

HOLIDAY

survival guide

*Tips
to stay safe
&
gluten free
as we gather
for the holidays*

NATURALLY DELICIOUS

We're proud that our Chunky Oat Cookies are made with only quality, natural ingredients. They're packed full of naturally gluten free whole grain oats and real ingredients, with REAL flavour, for a snack you can feel good about eating. They're a source of fibre, contain lots of vitamins and minerals and provide a great source of sustained natural energy and they've got up to 44% less sugar* than the average sweet cookie. They also come in handy little portion packs that are perfect to keep you going on the go.



Baked in
Scotland



Gluten free
whole grain oats



40% less
sugar

AMAZING FOR GRAZING

Who doesn't love a grazing board and who says they have to be savoury! Our Chunky Oat Cookies are the ideal base for a showstopping, sweet treat grazing board your friends and family will love.

To build your board start with a generous selection of your favourite Nairn's Oat Cookies and add some sliced fruit and berries for colour.

Next you'll need a scattering of other sweet treats that pair nicely, maybe some chocolate, candied fruits, marshmallows, nuts or anything else that takes your fancy.

Finally you'll need a dip, natural yoghurt with honey is a great option but you could try hazelnut spread, caramel sauce, berry compote....the options are really endless!



*see website for details

For recipes and more follow us on social

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@nairns_canada



@NairnsOatCrackersCanada

n
nairn's

The spirit of togetherness

The holiday season is a time for reflection, connection, and celebration. It's a time to cherish the moments spent with loved ones, to share in the warmth of giving, and to appreciate the simple joys that life brings. While we all have our unique holiday traditions and experiences, there's a common thread that binds us together: the spirit of togetherness and the love of delicious gluten-free food!

As Frank Sinatra once said, "the best is yet to come". Here at the CCA we agree wholeheartedly. As we look forward to 2024, we are motivated and excited to share the results of our State of Celiac Survey, launch a revised and updated Newly Diagnosed Pathway, continue our multi-faceted advocacy efforts and give our community the most up-to-date information on celiac disease research. We look ahead to a very bright future.

Thank you to our donors for their generous support throughout the year. The CCA relies on your donations to support our community through funding research, increasing awareness, developing educational materials, advocating for improvements in labelling and so much more. Your generous support is greatly appreciated.

I also want to take this opportunity to express my heartfelt gratitude for the incredible work and dedication of Celiac Canada's staff and volunteers. Our success is a direct result of their hard work, passion, and collaborative spirit. Their contributions have been nothing short of amazing, and I am continually inspired by their unwavering commitment to our mission.

From all of us at the CCA, we want to extend our warmest wishes to you and your families. May your holidays be filled with love, joy, and the simple pleasures that make this time of year so special.

Wishing you a wonderful holiday season and a happy, healthy, and prosperous New Year.

LIZ WALL
President of CCA



COURTESY, LIZ WALL

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LET'S CELEBRATE!

Happy Chanukah

MIRIAM PEARL

Founder and recipe developer, *Delicious Without Gluten*

Hanukkah (Chanukah) is the Jewish eight-day, wintertime “festival of lights,” celebrated with a nightly menorah (seven candles) lighting, special prayers and foods. In 2023 the dates for Chanukah are Dec 7th – 15th. Chanukah is the Hebrew word for “dedication,” and the festival celebrates reclaiming/rededicating the Holy Temple in Jerusalem, 164 BC.

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Our typical dinner includes latkes, both traditional potato ones and sweet potato latkes, soup, lots of salads, a big salmon and tons of desserts!

My favorite Jewish holiday is Chanukah, the festival of lights, as many friends and family members gather around and spend time together. I usually host 2 or 3 parties during this 8-day holiday when we eat latkas and donuts, give presents, light candles and sing songs.

I am a mother of two kids who were both diagnosed with celiac disease at a young age. It was a challenge to adjust to a new way of life, but I always felt lucky as the right food was the best and only medicine they needed. Lucky, as I love spending time in the kitchen. Don't get me wrong, it is by no means easy, but completely manageable! I learned to have fun and try to make the best treats I can imagine so my kids never miss out.

Hosting a family gathering is the least of our challenges. In my home, I know my kids can eat safely because

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Miriam Pearl hosts a gluten-free Chanukah gathering of delicious, traditional holiday food.

I am serving the food. When guests come over, I ask them to bring drinks, fresh fruit, a box of chocolates or flowers. This way, we can ensure the food will be safe for my kids. Our typical dinner includes latkes, both traditional potato ones and sweet potato latkes, soup, lots of salads, some sushi appetizers, a big salmon and tons of desserts!

Latkes are traditionally made with all-purpose flour but can easily be replaced with a gluten-free flour. Soups,

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Hosting a family gathering is the least of our challenges. In my home, I know my kids can eat safely because I am serving the food



MIRIAM PEARL

Continued on next page

salads and salmon are all easily made gluten free also.

Desserts are my favourite and we indulge in many. My favorite dessert is a funnel cake, which we only make at Chanukah. We always make an extra batch of donut batter to place in the fridge. When we want some, we put the contents into a piping bag and squeeze out the dough into a pot of hot oil. They are delicious when topped with powdered sugar. My kids look forward to these treats every year, and the rest of the family does too!

I make many of my family's favorite cookies and cakes using gluten-free all-purpose flour. For my recipes, I find that gluten-free flour requires more liquid and sometimes a bit more baking powder. However, they freeze well and are always ready for company!

I wish you all a safe and joyous Chanukah shared with the special people in your life.

RECIPE

Miriam's potato latkas



MIRIAM PEARL

GLUTEN-FREE POTATO LATKES

There is nothing better than traditional potato latkes made gluten-free! My family requests them year-round!

Ingredients

- 4 large potatoes (1 kg) potatoes
- 1 medium onion (275 g)
- 2 eggs or tofu equivalent
- 1 tsp salt
- 1/2 tsp garlic salt
- 6 tbsp gluten-free all-purpose flour with xanthan gum
- 1 tsp baking powder

Directions

- Peel potatoes and place in cold water.
- Grate potatoes and squeeze out as much water as possible. Dry with towel.
- Grate onion
- Mix all ingredients
- Fry in oiled pan, place on paper towels and enjoy! ♦

YULIYA FURMAN, CANVA



Donuts, above and Miriam's favourite dessert, funnel cake, right.



MIRIAM PEARL

Navigating the festive season

A guide to safe celebrations



PETER MALAERY CANVA

The holiday season is a time for joy, togetherness, and feasting. However, for those with celiac disease, gatherings can feel like navigating a culinary minefield. This article offers guidance on how to enjoy the holiday season while sticking to a gluten-free diet.

Host the Event

Hosting the gathering yourself can be an excellent way to guarantee that everything on the table is gluten free. Ask guests to contribute by covering costs, such as wine, spirits, table decor, and ice.

Pass on the Potluck

Discourage guests from bringing dishes that may be cross-contaminated and instead suggest they contribute in other ways, like covering the expenses mentioned earlier.

Speak Up

Communicate your dietary restrictions to your host well in advance.

Polite Refusals

It's essential to politely decline offerings that might make you
Continued on next page



sick. Educate your host and other guests about the risks associated with cross-contamination.

Made for Sharing

Collaborate with your host and other guests to create potluck dishes that cater to various dietary restrictions. This encourages an inclusive and delicious dining experience.

Cooking Together

Assist the host in preparing the meal to ensure you are aware of the ingredients and cross-contamination risks.

Avoid Cross-Contamination

Vigilantly clean all kitchen surfaces, tools, and utensils in the host's kitchen. Use sealed, labeled gluten-free ingredients, and be cautious of hidden allergens in ingredients or in the fridge.

Eat Before You Go

If you're unsure about the availability of gluten-free options, have a meal before the event to avoid going hungry.

WE ASKED! YOU ANSWERED!

What is your biggest concern about the upcoming holiday season?

Top 3 answers

- Dining at family / friends' houses – 182 votes, 36%
- Sadness on missing out on favourites – 65 votes, 12 %
- Dining out – 53 votes 11%



Bring Your Own

Bring a gluten-free appetizer and meal to ensure you have safe options to enjoy during the celebration.

Stuffing Solutions

Ensure that stuffing is prepared separately from the turkey or use gluten-free alternatives to prevent cross-contamination.

First in Serving Line

To avoid cross-contamination from serving utensils, consider being one of the first in line.

Enjoy

Remember that the holidays are a time for joy and gratitude. Embrace the company of loved ones and celebrate safely.

The holiday season should be a time of shared joy, gratitude, and celebration for everyone, regardless of dietary restrictions. By following these survival tips, you can ensure that you and your loved ones have a festive and inclusive experience that accommodates the needs of all guests. ♦



RAISE A GLASS!

‘CHEERS’ to a safe cocktail

Not all alcohol is safe for someone with celiac disease. Here is how to ensure your next drink is gluten free. Manufacturers must state the presence of gluten on the product label, except for beer. It can be declared within the ingredient list or, if no ingredient list is provided, it must be stated within a “Contains” statement.

Distilled alcohols are safe for people with celiac disease. When distilled, the final product does not contain gluten. Types of distilled alcohol include vodka, whiskey, tequila, rum, gin & cognac. As long as there are no flavourings or additives which need to be assessed separately by reading the label.

Wine is naturally gluten free and safe for people with celiac disease.

Pre-mixed drinks with vodka or gin are safe while other malt based mixed drinks are not. Some beverages may also have added flavors. For mixed drinks, it’s important to be cautious and read the label carefully as the GF version can look very similar to the gluten-containing version. Typically, it will state it on the front of the label. As always, when in doubt, go without!

A Bit About Beer: GF beer is made from GF grains such as millet, sorghum, buckwheat, amaranth, rice or quinoa. When made from a GF grain, these beers are permitted to state ‘GF’ on the label.

Note: Gluten-reduced beers are NOT the same as GF beers. It is important when you are choosing a beer product, you choose one with a GF claim to ensure it is safe for consumption for people with celiac disease. ♦



Celebrating Kwanzaa

Kwanzaa is a seven-day non-religious festival, Dec 26th – Jan 1st honouring African American's ancestral roots

Kwanzaa was created in 1966 as part of the civil rights movement by Maulana Karenga based on the idea that “you must have a cultural revolution before the violent revolution. The cultural revolution gives identity, purpose, and direction.”

Kwanzaa means ‘first fruits’ in Swahili and celebrates seven principles:

- 1. Umoja:** unity in the family, community, nation and all races.
- 2. Kujichagulia:** self-determination, defining, naming, creating and speaking for oneself.
- 3. Ujima:** collective work and responsibility that uplifts your community.
- 4. Ujamaa:** cooperative economics, building our own commerce from which we all profit.
- 5. Nia:** purpose to collectively building community to restore traditional greatness.
- 6. Kuumba:** creativity that leaves our community more beautiful and beneficial for all.
- 7. Imani:** faith from believing with all our hearts in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

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Check out these delicious recipes that are sure to be a party pleaser

FUDIO, ISTOCK



[African Peanut Soup](#)



[African Chicken Stew](#)

ILDIPAPP, CANVA

EZUMEIMAGES, CANVA



[West African Peanut Stew](#)



[Creole Black-Eyed Peas and Rice](#) ♦

RUDISILL, CANVA

BFree

GLUTEN FREE
SANS GLUTEN

DAIRY FREE
SANS PRODUITS
LAITIERS

NON GMO
SANS OGM

VEGAN FRIENDLY
VÉGÉTALIEN



NEW

THIS FOR THAT!

Gluten-free substitutes

Many classic holiday dishes are naturally gluten free, like turkey, potatoes or Brussel sprouts. For cherished dishes that traditionally use flour, one needs to explore alternative ingredients. Here are some easy gluten-free substitutes you can incorporate to make sure you don't miss out on any of your favourites.

TRY THIS..for THAT!

GRAVY



SUGAR COOKIES



NUTS



STUFFING



MATZO MEAL



PANKO CRUMBS





What's the deal with spices?

Spices and seasonings are common in holiday recipes. Plain spices and seasonings like cinnamon, nutmeg, and ginger are naturally gluten free.

However, it's always important to read labels to ensure the spices are safe and free of any gluten-containing ingredients before consuming. If gluten is present, it must be declared on the label.

First, look at the ingredients, then the "Contain" or

"May contains" statements. For seasoning mixes, some contain wheat flour, wheat starch or wheat crumbs.

When at a holiday gathering, your host may not have thought to read the ingredients, since spices and seasonings aren't the most obvious sources of gluten. Be sure to ask, in order to stay safe! For more information check out the food labelling guidelines on our website. [Food Labelling - Celiac Canada](#) ♦



gluten free ...



**Find thousands of gluten-free products using our
Product Finder Tool
Celiac.ca**

ACCIDENTAL GLUTENING

Glutened over the holidays! Now what?

It's bound to happen at some point: you get three bites into your meal at a restaurant before realizing that the waiter mixed up your order. Accidentally being glutened is no joke, and when the pain, nausea and diarrhea start, it's normal to ask if there's something – anything! – that will make you feel better faster.

WHAT TO DO WHEN YOU HAVE BEEN GLUTENED

- Stay hydrated
- Drink tea (specifically ginger tea)
- Take a hot bath with Epsom salts, or a warm shower
- Try using a heating pad
- Stick to simple foods that are easy to digest
- Allow yourself to rest & relax. Time will heal!
- Be kind to yourself. Don't beat yourself up. Mistakes happen.

THE GOOD NEWS

if gluten is only ingested rarely, there are no long-term implications and symptoms usually resolve quickly, within one to three days. Severe symptoms settle within six to 12 hours. ♦

– Dr. Kimberley Bender, Medical Director - Restorative Care Unit - St Peter's Hospital, Family Physician/Hospitalist/ Care of the Elderly

TOP TIPS FOR A BRIGHT & MERRY GLUTEN-FREE HOLIDAY SEASON



O'Doughs®

Grateful for gluten free!

Everything Bagel Stuffing

Serve 6-8

Prep: 30 minutes | Cook: 25 minutes

2 bags	O'Doughs Everything Bagels, cut into 1" cubes
1 stick	Butter or butter substitute
1 medium	Yellow onion, peeled and diced
3 cloves	Garlic, peeled and minced
3 ribs	Celery, diced
4 large	Fresh sage leaves, finely chopped
2 tbsp	Nutritional yeast (optional)
½ tsp	Salt
½ tsp	Freshly ground black pepper
2 large	Eggs
½ cup	Whipped cream cheese
1 ½ cups	Vegetable stock
1/3 cup	Fresh or frozen cranberries
1 tbsp	Everything bagel seasoning
1 - 10"	Tube pan, sprayed with cooking spray (alternatively, any baking pan will do)

1. Preheat oven to 350°F. Place bagel cubes on a parchment lined baking sheet and bake until lightly browned (approximately 7 minutes), remove from oven and set aside to cool.
2. In a large skillet, over medium high heat, add butter, onion, garlic, celery, sage, and nutritional yeast. Cook until vegetables are tender (approximately 5 minutes). Season with salt and pepper.
3. In a large bowl, whisk together eggs, cream cheese, and vegetable stock. Add bagel cubes, cooked vegetable mixture and cranberries, mix well.
4. Place mixture in the bottom of tube pan and sprinkle with everything bagel seasoning.
5. Bake for 25 minutes or until golden brown.
6. Remove from oven and allow to cool slightly (approximately 15 minutes).
7. Carefully remove from pan by flipping it over onto a plate.
8. Top with additional everything bagel seasoning and fried fresh sage leaves, garnish with cranberries (optional).



odoughs.com

DEAR DIETITIAN,

I find the holidays so expensive. How can I cut food costs at this time of year?

This time of year, can be very pricey. Here are my top four tips to reduce food costs over the holidays:

1. Utilize Coupons. Many people feel that couponing takes a lot of time and effort, especially over the holiday season, but it can be easy. You can tear coupon pads in stores, print off internet coupons, visit company sites (ensure they can be used in Canada) and check your local paper for flyers. Did you know that some companies will even mail you coupons if you write and ask? The small amount of time you devote to coupons is going to benefit you and your family in the long run. This time of year, there will often be sales, so keep your eyes open!

2. Shop the perimeter of the grocery store. Many of us do most of our shopping in the centre aisles when we really should focus our time shopping on the perimeter of the store. This is where you'll find fresh foods, including produce, meat, and dairy. This is also where you will save money. By choosing fresh foods more often you will be able to avoid the costs of prepackaged food items. Many of our traditional holiday foods will be found by shopping the perimeter.

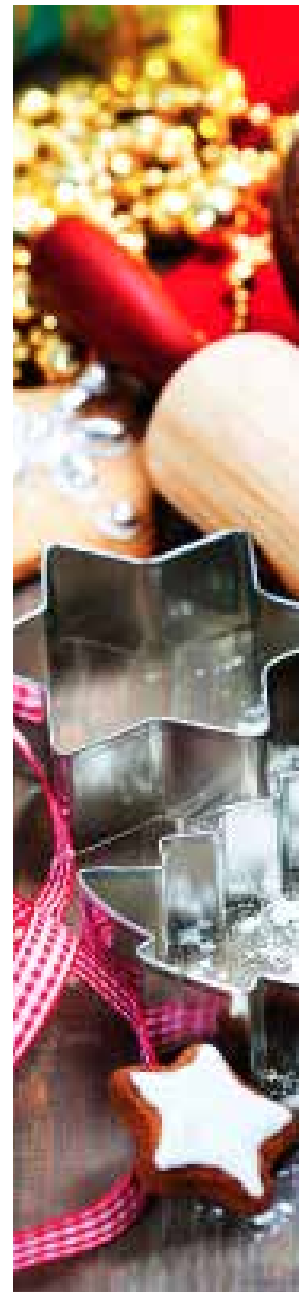
3. Bulk: During the year, buy large quantities of food in bulk and freeze items when possible. Purchasing larger items of food when on sale or from a warehouse club is great way to save money. You can use these frozen items in your holiday cooking and baking in order to save on the holiday budget.

4. Make it yourself. Bake it until you make it. Cooking and baking can save you lots of money and be fun. It means being less dependent on bakeries and prepared or frozen foods that tend to be more expensive. You can also save some time and cook larger batches on the weekend and freeze meals to heat up throughout the week. This works well for the busy holiday season, when time is also tight!

Need extra support?

FOOD INSECURE? Check out our online resources for a list of food banks across Canada who offer gluten-free food and tips on how to self-advocate and get access to safe gluten-free food. Reach out to your local chapter or support group for help. You can find a listing here. [Save Me for Gluten Free - Celiac Canada.](#)

[Read more about Save Me For Gluten Free](#) ♦



Save Me for Gluten Free

Donate to your local foodbank so everyone can enjoy the holidays



www.celiac.ca @ccaceliac

**FESTIVE
2023
CAMPAIGN GOAL
\$200,000**

The first \$25,000 will be matched

**DONATE TODAY. Max is thriving because he was diagnosed early.
Let's make sure all kids are as lucky.**



A kids' guide to HOLIDAY HAPPINESS!

Holidays call for family, fun and laughter! A celiac diagnosis is already challenging—the last thing you want to do is explain to your child they can't have their favourite treats or join in holiday traditions.

Get into the holiday spirit with these fun children's activities and make your child's gluten-free holiday break as fun and exciting as it can be!

RGSTUDIO, CANVA



1. Snowball playdough: As many parents of children with celiac disease are aware, Play-Doh contains wheat and is not recommended for kids with celiac disease. Instead, take out the mixing bowls and create some GF snowball playdough together! Get the kids to help make it for even more festive fun.

Gluten-free Play Dough Ingredients

- ½ cup white rice flour
- ½ cup cornstarch
- ½ cup salt
- 2 teaspoons cream of tartar
- 1 cup water
- 1 tsp cooking oil
- ½ cup of white glitter



COURTESY, KINNIKINICK

2. Build a gingerbread house: A tradition for many families. Many children love this activity because it combines creativity and treats—two favourites! It can be difficult to find gluten-free gingerbread kits, but don't let that stop you. You can bake gluten-free gingerbread cookies in squares and use them to construct your own house or bake and decorate gingerbread people using a gluten free recipe. This still allows your child to use their creativity while ensuring that they will be safe. [Here's a recipe and template for the house.](#)

3. It takes a village. A fun idea: Create a Christmas village by combining graham cracker gingerbread houses, gingerbread people and sugar cubes to make igloos! Let your child's imagination run wild! ♦

HOLIDAY GIFT GUIDE!

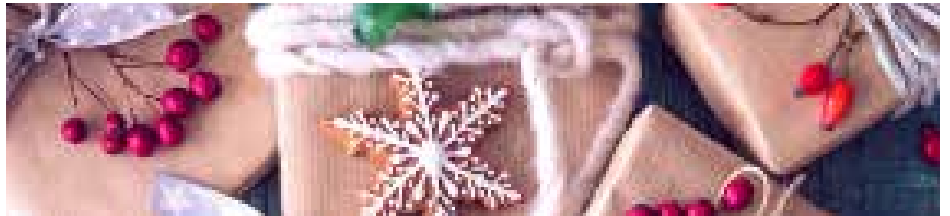
WHAT TO BUY for your family or friend with celiac disease!

Whether you're shopping for a loved one or picking up something special for yourself, here are some ideas for gluten-free gifts.

SHOP THE CCA STORE!

[Celiac Canada Online](#)

Store Choose from a great variety of Celiac Canada SWAG, where you'll find something for everyone! Perfect for friends or family with celiac disease!



OTHER GIFT IDEAS

You can find where to order these with a quick online search from your favourite retailer.



Boobla toaster bags

Toaster bags allow you to toast with confidence, whether you are at home or on vacation. Made out of non-stick, heat-resistant material, you can use them dozens of times and they wash easily with a bit of soapy hot water.

About \$8/set of six

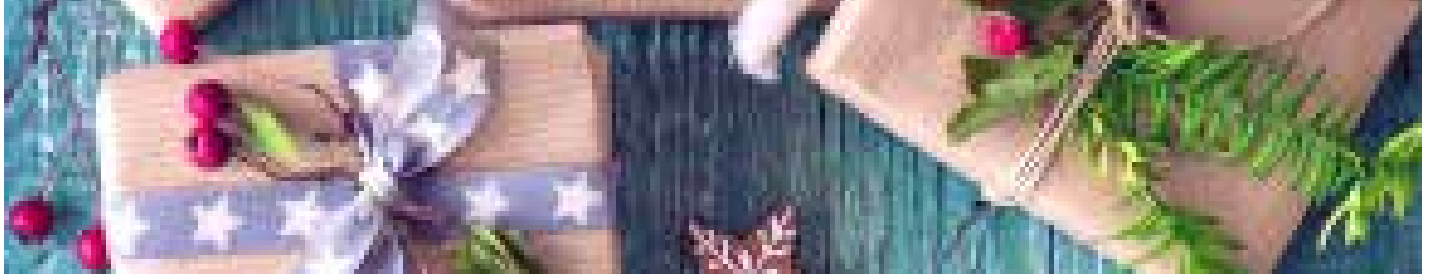
PADERNO maple hardwood cutting board, grip handles, 16-in x 20-in

A good scrub with hot water should remove all traces of gluten from a cutting board, unless it has deep grooves. So, for those who are newly diagnosed this lovely cutting board may be the perfect gift! Great for cutting or entertaining.

About \$80



Continued on next page



Over-the-sink-colander

Welcome gift for a person with celiac disease. This stainless-steel colander features extendable, non-slip handles so it can be balanced over the sink for easy drainage, and its fully dishwasher safe.

\$26



Send a care package from your favourite online gf store.

[Promise Online](#)
[O'Doughs Online](#)

Funny T-shirt!

Show your family and friends you're are a celiac warrior!!

\$39



Another fun T-shirt

This trendy tee will be sure to make everyone smile.

About \$14



Celiac Cup

Make a statement & keep your drink warm with an insulated, lidded cup.

\$42



Fun socks

Everyone loves a pair of socks as a gift.

About \$23

Shark Book

Take a bite out of the gift list with a giggle-worthy notebook.

\$13 ♦



TRAVEL

Give the best gift of all

A gluten-free cruise!

Blue Danube discovery  AMA WATERWAYS

April 9-16, 2025

SEVEN - NIGHT CRUISE FROM BUDAPEST TO NUREMBERG



[Embark on an Unforgettable Gluten-Free and Worry-Free Journey](#) with Expedia Cruises in Ottawa and AmaWaterways through the Beautiful Danube River on April 9 - April 16 2025

MAKE IT DELICIOUS

Baked Camembert



Ooey and gooey and filled with flavour! An easy must-have for your next holiday gathering. Always a crowd-pleaser that fills the house with wonderful aromas of baked cheese and fruit. Looks stunning at any festive feast. Add gluten-free crackers for happy dipping. [Baked Camembert - Celiac Canada](#) ♦

MYTH BUSTED!

Must cosmetics be labelled gluten-free?

Looking for that perfect stocking stuffer? Do cosmetics need to be glutenfree?

MYTH: when you are diagnosed with celiac disease you need to use gluten-free cosmetics and personal care products.

FACT: Click [here](#) for the answer. ♦





IN MY OPINION



It's that time of year

JANET DALZIEL

As we approach the holiday season, it's time to think about how we manage the social occasions outside the home where food and celebration go hand in hand. Whether you have family that means well but cannot quite keep straight what is gluten free and what is not, or your in-laws don't really believe you have to follow such a strict diet all the time, you end up being the one who has to guard your own health and that of your celiac family. So, what can you

do to prepare and cope so you can enjoy the occasion?

First, find your allies. There is usually at least one person who understands the issues of safety and cross contamination. If you're lucky, there are several. They may have experience with a different food issue such as an allergy. Enlist their help and get them on your side as extra eyes and ears and influencers. If your mother-in-law gets it, use her social collateral to aid your cause and do this early and often. She may be able to sway the hearts

and minds of other family members who are not completely on board and may be hosting.

Communicate early with anyone who will be hosting you about the menu and planning so that you will have an idea of what to expect. Don't leave it until the day before. If your host wants to prepare food that is safe for you, you will have to decide for yourself whether you think they are capable or not.

If they want to cook for you but
Continued on next page



Lavish gratitude and appreciation to those who entertain and feed you safely with love.

These people are precious

you have no confidence in their ability, you will need to explain, as kindly but candidly as possible, that the fear of being ill and ruining the occasion will make you too anxious and that you would prefer just to bring your own food and enjoy their company. Make this about you and your comfort, not about them and their ability. When I have said it this way, no one else at the table even noticed my plate was different and there was no embarrassing discussion of why I had to bring my own food.

Your family or other guests may be more intrusive so be prepared to respond to questions but don't go overboard with medical jargon or lengthy descriptions of symptoms. Be factual but brief and don't get defensive if some questions are rude, dismissive or inappropriate. Sometimes a long silence while you look at the questioner is enough to get them to stop. If you need to respond to rudeness, try asking questions or making comments that put the onus back on them to explain. In as calm a voice as you can manage, try saying:

“Did you really just ask that?”

“Why would you make such a mean comment?”

“That sounded demeaning.”

“Perhaps you meant that to be funny, but I don't find my medical condition humorous.”

“Well now, that's a very personal question.”

You can be straightforward but remain calm and polite. When you identify what their comments or questions actually mean, most people stop and some may even apologize. Don't attack and don't stoop to their level with anger or sarcasm. Some people bait others for pleasure, and they want this reaction. Don't give it to them, for your sake and for the sake of the rest of the company present. This approach usually engenders respect, and you want to feel you've made your point but are rising above any unpleasantness. Feel free to practice at home first if you know you will be with such people. It is very reassuring to feel prepared.

If you trust your hosts to cook for you, be prepared to go over many of the basics we have come to take for granted, such as no condiments or ingredients from shared jars or butter dishes, mixed-up serving utensils on the buffet, baking pans lined with parchment paper and so on. Encourage them to call or text if they have a last-minute question about an ingredient.

Advise them to keep it simple and not try to have some dishes that are gluten free and some that are not. If everybody can eat the same turkey or casserole or special dessert, the chance of error is significantly reduced. It's not necessary to advertise to the other guests that everything is gluten free; most people just assume they're eating normal food and don't question it.

If it's not a sit-down meal but a party with nibbles and appetizers and mingling, you can usually find some raw vegetables and cheese that's safe, but the pickings may be slim. Assume, the dips are contaminated. The usual advice is to eat at home first, so you won't be too hungry to enjoy the company and the festive atmosphere. Carry your own crackers with you if you like. Few will notice and nobody will care. I find having a glass in one hand makes it easier to bypass the goodies.

Always remember the season is about celebration and being with loved ones. If you have communicated your needs, assembled your allies and managed your expectations, you should be able to approach these occasions with confidence and good cheer. Lavish gratitude and appreciation to those who entertain and feed you safely with love. These people are precious. Then make sure your own house is well stocked with all the wonderful traditional gluten-free treats you love so that you too can entertain and enjoy the season fully.

Happy holidays! ♦

GLUTEN FREE GOODNESS

Our Oat Flatbreads are packed full of gluten free whole grain oats and just a handful of other natural ingredients for a deliciously simple snacking option that's great for all occasions.



Heading to a party and not sure whether the host will have Gluten Free options, our Oat Flatbreads come in handy little portion packs that are great to pop in you bag when you're heading out.

Then you're all set to make your own little Gluten Free bites with no fuss, safe in the knowledge you'll have tasty options you can trust.

With two delicious flavours to choose from, find yourself a new favourite to enjoy at home or out and about.

