

Gluten-Free Guide



Newsletter of Celiac Canada's Québec Support Group

Highlights of this Issue:

MPs form Celiac Caucus

Finally, celiac disease is getting recognition on Parliament Hill through this multi-party group.

Please see page 12.

Celiac Online Conference

This November, you'll have the chance to hear from a lineup of amazing speakers. Register now!

Please see page 3.



RECIPE OF THE MONTH

Churros are one of those tasty treats that can be difficult to find gluten free. How about trying your own? See page 9.

Updates from the Celiac Québec Support Group

August 2023

Hello to you all,

What an anniversary year. It has been for our organization, now known as Celiac Canada.

The celebrations reached their peak in May Celiac Awareness Month and our own Marie Léveillé Ghanem, or Quebec Support Group liaison with Celiac Canada MCed the Kick-Off Parliamentary Breakfast. You can view this event on YouTube at:

<https://www.youtube.com/watch?v=Mt2AUx6efEc>

There is now a Celiac Caucus on Parliament Hill to promote our needs.

Celiac Canada has also initiated contact with the Federal Government concerning Long Term Care needs for our elderly members with celiac disease and you are invited to submit your comments to the government – See:

<https://www.canada.ca/en/health-canada/programs/consultation-safe-long-term-care.html>

As we look towards the 2023-2024 season, we have been planning some of the events you can look forward

to, both in-person and on Zoom. Look for this list on page 18 of this newsletter, but note it is not complete and we will continue to send you regular Updates both in English and in French. We are now very fortunate to have the free services of a professional translator to assist us. We thank Evelyne Therrien for this. However, if sometimes our French responses (apart from our Updates) have errors, these have nothing to do with Evelyne.

Please note that this newsletter is compiled in English by Celiac Canada's Mark Johnson, who does not live in our province of Quebec, and he receives content from other Celiac Canada chapters and support groups.

This coming year we will be continuing our bi-monthly CHAT HOURS and plan more restaurant outings. We are also hoping to organize an in-person event for parents and children in late September.

In October, we ask all of you to consider donating to Celiac Canada in the name of our Team Quebec Support Group for Celiac Canada participating in a virtual Toronto Waterfront Marathon here in Quebec. You can either donate through this link:

<https://raceroster.com/registration/bdc914cf-60a0-404b-bdaa-fcbe6ad72fb1/entry?team=532081>

Or, you can donate more easily and directly through our own webpage DONATE button at: www.celiacquebec.ca.

Either way you donate you will receive a receipt for tax purposes from Celiac Canada which you can print out.

Finally, I would encourage you to mark the date of Saturday, November 18th, the date of Celiac Canada's free online Zoom Conference. Here you can learn more about managing with celiac disease and the gluten-free diet and more about promising ongoing research to assist us.

Best wishes.

The Quebec Support Group for Celiac Canada

Please “Like” Us!
Québec Canadian Celiac Association
Support Group



News from CCA National

Back to School help

Growing up celiac presents many challenges for our children. The CCA has created a useful guidebook to educate your child's teachers and classmates so you can have a worry-free new school year.

We know that what's normal for most kids can be a minefield of uncertainty for kids with celiac disease. School lunches, social gatherings, and classroom celebrations for starters. But educating other kids and teachers goes a long way to making sure cross-contamination and accidentally eating gluten doesn't happen.

Fear of contamination can make kids feel anxious and isolated. We can help kids feel like they safely belong by turning them into passionate advocates for celiac awareness, promoting understanding and inclusion for those living with the condition. For more information and to access the guidebook, please visit: <https://www.celiac.ca/back-to-school/>

New Gluten-Free Certification Program (GFCP) logo rolled out

With the shift from CCA to Celiac Canada, it was time to update our GFCP logo! Inno Foods, a leading food manufacturer based in British Columbia, has become the first company to proudly feature the new Celiac Canada trademark on their packaging. This move comes as part of Inno Foods' commitment to providing safe and delicious gluten-free options for individuals with celiac disease or gluten sensitivity. For more information: <https://innofoods.shop/>

Step Up for Celiac - Toronto Waterfront Marathon Charity Challenge

Our annual walk is back! No matter your goal for stepping up, know that the funds raised will go towards supporting programs and services for people living with celiac disease across Canada. This event is sponsored by O'Doughs. You can race virtually with us – the Ottawa Chapter has created a team! For more information or to sign up: <https://raceroster.com/events/2023/65909/2023-tcs-toronto-waterfront-marathon/pledge/team/712>

- In-Person Race Day: Sunday, October 15, 2023 (Toronto)
- Virtual Time Period: October 1-31, 2023

CCA Annual Virtual Conference 2023

Our Fall Conference 2023 is the national conference where Canadians with celiac disease and gluten related disorders, health professionals, researchers, policy-

makers, academics, food manufacturers and distributors, come together to strengthen efforts to improve celiac disease management and quality of life, to share the latest research and information, to promote best practices and to advocate for celiac disease issues and policies grounded in research.

We will embrace technology and present virtual sessions Saturday, November 18 from approximately 12:00pm - 4:30pm (Eastern Time). This event is sponsored by lead partner O'Doughs. More information and to register (free!) please visit: <https://www.celiac.ca/news-events/national-conference/>

CCA Help Line

Do you have questions and need additional support? Chat with one of our on-staff dietitians, or get matched with one of our trained Peer Supporters across Canada.

- Client Support Desk: 1-800-363-7926, ext. 224
- Email: clientsupport@celiac.ca

Open Mondays to Thursdays. Thank you to our generous donors for making this service possible.



Gluten-Free Guide



You can also join our growing Facebook Group – a closed group that is moderated by trained volunteers and offers an online peer support group where you can have questions answered, share tips and gluten-free finds! To join: <https://www.facebook.com/groups/canadianceeliacassociation/>

Health Canada proposes changes to medication labeling

Health Canada is proposing new targeted provisions and regulatory amendments to the Food and Drug Regulations and Medical Devices Regulations as part of their modernization work. Celiac Canada has been



invited to review this proposal and as such, would like to put forward suggestions on behalf of our community.

Ensuring that both non-prescription and prescription medications are clearly labelled with priority allergens and gluten-containing items ensures the short and long-term safety of our community. Celiac Canada is in full support of updating these

amendments as it would benefit the health of the one percent of Canadians that are affected with celiac disease. To read more, please visit: <https://www.celiac.ca/news-events/news/>

O'Doughs®
YOUR GLUTEN FREE (AND VEGAN) FAVOURITES

PROUDLY MADE IN CANADA

NEW!

O'Dippers
O'Doughs
FLATBREAD
SANDWICH
BAGEL
MUFFINS
BROWNIE

ONLINE STORE NOW OPEN

VISIT US AT ODOUGHS.COM FOR FURTHER DETAILS

GLUTEN FREE

f @ d



NEW!

TRADITIONAL ENGLISH MUFFINS

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



   
@KinnikinnickGF
kinnikinnick.com

Online exclusive

Recipe Corner

Fluffy Gluten-Free Waffles

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 2 cups all-purpose gluten-free flour
- 4 tablespoons granulated sugar
- 4 teaspoons baking powder
- 1/2 tsp salt
- 2 eggs
- 1 1/2 cups milk
- 6 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract



Instructions:

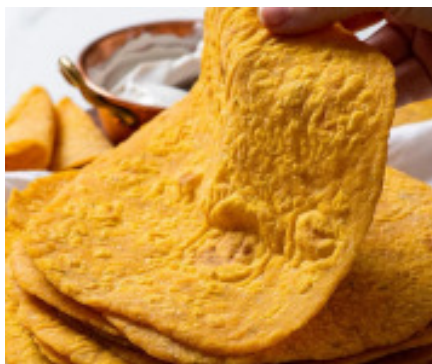
1. Preheat waffle iron. Gently coat with non-stick baking spray.
2. In a large bowl, combine the flour, sugar, baking powder, and salt. Use the back of a spoon to create a well in the centre.
3. Whisk the two eggs into the milk until well combined. Pour the wet ingredients (butter, milk/egg mixture, vanilla) into the well of the dry ingredients and whisk until blended. (Note: the batter will be slightly lumpy, do not over-mix.)
4. Scoop the batter into the preheated waffle iron and cook until the waffles are golden brown and crisp. (About 2-3 minutes, but this will vary wildly depending on your waffle maker.)
5. Serve immediately or lay on a wire cooling rack until cool. Store leftovers in an airtight bag in the freezer.

Easy Pumpkin Flat Breads

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 5 tbsp whole psyllium husk (rough husk form)
- 1 1/2 cups warm water
- 3 1/3 cups plain gluten-free flour blend, plus extra for flouring the surface



- 1 teaspoon baking powder
- 1 teaspoon salt
- 1-2 teaspoon chopped fresh rosemary leaves
- 3/4 cup + 2 tablespoons canned pumpkin puree
- 3 tablespoons olive oil, plus extra for cooking the flatbreads

Instructions - Making the Flatbread Dough:

1. In a bowl, whisk together the psyllium husk and warm water. After about 15-20 seconds, a gel will form. Set aside until needed.
2. In a separate large bowl, whisk together the gluten-free flour blend, baking powder, salt and chopped rosemary.
3. Make a well in the middle of the dry ingredients, and add the pumpkin puree, olive oil and psyllium gel.
4. Mix with a wooden spoon until the dough starts coming together. Then, give it a thorough knead by hand. Squeeze the dough through your fingers and work your way around the bowl, scraping off the sides as necessary. Make sure that there are not patches or clumps of dry flour.
5. The final dough should come away from the sides of the bowl and be very springy to the touch. It shouldn't be too sticky. Don't worry if doesn't have a perfectly smooth surface – so long as it's homogeneous with all the ingredients well combined and no clumps of flour or psyllium gel, you can proceed to the next step.

Dividing & pre-shaping the dough:

1. Turn out the dough onto a lightly floured surface. Divide it into 12 equal portions, each should weigh about 85g.
2. Shape the pieces of dough into balls. Don't worry if the surfaces of the dough balls aren't perfectly smooth – that's due to the lack of gluten and won't matter in the end, as you'll be rolling them out anyway. Cover them with a dish towel to prevent them from drying out.

Rolling out the flatbreads:

1. Lightly flour your work surface and also the top of a dough ball.
2. Use a rolling pin to roll it out into an approximately round flatbread, about 9 inches (23cm) in diameter and about 1mm thin. Make sure to rotate it frequently to prevent it from sticking to the surface and also to maintain the round shape (but don't worry if it's not perfectly round). As necessary, dust the surface and the top of the flatbread with more flour.

Tip: Roll the flatbreads while cooking them at the same time (that is, while one flatbread is cooking, work on rolling out the next one).

Cooking the flatbreads:

1. Pre-heat a large non-stick frying pan over medium-high heat. The pan is ready when a droplet of water sizzles on its surface.

Tip: Using a cast iron skillet is not recommended, as the flatbreads frequently stick to it. They also puff up less and dry out more quickly when cooked in a cast iron skillet.

2. Lightly brush the hot non-stick frying pan with some olive oil. Place a flatbread into the hot pan and cook it for about 45 seconds. Flip once you see bubbles appearing on the surface and its underside is dry with occasional light brown spots. Before you flip the flatbread, lightly brush it with some extra olive oil.
3. Once flipped, it should puff up in places with bubbles of varying size appearing. Cook it on the other side for about 45 seconds to 1 minute. The flatbread is done when you see large dark brown spots on its underside.

Tip: If your flatbreads are cooking/browning too quickly, reduce the heat. If they're taking longer than a minute per each side, increase the heat.

4. Transfer it to a clean dish towel and cover it well – this will trap the steam and ensure that it stays nicely soft and flexible. Continue cooking the remaining flatbreads. The flatbreads are best served warm immediately after cooking.

Storage:

The gluten-free pumpkin flatbreads keep well in a zip-lock bag or wrapped tightly in saran wrap for 2-3 days.

Re-heating next-day flatbreads:

To soften next-day (or day 3) flatbreads, heat a large non-stick frying pan over medium heat and lightly spray the flatbread with some water. Then, cook it in the hot pan with the lid on, for about 45 seconds to a minute on each side. Finally, once re-heated, cover and wrap it for a few minutes in a dish towel to trap the steam.

Big Mac Salad

Submitted by *Monica MacEwen, Moncton Chapter*

Ingredients – Salad:

- 1 pound ground beef, thawed
- Salt and pepper to taste
- 1/2 teaspoon onion powder
- 1 cup red onion, thinly sliced
- 1 head romaine lettuce, chopped
- 1/2 head iceberg lettuce, chopped
- 1 cup dill pickles, sliced or chopped
- 1 cup cheddar cheese, grated
- 1 cup tomatoes, diced

Ingredients - Big Mac Sauce:

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 3 tablespoons ketchup
- 1/8 cup sweet pickle relish
- 2 teaspoons yellow mustard
- 1 tablespoon onion, finely minced
- 2 teaspoons fresh lemon juice (white vinegar or apple cider vinegar can be substituted)
- 1 teaspoon granulated sugar
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder



- 1 tablespoon red onion finely minced

Instructions:

1. Crumble ground beef into a skillet and sprinkle with salt, pepper, and onion powder. Brown over medium heat until no pink remains. Drain excess fat and set aside to cool.
2. In a small bowl, whisk together Big Mac sauce ingredients until fully combined. Cover and refrigerate until ready to toss with salad.
3. In a large salad bowl, mix together cooled ground beef, red onion, lettuces, pickles, cheese, and tomatoes.
4. Drizzle Big Mac sauce over the salad and toss everything to combine.
5. Serve immediately.

Nova Scotia Lobster Rolls

Schär recipe (submitted by Sheila Parker, Moncton Chapter)

Ingredients:

- 4 Schär Hot Dog Rolls
- ¼ cup mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon dried tarragon
- ½ teaspoon salt
- 1 pinch cayenne pepper
- 2 tablespoons scallions, chopped
- ¼ cup celery, finely chopped
- 1 ½ pounds cooked lobster meat, cut into small chunks
- 4 large lettuce leaves

Instructions:



1. Combine mayonnaise, lemon juice, tarragon, salt and cayenne pepper in a medium bowl. Add scallions and celery and mix well.
2. Add lobster, then stir gently until lobster pieces are coated with the mayonnaise mixture.
3. Line each hot dog roll with lettuce./
4. Spoon the lobster mixture into the rolls./ (Note from Sheila: I toasted the rolls and they were delicious.)

Vegan Lentil Stew with Mushrooms

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 2 tablespoons vegan butter
- 2 tablespoons olive oil
- ½ large carrot, chopped
- 1 large shallot, chopped
- 150 grams mushrooms of choice
- 2 garlic cloves, minced
- 1 ½ cup dry lentils, rinsed and dried
- 2 thyme sprig leaves
- 2 tablespoons nutritional yeast
- 1 ½ teaspoons cornstarch
- 4 cups vegetable stock
- 3 tablespoons soy milk



Instructions:

1. Heat vegan butter or olive oil in a large skillet with a thick bottom. Sauté shallots and carrots on medium-low heat for 5 minutes. Increase heat to medium and add mushrooms. Cook for 8-10 minutes until liquid evaporates. Stir in garlic and cook for 1 minute.
2. Combine mushrooms, vegetables, and lentils. Season with thyme and nutritional yeast. Mix in cornstarch until well combined. Add vegetable stock, reduce heat, and cover. Cook for 20-25

minutes, stirring occasionally, until lentils are tender and slightly falling apart. Add more stock if needed. Make the stew creamy and rich by incorporating soy milk.

Gluten-Free Churros

Submitted by Normand Gallant, Moncton Chapter

Ingredients:

- 1/2 cup of unsalted butter or 2 tbsp. oil instead
- 1 cup of water
- 1/2 tsp of salt
- 1 cup of flour
- 2 large eggs (optional)
- canola or vegetable oil for frying
- 1 teaspoon of cinnamon or more
- 1/2 cup of sugar

Instructions:

1. Add enough oil to a large pot to fill it about an inch deep. Set the burner to medium-high heat and heat the oil to 375F.
2. While the oil is heating, it is time to make the pastry. Add the water, salt, and butter (or oil if you are making authentic Spanish Churros), heat until the butter melts and the mixture begins to boil. Pour in all of the flour at once and mix quickly with a wooden spoon until the dough comes together. Keep mixing and stirring for about 30 seconds.
3. Remove from the heat and transfer the dough to a large bowl. Stir the dough continually until it cools down and is only warm to the touch. Stir in one egg, it will take a bit of time for it to incorporate, so be patient. Then proceed with



the last egg. Or if you want to make more authentic or Vegan churros, leave the eggs out.

4. Add a large star tip to a piping bag and fill it up with the dough and twist the top. A little trick for filling piping bags is to put it in a large tall glass and fold the opening over the rim of the glass.
5. Pipe about a 5 to a 6-inch strand of dough gently into the hot oil. Use your finger or scissor to snip off the dough near the tip of the piping bag. Add 4 or 5 more strands of dough. Don't overcrowd the pot of oil. Cook the churros for 2 minutes or so turning them occasionally with tongs. Once golden brown, remove the homemade churros and place them on a wire rack or paper towel to drain/dry.
6. Mix together the cinnamon and the sugar in a pie plate or something like that, and then roll the churros in the cinnamon and sugar. You may also fill them with Nutella or something like that, using an injector tip and piping bag. Enjoy!

Gluten-Free Apple Pie Bars

Submitted by Monica MacEwen, Moncton Chapter

Ingredients - Apple Pie Filling:

- 1/2 stick unsalted butter
- 7-8 medium (about 3 lb) slightly tart, firm eating apples, cored, peeled and diced into 1/2-inch (1.5 cm) pieces (such as Granny Smith, Pink Lady, Jazz or Braeburn)
- 1/2 cup light brown soft sugar
- 2 tablespoons lemon juice
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt



Ingredients - Shortbread Cookie Dough:

- 1 1/2 sticks + 1 tbsp unsalted butter, softened

- 3/4 cup light brown soft sugar
- 1 teaspoon vanilla extract
- 3 cups gluten-free flour
- 3/4 teaspoon xanthan gum (omit if your gluten-free flour blend already contains xanthan gum)
- 1/2 teaspoon salt

Instructions - Apple Pie Filling:

1. In a large skillet over medium-high heat, melt the butter. Add the diced apples, sugar, lemon juice, cinnamon and salt, and stir to combine.
2. Cook for 5-7 minutes over medium-high heat with occasional stirring, until the apples are softened and the juices have thickened into a thick, syrupy consistency.
3. Make sure that the apple pie filling has cooled completely to room temperature before you assemble the apple pie bars.

Instructions - Shortbread Cookie Dough:

1. Adjust the oven rack to the middle position, pre-heat the oven to 350F and line a 9-inch square baking pan with parchment/baking paper.
2. In a large bowl, mix the softened butter, light brown sugar and vanilla together with a wooden spoon or rubber spatula until combined. Sift in the gluten-free flour blend, xanthan gum and salt.
3. Mix it all together until the dough starts clumping together, then give it a thorough knead to bring it together into a smooth ball with no patches of dry flour. The dough might crack in places, but it should hold together well without being too crumbly.

Assembling and Baking the Gluten-Free Apple Pie Bars:

1. Press just over half of the shortbread cookie dough (about 380g) into the lined 9-inch (23 cm) square baking tin. Smooth it out into an even layer, this is easiest done with a small offset spatula. The thickness of this bottom cookie dough layer should be about 1/4-inch (7 mm).



2. If desired, sprinkle 2/3 cup ground walnuts evenly across the cookie dough crust, all the way to the edges.
3. Arrange the apple pie filling in an even layer on top of the ground walnuts, and drizzle over all the syrupy juices that the apples have released.
4. Crumble over the remaining shortbread cookie dough. Bake at 350°F for about 40-45 minutes or until the crumb topping is evenly golden brown.
5. Allow the bars to cool completely to room temperature before removing them from the baking pan (with the help of the overhanging parchment/baking paper) and slicing them into individual portions.

Storage: The gluten-free apple pie bars keep very well in a closed container at room temperature (or in a cool, dry place) for about 3-4 days.

No Bake Chocolate Raspberry Tart

Submitted by Normand Gallant, Moncton Chapter

Ingredients:

- 24 gluten-free Oreo cookies
- 1/4 cup or 4 tbsp of unsalted butter
- 1 cup heavy whipping cream
- 3.5 ounces of dark chocolate (roughly one bar)
- 8.5 ounces of milk chocolate (2 bars)
- 1 cup of raspberries, washed and dried
- Powdered sugar topping, optional

Instructions:

1. Melt the butter either in the microwave or in a pot on the stovetop. Add the gluten-free Oreos to a food processor and blend until only crumbs are left. Pour the melted butter in with the crumbs and blend until combined and it looks like damp sand or dirt. (Or optionally crush up the cookies in a bag and add the melted butter and shake it.)
2. Pour the gluten-free Oreo cookie mixture into a 9 or 10-

inch tart pan that has been sprayed with cooking spray. Spread out the crumbs evenly and press them down firmly to compact them. Make sure to go up the edges of the pan as well. Once done freeze the tart crust for about 10 minutes.

3. Chop up the chocolate bars into small chunks or just use chocolate chips. Place them in a medium bowl.
4. In a separate bowl, heat up the cream until really hot – about a minute in the microwave – or heat it up in a pot on the stovetop. Pour the hot cream over the chocolate and let it sit undisturbed for 3 to 4 minutes. Then stir it with a spatula until smooth, resulting in the ganache.
5. Next, remove the tart shell from the freezer. Pour the ganache into the tart crust and spread it out evenly with a spatula. Then place clean raspberries in the ganache. Once done chill the chocolate raspberry tart in the fridge for at least 2 hours before serving. Sprinkle powdered sugar on the top if you like.

Zapple Pie (mock apple pie made from zucchini)

Submitted by Monica MacEwen, Moncton Chapter

Ingredients - Pie Crust:

- 2 cups gluten-free all-purpose flour
- 1 teaspoon salt
- 2/3 cup butter or lard
- 6–7 tablespoons cold water

Ingredients - Filling:

- 6 cups peeled, quartered, cored and thinly sliced zucchini or summer squash
- 1/2 cup lemon juice
- 1/2 cup granulated sugar
- 1/4 cup light or dark brown sugar
- 1 1/2 teaspoons ground cinnamon
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 2 tablespoons instant tapioca
- 1 tablespoon granulated sugar, reserved until end of baking

Instructions:

1. Prepare pie dough by mixing together gluten-free flour and salt. Cut in fat using a food processor or pie blender until mixture resembles

course crumbs. Gently sprinkle water over flour mixture and stir together until dough holds shape. Do not overmix. Flatten into two disks and refrigerate. Note: you can also use your favourite pre-made gluten-free pie crusts or pie crust mix instead of making from scratch.

2. Slice your zucchini. Slices should be about 1/8 – 1/4 inch thick. Combine the zucchini and lemon juice in a medium saucepan. Bring to a boil. Reduce the heat and cook, stirring occasionally, until the zucchini starts to soften, about 5 minutes.
3. Add the sugar, cinnamon, ginger and nutmeg and simmer for 5 minutes longer. Remove zucchini from heat. Stir in tapioca and let stand for 15 minutes.
4. Preheat oven to 425°F and place a rack in the lower third of the oven.
5. While zucchini is resting, roll out pie crust. Place bottom crust in 9 inch pie plate.
6. Spoon zucchini filling into bottom crust. Place top crust and crimp edges. Cut small slits in top crust for steam to escape).
7. Place pie on rack. Bake for 20 minutes. Reduce heat to 350°F and bake for 30 minutes more. Sprinkle top of pie with reserved sugar. Bake for 10 to 15 minutes, more, until crust is golden and the juices are bubbling through the slits.
8. Remove pie from oven and cool on wire rack.



News Release: Celiac Canada welcomes new all-party Celiac Caucus

June 20, 2023, OTTAWA, ON - Celiac Canada congratulates Parliamentarians on the creation of the first-ever All-Party Celiac Caucus. The new caucus follows the first-ever gluten free breakfast on Parliament Hill on May 1, which introduced Parliamentarians to the challenges faced by Canadians as they live with this chronic disease.

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, 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 Canadians with celiac disease, the only treatment available is a strict gluten-free diet. This comes with considerable financial, health and social costs. We hope that through the All-Party Celiac Caucus, we can develop and advance policy solutions that help to enhance the quality of life for all Canadians with celiac disease,” said Melissa Secord, Executive Director, Celiac Canada.

The inaugural Celiac Caucus meeting was held on June 19. The caucus will focus on deepening awareness and understanding of the challenges of celiac disease and

advancing solutions to that help Canadians live and thrive with celiac disease.

“Celiac disease is a serious autoimmune disorder that needs greater attention in Canada. I am proud to co-chair this new caucus and work together with my Parliamentary colleagues to increase awareness, promote research and improve the lives of those affected,” said Sonia Sidhu, MP and co-chair of the All-Party Celiac Caucus.

At the meeting, MPs engaged Celiac Canada leadership and with two Canadians living with celiac disease – Christine Nesbitt, former Olympian and multiple World Champion Long Track Speed Skater, and Jennifer Palma, Global BC TV anchor. Celiac Canada also facilitated a presentation from Dr. Maria Pinto Sanchez, member of Celiac Canada's Professional Advisory Council Gastroenterologist and Clinician Nutrition Specialist at McMaster University and Hamilton Health Sciences. Celiac Canada will continue to engage with caucus leaders MPs Sonia Sidhu, Tim Louis, Ziad Aboultaif and Senator Marie-Françoise Mégie as well as the all-party caucus members to address celiac disease awareness, diagnosis, research, and treatment support.

View MP Sidhu's June 20, 2023 Statement on Twitter: <https://twitter.com/SoniaLiberal/status/1671159800712040451?s=20>

Communiqué de presse : Coélique Canada accueille un nouveau caucus coélique multipartite

Le 20 juin 2023, OTTAWA, ON - Coélique Canada félicite les parlementaires pour la création du tout premier caucus coélique multipartite. Ce nouveau caucus fait suite au tout premier déjeuner sans gluten organisé sur la Colline du Parlement le 1er mai, qui a permis aux parlementaires de se familiariser avec les défis auxquels sont confrontés les Canadiens qui vivent avec cette maladie chronique.



La maladie coélique est une maladie auto-immune chronique d'origine génétique qui touche un pour cent de la population canadienne. Lorsqu'une personne atteinte de la maladie coélique consomme la moindre quantité de gluten, son corps développe une réaction immunitaire qui détruit la paroi de l'intestin grêle. Les dommages qui en résultent empêchent l'organisme d'absorber les nutriments essentiels à la santé. Il n'existe pas de

traitement curatif et le seul traitement actuel consiste à suivre un régime strict sans gluten à vie.

“Pour les Canadiens atteints de la maladie cœliaque, le seul traitement disponible est un régime strict sans gluten. Ce régime s’accompagne de coûts financiers, sanitaires et sociaux considérables. Nous espérons que le Caucus multipartite sur la maladie cœliaque nous permettra d’élaborer et de faire progresser des solutions politiques qui contribueront à améliorer la qualité de vie de tous les Canadiens atteints de la maladie cœliaque”, a déclaré Melissa Secord, directrice générale de Cœliaque Canada.

La réunion inaugurale du Caucus cœliaque s’est tenue le 19 juin. Le caucus se consacre à mieux faire connaître et comprendre les défis posés par la maladie cœliaque et à proposer des solutions pour aider les Canadiens à vivre et à s’épanouir avec la maladie cœliaque.

“La maladie cœliaque est une maladie auto-immune grave qui nécessite une plus grande attention au Canada. Je suis fière de coprésider ce nouveau caucus et de travailler avec mes collègues parlementaires pour accroître la sensibilisation, promouvoir la recherche et améliorer la vie des personnes touchées”, a déclaré Sonia Sidhu, députée et coprésidente du Caucus cœliaque multipartite.

Lors de la réunion, les députés ont discuté avec les dirigeants de Cœliaque Canada et avec deux Canadiens atteints de la maladie cœliaque - Christine Nesbitt, ancienne athlète olympique et multiple championne du monde de patinage de vitesse sur longue piste, et Jennifer Palma, présentatrice de la chaîne de télévision Global BC. Cœliaque Canada a également facilité une présentation de la Dre Maria Pinto Sanchez, membre du Conseil consultatif professionnel de Cœliaque Canada, gastro-entérologue et clinicienne spécialiste de la nutrition à l’Université McMaster et à Hamilton Health Sciences. Cœliaque Canada continuera de s’engager auprès des chefs de caucus, les députés Sonia Sidhu, Tim Louis, Ziad Aboutaif et la sénatrice Marie-Françoise Mégie, ainsi qu’auprès des membres du caucus multipartite, afin d’aborder la question de la sensibilisation à la maladie cœliaque, du diagnostic, de la recherche et de l’appui au traitement.

Voir la déclaration du 20 juin 2023 de la députée Sidhu sur Twitter (en anglais seulement): <https://twitter.com/SoniaLiberal/status/1671159800712040451?s=20>

Research Highlights

Socioeconomic impact of low-gluten, celiac-safe wheat developed through gene editing

Advances in biotechnology in recent decades have led to the development of new genomic techniques (NGTs). This report presents the case study of a product developed with an NGT – low-gluten, celiac-safe wheat. The report illustrates the potential contribution this product would make to ensure food security, nutrition and public health.

For more information: <https://op.europa.eu/en/publication-detail/-/publication/55975b24-1a12-11ee-806b-01aa75ed71a1/language-en>

Beyond Celiac conducts study on myths surrounding celiac

Our American counterpart sought to understand Americans’ views towards those with celiac disease. Among the key findings were that only half of Americans knew anything about celiac and/or gluten sensitivity, and 28% assumed that people who eat gluten free are doing so for attention. About the same percentage did not know about the difficulty in getting a celiac diagnosis due to the diversity of symptoms.

For more information: <https://www.beyondceliac.org/wp-content/uploads/2023/06/2023-Beyond-Celiac-Harris-Report-06.23-1.pdf>

Impacts of probiotics on celiac children

Probiotics have been suggested as a potential adjunctive therapy for celiac disease. In this study, children with the persistence of tissue transglutaminase autoantibodies, i.e., CD autoimmunity, received Lactiplantibacillus plantarum HEAL9 and Lacticaseibacillus paracasei 8700:2 probiotics, or placebo, for 6 months. This study’s findings suggest a modest yet significant impact of the probiotics on the faecal metabolome.

For more information: <https://www.frontiersin.org/articles/10.3389/fnut.2023.1183963/full>

Mental health impacts of celiac diagnosis

By Monica MacEwen, Moncton Chapter president

Are you feeling stressed out? If so, you're not alone. Many things in life can create stress, and when we are stressed, our brains release hormones like cortisol into our bloodstream. While you can usually adapt to "short-term" stress, long-term stress – like what you might experience when you have a chronic disease – can have negative effects on your health.

Chronic stress can disturb our immune, digestive, cardiovascular, sleep, and reproductive systems. No wonder we can feel physically ill when we're mentally stressed out. Being chronically ill can be stressful, and so can getting a diagnosis of illness. Getting a celiac disease diagnosis, for example, can cause stress in a number of ways that can stem from things such as:

1. Exclusion from social events
2. Strained relationships with friends or family
3. Disordered eating or eating disorders
4. Social anxiety (i.e. eating out)
5. Avoiding travel
6. Financial pressures of some gluten-free foods
7. Depression
8. Social isolation
9. Dealing with awkward conversations
10. Anger, irritability, mood issues

Emotional Stress: Hearing that you – or someone in your care – has been diagnosed with celiac disease can

bring up a myriad of emotions. You might feel fearful of what is happening to your body that is out of your control. You could be annoyed or frustrated that you have to change your diet and other habits to get well.

Physical Stress: Getting to a proper diagnosis can take time, and meanwhile, you could be experiencing discomfort and even pain, from mild to severe. Even after a diagnosis of celiac disease, it may take weeks or months to feel relief, and even longer to heal any intestinal damage caused by gluten.



Financial Stress: Going gluten free, particularly for health reasons, can be expensive. According to a report from the Celiac Disease Center at Columbia University Medical Center, gluten-free foods can be 183% more expensive than conventional foods. The added long-term financial burden of maintaining a gluten-free diet can be extremely stressful.

Keep in mind, not all of your emotions around a celiac diagnosis will be negative. Some people will feel a sense of relief to finally receive a diagnosis that explains symptoms they've been experiencing for a long time. It can also instill a sense of optimism when presented with a treatment option that can help relieve those symptoms. The key for anyone who has received a celiac diagnosis is to take some time to notice all of the thoughts and emotions that they are feeling, and not worrying about whether these feelings are 'right' or 'normal' because it takes time to adjust to major changes such as a diagnosis of a chronic condition.

Mental health effects of celiac disease and tips for handling a diagnosis of celiac disease

Celiac disease can affect different people in different ways. Whether you are male or female can also play a role in everything from symptoms to diagnosis. Research has shown that some women experience greater impacts on quality of life and lower wellbeing following a celiac disease diagnosis when compared to men, although it is not clear why.

It is also true that women are more likely to be diagnosed with mental health conditions like depression and anxiety than men, so this might be more related to overall differences between how women and men express themselves – or the degree to which they talk about their mental health – than it does the celiac disease itself.

Dealing with all of the steps you need to take after a celiac disease diagnosis can feel overwhelming. Part of dealing with difficult and stressful situations is to take actions that can help reduce your stress.

Here are some other ways to manage the stress of being diagnosed with celiac disease:

1. Get Informed - As the saying goes, “Knowledge is power.” The more you can learn about celiac disease, the less scary or mysterious it will seem. Read articles, listen to podcasts, watch videos, and attend virtual events to hear from trusted experts.

2. Get Connected - Connecting with other people who have celiac disease is a good idea, but be thoughtful about what types of ways you connect and how it impacts you to ensure it doesn't become overwhelming. Try out a few different ways to get support. Get connected to someone else with celiac disease who you can talk to for emotional support or helpful dietary tips, attend a patient support group either online or in-person, look at websites, and decide what works best for you.

3. Get Additional Support (as needed) - People with celiac disease can continue to struggle with issues like depression and anxiety, even after maintaining a gluten-free diet, so getting help at any stage is important, to help with any emotional distress you may experience even after you've adopted a gluten-free diet. Additionally, sometimes people with celiac disease can experience difficulty adjusting their diet, resulting in “disordered eating,” a term that often means that a person is overly restricting the amount or types of food that they are eating. When severe, disordered eating can result in a clinical eating disorder. If a person with celiac disease is struggling to maintain a healthy body weight or feels that food is completely controlling their life, they might benefit from working with a GI psychologist, or potentially an eating disorder specialist, for help changing these behaviours.

No matter where you are in your celiac disease journey, being informed, connected, and supported is key to tackling the challenges that may come your way. Sometimes, simply asking for help can be an important first step to reduce the stress of a celiac disease diagnosis.

3 Common Causes of Cross Contact in Restaurants

By Monica MacEwen, Moncton Chapter president

Eating out at restaurants, when you have to relinquish control and rely on your server, location manager or chef to understand your dietary needs and provide you with safe options is stressful. Many Celiac and gluten-intolerant people have been ‘burnt’ more than once when dining out and suffered the consequences.

Ideally, it's best to review the menu online or call the restaurant directly before you dine to clarify what gluten-free or gluten-friendly options may be available to you. However, as this is not always possible, to help reduce potential risk and avoid cross contact by looking for particular words on menu items descriptions and by utilizing “how to cook” statements.



• **Deep Fryer** - Look for these words on the menu item description (i.e. crispy, crunchy, etc.) that is suggestive that an item will be deep fried or flash fried. This should trigger you to get additional clarification about the

possibility about a shared fryer. For example, “I'm sensitive to cross contact, do you cook other items in the same fryer that you use for your French fries? Would it be possible to oven bake them for me instead? Thanks.”

• **Grill/Flat Top** - If you don't want to ask questions to clarify the cleaning process of the grill. Substitute with a how to cook statement that tells them how to cook for you safely and avoids back and forth questioning. For example, “I'm sensitive to cross contact, do you mind cooking this hamburger patty on a pan vs. directly the grill? I'd appreciate that so much. Thank you!”

• **Pasta Water** – Once again, if you don't want to clarify their cooking process, try another how to cook statement. For example, “I'm sensitive to cross contact, do you mind cooking my pasta in a fresh pot of water? I'd appreciate that so much. Thank you!” Since staff may have limited understanding or training, around what it means to be gluten free, please remember that manners go a long way to getting people on your side. It pays to always be kind.

Reading Recommendation: Gluten-Free Birthday for Me

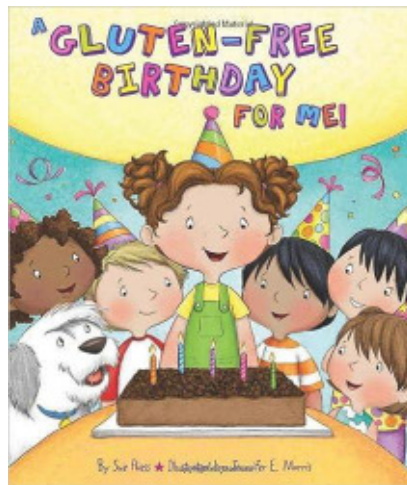
By Monica MacEwen, Moncton Chapter president

Young children naturally have a capacity to dream big and use their imaginations. Reading aloud to a child helps them use their imaginations to explore people, places, times, and events beyond their own experiences. Reading as an imaginative activity can open doors to all kinds of new worlds for a child. That's why it's so important to foster a love of reading at an early age.

By offering up fun and relatable material you'll be able to engage their attention and spend some quality time together. For the little gluten-free people in your life, there is a book by Sue Fliess called "Gluten-Free Birthday for Me".

The rhyming verses in this book describe plans for a birthday party that includes a homemade gluten-free

birthday cake that everyone can enjoy. "It's my birthday. . . I can't wait! Time for us to celebrate! House is ready, Set for fun. Cake's the last thing, then we're done. Can't use flour, Can't use wheat. . . That's got gluten! What's to eat? With bright and charming illustrations and sweet text, A Gluten-Free Birthday for Me! is a celebration of being gluten free!



Review:

"This bright and colourful picture book sheds light on certain childhood allergies. . . Teachers will find this book to be a great introduction to allergies, to embrace acceptance, and show respect." Library Media Connection, Mar/Apr 2014

About the Author:

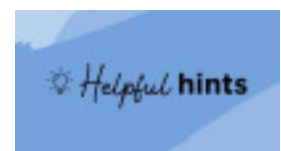
Sue Fliess is the author of numerous children's books including From Here to There, Little Red Rhyming Hood, and Mary Had a Little Lab. She's written for Walt Disney and her books have been used in school and museum programs. Sue lives with her family and a Lab named Charlie in Northern Virginia.

Helpful Hints

By Sheila Parker, Moncton Chapter

- Heat up leftover GF pizza in a non-stick skillet on top of the stove, set heat to med-low and heat until warm. This keeps the crust crispy. No soggy microwave pizza!
- When you purchase a container of GF cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size and you will get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.
- Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add ingredient, such as GF peanut butter, and watch how easily it comes out.
- To make scrambled eggs or omelets rich, add a spoonful or two of sour cream, cream cheese or heavy cream and then beat.

- Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- Store opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold.
- Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.
- To get rid of pesky fruit flies, take a small glass; fill it halfway with Apple Cider Vinegar and 2 drops of dish washing liquid. Mix well. The flies will be drawn to the cup.
- Put small piles of cornmeal where you see ants. They eat it, take it home and are unable to digest it, so it kills them. It may take a week or so, but it works and you don't have to worry about pets or small children being harmed.
- To keep mosquitoes away, place a dryer sheet in your pocket.



Celiac Canada Québec Support Group Event Calendar

CHAT HOURS

Tuesday September 12th, 2023 8pm on Zoom
What is Celiac Disease & what does gluten-free mean?
Tuesday November 14th, 2023 8pm on Zoom
Holiday Cooking & Baking
Tuesday January 16th, 2024, 8pm on Zoom
Caregiving with someone with Celiac Disease
Tuesday March 19th, 2024, 8pm on Zoom
Travelling with Celiac Disease & Eating Out
Tuesday May 21st, 2024, 8pm on Zoom
TBA

RESTAURANT OUTINGS

Friday October 27th – at the Peruvian restaurant Villa Wellington, in Verdun.
Friday December 1st – Holiday Get-Together at the Scores restaurant in Dorval.

Two presentations on Celiac Disease:

Wednesday September 13th, 2023, 1:30pm – 3pm – Greenfield Park
Wednesday September 20th, 2023, 1:30pm – 3pm – Chambly

The theme for both presentations will be Celiac Disease & the Gluten-Free Diet. For more information email: quebecsupportgroup@celiac.ca or look on our webpage: www.celiacquebec.ca.

Next Meeting of Steering Committee for Quebec Support Group for Celiac Canada: on Zoom Tuesday September 19th at 8pm.

Celiac Canada annual free online conference Saturday November. For more information go to: www.celiac.ca



Rediscover pasta night.
Gluten-free and al dente every time.

