

Gluten-Free Guide



Newsletter of Celiac Canada's Québec Support Group

Highlights of this Issue:

CCA becomes Celiac Canada

Read about the path that led to the Canadian Celiac Association making this historic change.

Please see page 9.

Celiac Canada at Parliament

For our 50th anniversary, celiacs met with Members of Parliament and Senators in Ottawa!

Please see page 3.



RECIPE OF THE MONTH

Enjoy a classic ham and cheddar pie but without the stress of a specialty crust. This recipe uses a rice base instead! See page 6.

Message from the Québec Support Group

Hello,

Now the pandemic is behind us, the Quebec Support Group of Celiac Canada (that was the Canadian Celiac Association until February 2023), is very happy that we can organize in person get-togethers finally.

In March, twenty-six of us enjoyed a Sugaring Off at Les Quatre Feuilles in Rougemont and everything on the menu was totally gluten free. On April 28th, there was a restaurant meal at Scores in Dorval where the owner has celiac disease in his family. Mid-May we celebrate Celiac Awareness Month in the 50th anniversary year of the founding of our organization. On May 13th, an event is planned for Quebec supporters of all ages at the Bowling Alley at 6510, Saint Jacques West, Montreal West, from 2-4 PM, with a meeting room, gluten-free cakes, and snacks while we take turns bowling. Details for all these events can be found on our webpage at: www.celiacquebec.ca. For all our events, we ask you to send us an email to register, as we need to know numbers in advance. Email: quebecsupportgroup@celiac.ca

International Celiac Awareness Day (May 16th, 2023), falls on a Tuesday this year and in Quebec, thanks to the French group Cœliaque Québec, the Olympic Stadium in Montreal will be lit up green, as will the Jules Dallaire Building in Quebec City. If you take a photo of either building, please send it to our email address so we can post it.

April is a month to honour our volunteers and we are most grateful to Gemma for organizing our restaurant

meals; to Jennifer for formatting our Updates and maintaining our emailing list that now has 90 names; to Elisa, our Media person who has done a Press release for Celiac Awareness Month and our 50th anniversary celebrations; to Allison for assisting Margaret with an interview on a local TV channel about celiac disease and our 50th Anniversary and being available to assist with the Bowling Event; to Lucia from Celiac Canada's professional advisory council who lends us her support.

Our webpage is a great source of information about upcoming local activities and has links to Celiac Canada webinars and activities. Many thanks to our invaluable volunteer Randi for his donation of our webpage, which he also maintains. See www.celiacquebec.ca. You will also find more information on the Facebook link on this webpage. This FB page is non-interactive, but we invite you to repost items that appear on it on other gluten-free Facebook support pages.

We have continued our bimonthly CHAT HOURS, the next takes place on Zoom on May 23rd at 8pm. This is another way for us to get together, especially for those newly diagnosed and new to our group. It is led by Celiac Canada certified Peer Supporters Marie and Margaret.

Please do not hesitate to get in touch with us at: quebecsupportgroup@celiac.ca if you have questions, would like more information, or have suggestions for our group.

All very best wishes,

Marie and Margaret

CCA National Client Support Desk

We have staff tracking our client support desk from Tuesday - 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.

Successful Celiac Canada breakfast on Parliament Hill

To kick off Celiac Awareness Month, Celiac Canada staff, supported by the board of the Ottawa Chapter, headed to Parliament Hill in Ottawa to have breakfast with MPs. The day focused on raising awareness of issues affecting our community such as possible labeling confusion, fortification discrepancies, and the price of gluten-free staples in Canada.

The event was co-sponsored by MP Sonia Sidhu, whose daughter was recently diagnosed with Celiac Disease. Mrs. Sidhu gave a heartfelt account of what it is like as a mother to go through the long diagnosis process and then all of the struggles our community faces as we live our daily lives (eating, traveling, etc.) Co-sponsor MP Tim Louis expressed how much he was able to learn during the session and as a result how many more questions that arose on how he can help out our community.

Celiac Canada's Executive Director, Melissa Secord, highlighted the phenomenal strides the Canadian Celiac Association has made over the last 50 years. She took the opportunity to highlight Change Makers in the community, as well as Difference Makers such as local area residents Dr. James A. Campbell and Vernon Burrows, for their contributions to improving life in Canada for those who have to eat gluten free..

Ottawa area bakery 3 Apples provided delicious gluten-free treats for the morning, which were enjoyed by the visiting Parliamentarians, and longtime Ottawa Chapter member Charles Frost took care of the photography needs for the day.

By our measures, the session was a success and a great way to kick-off Celiac Awareness Month!



Ottawa Chapter board members helped out at the Parliament Hill breakfast. From left to right, board members June Williams, Ruba Hshaimi, Pauline Scharfe, Jenny Brown, Jodi Sooley, Carmen Rupp-Eke, and Carmen's daughter, and volunteer photographer and Chapter member Charles Frost. See more photos on the next two pages.



Group photo at the top.

Second from the top - Celiac Ottawa Treasurer Pauline Scharfe

Left - Celiac Canada executive director Melissa Secord and author and speaker Shelley Case speaking.

Right - Celiac Ottawa president Jenny Brown and Matthew from 3 Apples Bakery.



Gluten-Free Guide



FORTIFICATION
IRON AND FOLIC ACID CONTENT IN
REGULAR VS GF PRODUCTS

cca CELIAC CANADA

IRON

Product Comparison	
Regular	Gluten-Free
Kashi 22% DV	Not fortified 4% DV
Kashi 30% DV	Not fortified 8% DV
Kashi 30% DV	Not fortified 4% DV
Kashi 22% DV	Not fortified 4% DV

% Daily Value (DV) iron per serving

FOLIC ACID

Product Comparison	
Regular	Gluten-Free
all-flour Fortified 25% DV	all-flour Non-fortified 0% DV
Branched Fortified 45% DV	Branched Non-fortified 0% DV
Pancake Fortified 80% DV	Pancake Non-fortified 0% DV
Cereal Fortified 30% DV	Cereal Non-fortified 2% DV

% Daily Value (DV) Folic Acid per serving



Top - Celiac Ottawa president Jenny Brown

Bottom right - Celiac Ottawa board member Carmen Rupp-Eke and her daughter

Photo credit for pages 4-5: Ruba Hshaimi

Recipe Corner

Gluten-Free Banana Bread

Ingredients:

- 2 ripe medium bananas, mashed
- 2 eggs
- 1 and 3/4 cups unsifted All Purpose GF flour
- 1 cup brown sugar, or less
- 1 cup chopped walnuts
- 1/2 cup vegetable oil
- 1/4 cup, plus 1 tablespoon buttermilk or use plain 2% yogurt
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1/2 teaspoonful salt

Instructions:

1. Reheat oven to 325°F.
2. Grease and flour 9x5-inch loaf pan.
3. Combine dry ingredients in large bowl including chopped walnuts.
4. Beat eggs, add yogurt, vanilla and buttermilk, or yogurt. Mix well.
5. Transfer to prepared pan.
6. Bake until top is golden brown and splits slightly, about 1 hour and 20 minutes. Serve warm.

Makes 1 loaf. Note: DO NOT DOUBLE THE RECIPE.

Ham and Cheddar Pie

Submitted by Barb Anderson, Moncton Chapter

Ingredients of the Rice Base:

- 1 cup Minute Rice
- 1/4 tsp. G.F. basil
- 1/2 tsp. onion powder
- 1 c boiling water
- 1 egg, beaten
- 1/2 c grated cheddar cheese

Instructions:

Place rice in pie plate. Stir in basil and onion powder. Add water and stir. Cover with plastic wrap and let stand until water is absorbed. Stir in egg and cheese. Press evenly in pie plate.

Ingredients of the Ham Filling:

- 1 can Maple Leaf flakes of ham
- 1 1/2 cup cooked chopped broccoli
- 1/2 cup grated cheddar cheese
- 1/4 cup mayonnaise
- 1 tsp. prepared mustard
- 3 eggs (beaten)

Instructions: Mix together and pour over rice base. Bake at 350 degrees for 20 to 25 minutes.

Hawaiian Chicken

Submitted by Barb Anderson, Moncton Chapter

Ingredients:

- 1 large package boneless, skinless chicken
- 3/4 cup brown sugar
- 2 Tbsp. G.F. soya sauce
- 1/2 cup water
- 2 Tbsp. cornstarch
- 1 can pineapple tidbits + juice

Instructions:

Cut chicken into bite-sized pieces and brown in a frying pan. Combine remaining ingredients in a bowl. Drain chicken and put into casserole dish. Pour sauce over top. Bake for 1 1/2 hours at 350 degrees F. Serve with rice.

Sausage and Bean Stew

Submitted by Bea Brown, Moncton Chapter

Ingredients:

- 1 lb. (454 gm.) gluten free Italian sausage
- 1 med onion, halved and sliced
- 1 small green pepper, chunked
- 1 tsp. minced garlic
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 28 oz. (796 ml.) can whole tomatoes
- 1 16 oz. (454 ml.) can kidney beans, drained and rinsed
- 1 16 oz. (454 ml.) can bean blend, drained and rinsed
- 1 cup sliced mushrooms (optional)

Instructions:



In a large skillet, cook sausage over med-high heat. Remove and place on paper towel to drain and cool slightly. Slice into 1/2 inch thick slices. Place all ingredients in slow cooker. Cook on low for 8-10 hours, or on high for 4-5 hours.

TIPS:

Use mild or hot sausages, depending on preference. Sausages will slice easier with a serrated knife. Can substitute other colour peppers. Serves 6 to 8 people.

Savoury Meatballs

Submitted by Sheila Parker, Moncton Chapter

Ingredients - Meatballs:

- 1 lb. medium or lean ground beef
- 1 egg
- 1/2 Tbsp. GF Worcestershire Sauce
- Salt and Pepper

Instructions:

Mix well and form into 3/4 inch balls. Brown in a small amount of oil and cook until done. Shaking pan or turning meatballs often to keep balls from going flat. Drain on paper towels.

Ingredients - Sauce:

- 2 Tbsp. butter or margarine
- 2 onions, finely chopped
- 2 Tbsp. white vinegar
- 1/2 Tbsp. GF Worcestershire Sauce
- Juice of 1/4 lemon
- 1 cup ketchup
- 1/2 cup water
- 1/2 cup brown sugar

Instructions:

Bring ingredients to boil and simmer, covered, for 20 minutes. Add meatballs to sauce. Simmer on low heat for 10 minutes and serve. Note: I usually cook the meatballs and sauce in a slow cooker, on low, for 3 hours, as this tenderizes the meat and allows the flavour of the sauce to sink in. Meatballs and sauce can also be frozen. Recipe can also be doubled.

Paddy's Cream Dream

Submitted by Judy Carlisle, Moncton Chapter

Ingredients - Base Layer:

- 1 cup chopped pecans and/or walnuts
- 1 cup rice flour
- 1/2 cup butter or margarine

Instructions - Base:

Blend all ingredients together & press in 9 x 13" pan. Bake at 350 F for 25 minutes.

Ingredients - Cream Cheese Layer:

- 1 (8 oz. pkg. / 250 grams) cream cheese
- 1 cup gluten-free icing sugar
- 1 cup Cool Whip

Instructions - Cream Cheese Layer:

Cream cheese and sugar together. Fold in Cool Whip. Spread over base.

Ingredients - Pudding Layer:

- 1 pkg. Jell-O Instant Pudding Pistachio (regular or fat-free)
- 1 pkg. Jell-O Instant Pudding Vanilla (regular or fat-free)
- 2 1/2 cups milk

Instructions - Pudding Layer:

1. Mix dry puddings together. Add milk and stir. Let stand 10-15 minutes. Spread over cream cheese mixture.
2. To top, spread 1 cup of Cool Whip over the top. Refrigerate overnight. This allows the flavour and texture to improve.

For a chocolate version, use 1 chocolate and 1 vanilla instant pudding. The same baked base can also be used to make any unbaked cheesecake or squares.

Peanut Butter Chews

Submitted by Denise Bourque, Moncton Chapter

Ingredients:

- 1 cup of gluten-free peanut butter
- 1/2 cup corn syrup
- 1/2 cup brown sugar
- 1 tsp. vanilla
- 3 cups of gluten-free Rice Krispies

Instructions:

Melt on medium heat, peanut butter, corn syrup, brown sugar and vanilla. Once the peanut butter is melted, remove from heat and add the Rice Krispies. Put into an 8 x 8 pan or if you double the recipe an 8 x 11.5 pan.

News Release: New free celiac blood tests could benefit 128,000 Ontarians and save \$1 billion

Celiac Canada hails Ontario government decision

March 30, 2023, Mississauga, ON – The provincial government’s decision to make simple but crucial blood tests for celiac disease available at no cost to patients will improve the quality of life for as many as 128,000 Ontarians and potentially save Ontario’s health care system as much as \$1 billion¹, Celiac Canada said today.

“Finally, the approximately 128,000 or more people in Ontario with celiac disease – who don’t even know they have it – are a giant step closer to diagnosis and treatment. This is a watershed moment, one which will benefit tens of thousands of people who can now finally get answers about what has been ailing them for too long,” said Celiac Canada’s National Executive Director, Melissa Secord.

“Our government is making critical investments to connect you to the care you need, closer to home,” said Sylvia Jones, Minister of Health, and Deputy Premier of Ontario. “Ensuring patients can receive celiac tests, at no cost to them, means faster and easier access to a diagnosis and treatment for Ontarians across the province.”

As of this week, family doctors and other health services providers are being notified that the blood test for celiac disease is now included on the list of other screening tests paid for by the Ministry of Health.

Celiac disease – a genetic autoimmune disorder where gluten, a protein found in wheat, rye and barley, causes an inflammatory response damaging the intestinal lining – frequently goes undiagnosed. Until now, the cost paid by the patient for the blood test was \$100-\$150, and proved to be a deterrent for many Ontarians on low or fixed incomes. Celiac disease is genetic, so the potential cost to a family of four to get screened was over \$400. It’s estimated that 1% of the population is at risk, and 85% of those people – representing 128,000 Ontarians – have celiac disease but are undiagnosed. Delays in diagnosis of celiac disease can lead to malnutrition, osteoporosis, neurological problems, reproductive issues, arthritis, other autoimmune diseases, and even cancer.

To better understand your risk for celiac disease and to take our Symptom Quiz, visit www.celiac.ca.

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Celiac Canada’s vision is to see every person in Canada with celiac disease diagnosed and empowered. Since 1973, Celiac Canada (formerly the Canadian Celiac Association) has been increasing awareness of the disease, investing in research and providing programs to support people with gluten disorders across Canada.

1] Calculations are based on 128,000 Ontarians estimated to be undiagnosed with celiac disease over 10 years factoring in cost of treatment of average health complications.

Coin francophone

De nouveaux tests sanguins gratuits pour la maladie cœliaque pourraient bénéficier à 128 000 Ontariens et permettre d’économiser 1 milliard de dollars

Cœliaque Canada salue la décision du gouvernement de l’Ontario

Le 30 mars 2023, Mississauga (Ontario) – La décision du gouvernement provincial de mettre gratuitement à la disposition des patients des tests sanguins simples mais cruciaux pour le dépistage de la maladie cœliaque

améliorera la qualité de vie de 128 000 Ontariens et permettra au système de santé de l’Ontario d’économiser jusqu’à un milliard de dollars¹, a déclaré aujourd’hui Cœliaque Canada.

« Enfin, les quelque 128 000 personnes ou plus atteintes de la maladie cœliaque en Ontario – qui ne savent même

pas qu'elles en sont atteintes – font un pas de géant vers le diagnostic et le traitement. Il s'agit d'un moment décisif, qui profitera à des dizaines de milliers de personnes qui peuvent enfin obtenir des réponses à ce qui les afflige depuis trop longtemps », a déclaré Melissa Secord, directrice générale nationale de Cœliaque Canada.

« Notre gouvernement fait des investissements essentiels pour vous permettre d'accéder aux soins dont vous avez besoin, plus près de chez vous », a déclaré Sylvia Jones, ministre de la Santé et vice-première ministre de l'Ontario. « Faire en sorte que les patients puissent recevoir des tests de dépistage de la maladie cœliaque, sans frais pour eux, signifie un accès plus rapide et plus facile à un diagnostic et à un traitement pour les Ontariennes et Ontariens de toute la province. »

Depuis cette semaine, les médecins de famille et autres prestataires de services de santé sont informés que le test sanguin de dépistage de la maladie cœliaque figure désormais sur la liste des autres tests de dépistage pris en charge par le ministère de la santé.

La maladie cœliaque – une maladie génétique auto-immune dans laquelle le gluten, une protéine présente dans le blé, le seigle et l'orge, provoque une réaction inflammatoire qui endommage la muqueuse intestinale – souvent reste pas diagnostiquée. Jusqu'à présent, le coût du test sanguin payé par le patient était de 100 à 150 dollars, ce qui s'avérait dissuasif pour de nombreux Ontariens à revenus faibles ou fixes. La maladie

cœliaque étant génétique, le coût potentiel du dépistage pour une famille de quatre personnes s'élevait à plus de 400 dollars.

On estime que 1 % de la population au Canada est à risque et que 85 % de ces personnes – soit 128 000 Ontariens – sont atteintes de la maladie cœliaque mais ne sont pas diagnostiquées. Les retards dans le diagnostic de la maladie cœliaque peuvent entraîner la malnutrition, l'ostéoporose, des problèmes neurologiques, des problèmes de reproduction, l'arthrite, d'autres maladies auto-immunes et même le cancer.

Pour mieux comprendre votre risque de maladie cœliaque et répondre à notre questionnaire sur les symptômes, consultez le site www.celiac.ca.

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La vision de Cœliaque Canada est de voir toutes les personnes atteintes de la maladie cœliaque au Canada diagnostiquées et autonomisées. Depuis 1973, Cœliaque Canada (anciennement l'Association canadienne de la maladie cœliaque) sensibilise la population à la maladie, investit dans la recherche et offre des programmes de soutien aux personnes atteintes de troubles liés au gluten dans l'ensemble du Canada.

1] Les calculs sont basés sur 128 000 Ontariens dont on estime que la maladie cœliaque n'a pas été diagnostiquée sur une période de 10 ans, en tenant compte du coût du traitement des complications de santé moyennes.

The start of a new era - Celiac Canada

Five years ago, the National Board of Directors, after a thorough review, realized that change was needed away from individual memberships. Memberships were in decline but the audience for information about celiac disease and gluten free, such as our Facebook group, was skyrocketing. In addition, there was a growing tension in deciding what information was to be saved for members only versus meeting our charitable mandate for supporting the public.

A vote was tabled and passed at the 2019 Annual General Meeting to ensure all people at risk and with celiac

disease in Canada had access to the resources and information they need to empower their health. Other similar organizations such as Diabetes Canada have also made this successful transition.

Now that CCA was to be a 100% charitable organization by the end of 2020, there was no longer a need for the word 'Association' in our name so **Celiac Canada** (or Cœliaque Canada) was formally adopted. Given the size of the CCA (we'll still be known as CCA), our brand transition will take time. We've seen incredible support for us as a charity. We continue to grow, developing new

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resources, programs and research all thanks to individuals like you!



You will also see a transformation with our Gluten Free Certification Program (GFCP) trademark to match the new name on your favourite certified products. This transformation will take place over time in your local grocery stores as companies change over their labels.



While we have changed our name, we haven't strayed from our founder's vision. Throughout 2023, we'll be

looking back through time to our two founding women, Kaye Ernst and Nora Reich from Kitchener-Waterloo. They are the inspiration for our Volunteer Recognition Program launching this year – www.celiac.ca/50years. We are going to celebrate individuals who dedicate hundreds of hours each year to give back to the community and make a real difference. In addition, we'll be celebrating the food manufacturing partners who have been with us for a long time, and who have helped bring safe food options to our community since the GFCP began.

We are truly excited about the year ahead and hope we continue to have your support as we venture into the next 50 years and achieving our vision to have every person with celiac disease diagnosed and empowered. Come along for the ride!

*Yours truly,
Melissa Secord, CAE
National Executive Director*

Coming Events - National

Webinar: Is Gluten Causing Your Health Problems?

May 10 at 7 PM ET

Are you struggling with your health and wondering if gluten could be the issue? Feeling bloated? Struggling with constipation? or diarrhea? Do you have foul smelling gas or stools?

Join Nicole Byrom, RD, and Meagan Vurzinger, RD, to learn more about the signs and symptoms of celiac disease, non-celiac gluten sensitivity and gluten intolerance. Find out if you're at risk and how to get tested.

Registration required: https://us02web.zoom.us/webinar/register/WN_IEdSFRmhRdKb69DTjrhhig#/registration

IBS and Celiac Disease - is there a connection?

May 24 at 7 PM ET

Do you have IBS and wonder if celiac disease could overlap with it? Both diseases experience similar symptoms, for example abdominal pain, bloating, and diarrhea/constipation.

Join Celiac Canada's consulting Registered Dietitian, Nicole Byrom, and Nishaat Patel, RD, from the Canadian Digestive Health Foundation (CDHF), to learn more about IBS and celiac disease.

Registration required: https://us02web.zoom.us/webinar/register/WN_eFxlgM5aTFO0_AAWoWR2ug#/registration

The Latest and Greatest in Diagnosis and Management of Celiac Disease, with Dr. Benjamin Lebwohl

May 31 at 7 PM ET

Join us to discover the latest advancements in the diagnosis and management of celiac disease. You'll learn about a non-biopsy approach for diagnosis and when to use it, current recommendations for managing celiac, and tips for staying safe and healthy. Dr. Benjamin Lebwohl is a gastroenterologist and epidemiologist at Columbia University Medical Center. Don't miss out on this opportunity to expand your knowledge and improve your health!

Registration required: https://us02web.zoom.us/webinar/register/WN_4ITEb5wKSnGzU8Rvmj-V0g#/registration

News Release: Federal budget falls short for Canadians suffering with celiac disease and their rising grocery bills

March 29, 2023, Mississauga, ON – The Government of Canada has tabled its 2023 budget, which provides some temporary relief in the way of a **Grocery Rebate** as part of the GST/HST tax credit for all Canadians who are on the lower income scale and need assistance. Unfortunately, it falls short – **150% short** – for the needs of people afflicted with celiac disease – a lifelong autoimmune disease – who must adhere to a strict gluten-free medical treatment to survive.

The government proposal for the maximum amount under the Grocery Rebate would be: \$153 per adult; \$81 per child; and \$81 for the single supplement. Gluten-free packaged food products are on average from 150% to 500% higher than their regular gluten-containing equivalents. For an average home, the cost of a gluten-free diet is on average \$1,000 per adult more than a household that does not need to be gluten free.

For people in Canada who are fiscally disadvantaged but who are medically required to eat gluten free, the cost of groceries will either force them to seek assistance from food banks (who may not always have gluten-free food available) or consume cheaper, gluten-containing food that will make them sick. Gluten exposure not only leads to the serious health consequences of celiac disease, which can include chronic diarrhea, painful rashes, anemia, exhaustion, and depression; it also increases hospitalizations, and lost time at work and at school.

Chronic exposure to gluten can lead to cancers of the gut, canker sores and tooth erosion, increased serious neurological complications, infertility, liver damage, early onset osteoporosis (increased risk of falls) and more. Celiac Canada is asking the Government of Canada to provide people diagnosed with celiac disease with an increased benefit of \$230 per adult and single supplement and \$122.50 per child.

While this is a far cry from the true cost of a gluten-free groceries for a Canadian family in one year, it would be a start toward recognizing the impact of this serious medical condition on people in Canada who suffer from the disease and are economically disadvantaged.

To illustrate the difference in common grocery products for a person with celiac disease compared to an average Canadian:

Gluten-free bread:

- \$6.97 for 400 g loaf vs. \$3.37 per regular white loaf at 675 g.
- \$0.017 per g vs \$0.005
- 340% more expensive per gram

Gluten-free pasta:

- \$4.29 for 340 g box vs \$0.97 for a 210 g box for a store brand pasta
- \$.012/g vs \$0.002/g
- 600% more expensive per gram

Celiac disease is a genetic, chronic autoimmune disease that afflicts one percent of people in Canada. When an individual with celiac disease consumes even the smallest amounts of gluten (a protein found in wheat, rye, barley and cross-grains), the body develops an immune response that destroys the lining of the small intestine. The resulting damage hinders the body's ability to absorb key nutrients for overall health. There is no cure, and the only current treatment is a strict gluten-free diet for life.

For 50 years, Celiac Canada has been the only national charity that provides education, increases awareness and invests in Canadian research to help every person with celiac disease get diagnosed and empowered.

For media contact:

Melissa Secord, Executive Director, Celiac Canada

Email: Melissa.Secord@celiac.ca

Phone: 905-507-6208 ext. 226

Celiac Disease and Income Taxes

It's income tax season! If you'd like to learn more about the tax credit you can claim for the incremental cost of gluten-free food, please watch our 40-minute webinar: <https://www.youtube.com/watch?v=POzBb63nMnY>



NEW!

TRADITIONAL ENGLISH MUFFINS

**Crispy, toasty, light & fluffy.
Now free from egg.**



   
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Online exclusive

More Updates from National

Kids' Colouring Contest for CCA 50th

Hey parents, the CCA is holding a colouring contest in recognition of the 50th anniversary! Kids can download one of our colouring sheets, colour it in, add their wish for celiac disease for the next 50 years, and submit it, either through email or through posting on social media.

For more information and to enter, please visit: <https://www.celiac.ca/kidscoloringcontest/>

Deadline to enter is May 31st.

Davis Family Farm teams up with Celiac Canada selling sunflowers for celiac disease

Get a jumpstart on your garden planning with a simple packet of local sunflower seeds. Not only will they help brighten your garden this summer, but they will also help change a life of a person with celiac disease.

For the third consecutive year, the Davis Family Farm of Caledon East, Ontario has teamed up with Celiac Canada to sell sunflower seed packets with \$5 of the proceeds going to the charity. They are on sale until May 31. Sunflower seeds start at \$7 per packet including shipping.

At an event celebrating Celiac Canada's 50th anniversary, also attended by Hon. Sylvia Jones (Ontario's deputy premier), the Davis Family was recognized with a Change Maker Award. The Davis's were recognized for their support for the disease which includes not only the sunflower seed sales but also donations from their annual Sunflower Festival resulting in over \$90,000 for the charity and increased awareness of the disease to tens of thousands of visitors to their farm.

"My son and I have celiac disease," says Sean Davis. "Celiac Canada has done so much to support our family with free resources, education and help to navigate our disease and keep us healthy. It is just our way to help sow the seeds of help for other families across Canada."

To purchase sunflower seeds from now until May 31, please visit: <https://www.celiac.ca/ways-to-give/sunflowers-sowing-the-seeds-for-celiac/>

CCA returns to where it all began 50 years ago

On a dark and stormy winter night 50 years ago in February, two women hosted the first-ever celiac patient group meeting in North America at the Kitchener-Waterloo hospital. To mark the 50th anniversary of that occasion, on February 11 of this year, the CCA hosted a reception in Waterloo with invited guests including government leaders, past and present board leaders and volunteers.

You can watch the entire video replay of the event here: https://www.youtube.com/playlist?list=PLBCQJnyIyellG_0vQs_vjyrU5fgpuj_dH

To view photos from the event, click this link: <https://www.canva.com/design/DAFdNhjgrZ8/-zd6hxuov9H2BUBynofYIA/watch>

Research Highlights

Potential link between celiac and ADHD

Celiac disease may be connected to Attention Deficit / Hyperactivity Disorder (ADHD), according to studies analyzed as part of a systematic review on the conditions. Additional research is needed to understand the connection between these conditions.

For more information: <https://www.additudemag.com/celiac-disease-adhd-study/>

Canadian study on celiac autoimmunity

This study looked at testing of tissue transglutaminase antibodies (tTG-IgA) in Alberta from 2012 to 2020. The research found that the incidence of celiac autoimmunity is high and increasing, despite stable testing rates. Variation in testing patterns may lead to underreporting the incidence of celiac autoimmunity in nonmetropolitan areas and more socioeconomically deprived neighbourhoods.

For more information: [https://www.gastrojournal.org/article/S0016-5085\(23\)00007-0/fulltext](https://www.gastrojournal.org/article/S0016-5085(23)00007-0/fulltext)

More evidence supports COVID-19 vaccination for celiacs

New research out of the world-renowned Cleveland Clinic shows the benefits of the COVID-19 vaccine for those with celiac when it comes to reducing the risk for complications.

Lead researcher Dr. Alberto Rubio Tapia reported that they discovered that the risk for hospital and ICU admission, along with death, was reduced if the celiac individual had been vaccinated for COVID-19.

For more information: <https://newsroom.clevelandclinic.org/2023/03/22/benefits-of-covid-19-vaccine-for-those-with-celiac-disease/>

Autoimmune arthritis more common in adults and children with celiac disease

Children and adults with celiac disease have an increased risk of autoimmune arthritis compared to the

general population, according to a new study based on Swedish health records. Celiac children were 3x as likely to develop juvenile idiopathic arthritis and adults were twice as likely to be diagnosed with rheumatoid arthritis.

For more information: <https://www.beyondceliac.org/research-news/autoimmune-arthritis-common-adults-children/>

Increased risk of colorectal cancer for celiacs

This research found that celiacs were frequently found to have colorectal cancer, even when adjusting for common risk factors. This adds to the literature and helps spread awareness to clinicians that the effects of CD are not only limited to the small bowel as the disease tends to involve other parts of the gastrointestinal tract also, especially the colon.

For more information: <https://www.cureus.com/articles/144351-increased-risk-of-colorectal-cancer-in-patients-with-celiac-disease-a-population-based-study#!>

Five Simple Ways to Keep Social with Friends and Family

Did you know that there can be a higher risk of anxiety and depression in individuals with Celiac disease? Part of this can be related to social isolation as a result of declining social invites because it's just too hard to deal with.

I believe this is something all celiac persons (especially those newly diagnosed) can relate to. And, I believe there is a time and place to legitimately say no to certain events. However, if there's a pattern of always saying no to invitations that come your way, this could lead to potential issues down the road.

Navigating social situations with celiac can be tricky but can be made simpler with a few tips:

1. Ask friends or family to save food package labels for events so you can read them yourself directly
2. Provide a list of your favourite gluten-free food brands or a list of safe gluten-free bakeries you trust
3. Arrive early to events and help prepare the food so you can use the opportunity to educate about potential cross contamination while you help
4. Host food-related events at your own home

5. Head to a restaurant that you know you can safely eat at with your friends and family

Aeroplan for the CCA

Help us go the extra mile for celiac disease! Consider donating your Aeroplan Miles to the Canadian Celiac Association. CCA is hoping to raise 25,000 miles in one year to help off-set volunteer travel and assist with program supplies and materials.



Have your miles go further! Aeroplan will top up your miles by 10% with every donation, every time. Point your browser to <https://beyondmiles.aeroplan.com/eng/charity/1160> to learn more and donate today!

Celiac disease - an invisible illness

Celiac disease is very much an invisible illness. People looking at you may see a perfectly happy person on the outside but, on the inside, it can be a completely different story. Being Celiac or gluten-intolerant is more than just the foods you eat – it can encompass a wide range of other challenges (shown below) that are equally important to acknowledge for yourself, with friends and family, and with your medical professionals:

Celiac Disease Isn't Just Eating Gluten Free Foods...

It's all of these things too....

Questioning if it's gluten or something else causing symptoms

Feeling left out

Feeling overwhelmed + stressed

Being on constant 'gluten alert'



Spending way too long in the grocery store reading labels

Fear + anxiety around food

Strained relationships

Eating repetitive foods

Lack of spontaneity

Experiencing food fatigue

Psyllium husk in gluten-free baking

Psyllium husk is the crucial ingredient in gluten free bread baking. It acts as a binder, and it gives gluten free bread dough the elasticity, flexibility and extensibility it needs so you can actually knead and shape it without any problems. It also allows gluten free bread to proof properly (so it can actually double in volume). With its help, you can make gluten free bread that tastes, looks, smells and feels like “regular” bread made with wheat flour.

What exactly is psyllium husk? Psyllium husk is the outer coating (or the husk, hence the name) of the psyllium seeds from the plantago ovata plant, which is a herb grown mainly in India.

It's a rich, plant-derived source of fibre, and it's therefore frequently used as a dietary supplement for improving gut health. Much like xanthan gum, it's also used as a

food thickening agent that keeps foods uniformly thick (especially ice cream and other frozen desserts).

In gluten free baking, psyllium husk acts as a binder – a gluten substitute that holds the bakes together, gives them elasticity, extensibility and flexibility, and thus prevents them from being too crumbly. Due to the fact that it's a hydrocolloid that binds water, it also keeps the bakes moist and prevents them from drying out too quickly.

It's important to keep in mind that, much like xanthan gum (the other important binder in gluten free baking), psyllium husk isn't a 1:1 gluten substitute. While it actually does provide more elasticity and extensibility than xanthan gum, you definitely don't get the same degree of "stretchiness" and extensibility as you would when using "regular", gluten-containing wheat flour.



While psyllium husk is a miraculous ingredient in the world of gluten free bread baking an important thing you should keep in mind is that psyllium husk isn't the best binder to use in bakes like cakes, cookies, muffins, cupcakes, brownies and pastry. Xanthan gum is still the preferred binder for those types of baked goods.

Without psyllium husk, we'd be stuck with gluten free "bread" recipes that require you to make a "batter" that you pour into a loaf tin and call it bread. Let's be honest... that's more of a somewhat crusty, savoury cake. The truth of the matter is that such recipes will never produce a convincing gluten free bread – you'll never get that wonderful chewy texture or even the deliciously crunchy, caramelised crust of a *proper* loaf of bread.

Psyllium husk changes all that. Here's how:

- It transforms the loose, runny gluten free bread "batter" into an actual dough that you can knead and shape and handle with ease. That means that you're not just restricted to bread baked in loaf tins – instead, you can make proper artisan-style bread (boules), smaller bread rolls, baguettes, bagels, and even bakes that require more involved dough shaping, like cinnamon rolls and babka.

- By giving the dough and therefore the bread some elasticity and flexibility, it helps achieve the characteristic chewy crumb of wheat-based bread (even in the absence of gluten).

- Similarly, by making the gluten free dough elastic and extensible, it allows it to expand during rising/proofing. We all know that yeast action (that is, yeast consuming sugars present in the dough and releasing gases) is responsible for wheat, gluten-containing bread increasing in volume during proofing. But that's only possible because gluten gives the dough the elasticity required to trap those gases and expand as

they are produced in ever increasing quantity. When you remove the gluten, you're removing the dough's ability to expand without cracking or tearing – unless, of course, you replace it with something else that can provide a similar elasticity and extensibility. That "something else" is psyllium husk. And it works like a dream, allowing gluten free bread to go through two rounds of rising, during which it can double in volume without any problems whatsoever.

So, in summary: psyllium husk allows you to make gluten free dough that handles like regular wheat-based dough, gluten-free bread that can rise and proof like regular bread, and gluten-free bread that looks, smells, tastes and has the texture of wheat-based, gluten-containing bread.

Courtesy Monica McEwen, Moncton Chapter



Spring Word Search

It's wonderful to see the nature around us awaken from its winter slumber – grass is turning green, flowers are making their colorful return, and temperatures have finally warmed up enough for us to dig out our summer footwear! Below is a fun word search with a few other things associated with this season:

G R E E N I Q C B E M K Z A L L E R B M U F U E
 F C P T Z G T H N Z L E L V Z J G S Y C I L H L
 X G N I R P S I X M B G X U L D S Q Z S P Z Q Q
 I H O A F N H F D E G G S I V K E O F I Y J P H
 S J R F F S O B H X Z Q D H C Z Y N D S N G Z Z
 D S U V N C B Z F W B O Q I L P J Z U R C A U W
 O N A U A H H E P U F G H Z D L Z U Y E C L F A
 Y G S W M Q A E N F E C R G F G K S A W Y O U G
 T F S U A M A N A D L K F P Y F U R H O G S J M
 E E L Y A G I D W Q T W O B N I A R X H S H R G
 E G O T N E G C E S K C I H C T B P E S M E F F
 Q T O Y S L V A C H X I Z F R G M E R J R S U I
 G D F U P T C L E A N I N G A T R S E Y O Q F Y
 A M L K X F X J X B Y T K R U X O I N A T F X R
 Z L I Z Y H B M S F X Q D I G O B I X I S Z Q Y
 Z O R N G J Z J U K B E S S Y Q I F Q L A T C S
 E L P P U D D L E S N B R S X N N R F E H R E D
 F P A A A P L B F M M F S L D V Q N N U M E A R
 L X R O J X M M B A T O W U M S E F H I J K U M
 O L J D E D T S L S R D V J S P I L U T O R F K
 W R A R N O D O E C N L O J V U T A O C N I A R
 E V P F M I R N A F L G C Q Z O E S O O E Q T Z
 R B U T T E R F L Y T Y V D V A J G V B U C T N
 S C D H F B L Y P H Y A C I N T H I P M O O L B

- | | | | | | |
|------------|--------|----------|-----------|----------|---------|
| aprilfools | bloom | bunnies | butterfly | chick | chicks |
| cleaning | cross | daffodil | Easter | eggs | flowers |
| galoshes | garden | green | hyacinth | lambs | nest |
| puddles | rain | rainbow | raincoat | robin | showers |
| spring | storms | sunshine | tulips | umbrella | |

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