may result in oral plaque and periodontal disease.

Comparing salivary and serum levels in the mouth may give clues to whether someone is celiac. In this study, researchers found different levels in celiac compared to non-celiacs. More research is required.

For more information: <https://bmcgastroenterol.biomedcentral.com/articles/10.1186/s12876-022-02456-x>

Rotavirus vaccination not associated with celiac

Rotavirus infection is a potential trigger for autoimmune diseases, and previous reports note associations between rotavirus vaccination and type 1 diabetes. Researchers are looking at whether there may be a connection to celiac as well. Initial results show that children who were born prior to the introduction of rotavirus vaccine in 2006 had lower risk of celiac disease compared to unvaccinated children born after 2006.

However, children with vaccination today did not show higher rates compared to unvaccinated children, therefore, rotavirus vaccination was not found to be related to a celiac diagnosis.

For more information: <https://www.nature.com/articles/s41598-022-17187-y>

GF diet helps GERD symptoms in celiacs

Gastroesophageal reflux disease (GERD) impacts roughly 20% of people in the United States, and numbers in Canada are likely similar.

Gluten has long been thought to worsen symptoms, and there may be a link between GERD and non-celiac gluten sensitivity. Study findings suggested that if you have celiac disease and GERD, following a gluten-free diet while taking GERD medications may help to manage GERD symptoms. Going gluten-free is less likely to help with GERD if you don't have celiac.

For more information: <https://www.healthline.com/health/gerd/gluten-and-gerd>

Data do not support GF diet for Hashimoto's Disease

A new study casts doubt on use of the gluten-free diet to treat Hashimoto's disease; recommends anti-inflammatory diet.

For more information: <https://www.celiac.com/articles.html/datadoes-not-support-gluten-free-diet-for-treatinghashimoto%E2%80%99s-disease-r5954/>

Celiac disease drug KAN-101 gets FDA fast track

A new drug designed to treat celiac disease has received fast track status from the FDA ahead of Phase 2 Trials slated for the second half 2022.

For more information: <https://www.celiac.com/articles.html/ceciacdisease-drug-kan-101-gets-fda-fast-trackr5941/>

Study points to shared origins for celiac and IBD

A new study sheds light on the connection between inflammatory bowel disease (IBD) in patients with celiac disease.

For more information: <https://www.celiac.com/articles.html/studypoints-to-shared-origins-for-celiac-disease-andinflammatory-bowel-disease-r5946/>

Once-promising drug Larazotide looks doomed

The graveyard of celiac disease drugs continues to grow, as Larazotide disappoints in a phase 3 trial.

For more information: <https://www.celiac.com/articles.html/oncepromising-celiac-drug-larazotide-looks-doomed-after-disappointing-phase-3-trial-r5940/>

Cross-reactivity between anti-gliadin antibodies and proteins in spices may trigger symptoms


Wondering if spices can trigger adverse reactions in people with celiac disease? It's possible, according to new research.

For more information: <https://www.celiac.com/articles.html/crossreactivity-between-anti-gliadin-antibodies-andproteins-in-spices-may-trigger-symptoms-insome-people-with-celiac-disease-r5900/>

Multiplex TGA blood test helps diagnose pediatric celiac disease

In some cases, tissue-transglutaminase antibodies can be used to diagnose celiac disease without biopsy. But how accurate is it in real life conditions?

For more information: <https://www.celiac.com/articles.html/multiplex-tga-blood-test-accurately-diagnoses-pediatricceliac-disease-in-real-world-conditions-r5912/>



The advertisement features the Kinnikinnick logo at the top left, which includes a stylized sun and the brand name. To the right is a circular seal with a red ribbon that says "Best things in life are" and a yellow circle that says "free from" surrounded by "NUTS", "GLUTEN", "SOY", "DAIRY", and "PEANUTS". The central image is a golden, ornate picture frame containing a single dinner roll against a blue sky with white clouds. Below the frame is a box of Kinnikinnick Artisan Dinner Rolls, which also features the "free from" seal and shows several rolls. At the bottom, the text reads "High Art. Free from gluten & top allergens." and includes social media icons for Twitter, Instagram, Facebook, and Pinterest, along with the handle "@KinnikinnickGF" and the website "kinnikinnick.com".

Camp Celiac in Ontario a big success

Contributed by Mark Johnson, CCA Ottawa Chapter

After a delayed beginning due to the COVID-19 pandemic, Camp Celiac started off small last year, but expanded this year, and hopefully it'll be even bigger next year! Imagine, dozens of celiac kids camping together – with such experiences as water sports, archery, ball hockey, volleyball, yoga, and more – and with no worries about whether the food is safe! That's Camp Celiac, in Maberly, Ontario – about a 3 1/4 hour drive from Montreal.

A huge amount of volunteer work went into Camp Celiac, including support from the CCA Kingston Chapter and CCA Ottawa Chapter, who provided advice, organizational, and on-site volunteer support. I had the good fortune of spending a long weekend at Camp Celiac, from August 20-22, and really hope to be back again next year!

The kids stay in cabins, with counsellors overseeing their diverse activities, like any regular camp. The difference is that all food is strictly gluten free, including a great deal of cleaning to prepare the kitchen and make sure there is no risk of cross contamination.

Thanks to volunteer support and company donations, the price is very reasonable - \$1095 + tax for one week, or \$2095 + tax for two weeks. I saw products from Only Oats, Schar, Kinnikinnick, Promise Gluten Free, and more. We served crispy beef, pasta salads, quesadillas, muffins, oatmeal, and so much more.

It wasn't only celiac kids that were there at camp. While some think that would be ideal, the fact is that these are kids – they want to be with their siblings and friends. Being a celiac is isolating enough without

requiring kids to go there by themselves if they want to go with friends. So, while less than half of the total attendees were celiac, ALL kids ate gluten free – and I heard zero complaints about the food! I really don't think the non-celiac kids noticed any difference. After all, with planning and organization, gluten free can be delicious!

If you would like to check into the possibility of your child or one you know attending next year, go to www.campceliac.ca. Registration has already opened up, and there are several camping duration options next August.

Happy camping!



Gluten-Free Guide



Camp Celiac Photos

Previous page: Pasta salad with sausage

Top left: View from the water

Top right and bottom right: Meal time

Middle left: Breakfast

Bottom left: GF crispy beef

