

Canadian **CELIAC**

**Celiac Canada presents research
at ICDS in Sheffield, UK**

Festive Charcuterie



Other holiday stories

NAVIGATING AIRPORTS GF

HAPPY CHANUKAH

HOLIDAY WORK PARTIES

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Canadian CELIAC

A MAGAZINE FOR CANADIANS WITH
CELIAC DISEASE AND GLUTEN SENSITIVITY

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WINTER 2024



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From the Executive Director

CELIAC DOESN'T TAKE A HOLIDAY



Celiac disease doesn't pause for the holidays, and we understand the challenges that this season can bring. As we present our holiday issue, we aim to empower you with tips for navigating all the food celebrations, from work parties to delicious gluten-free recipes.

We are thrilled to collaborate with RonniLyn Pustil from the renowned Gluten Free Garage festival in Toronto and social influencer Ashley Gismondi of Celiac & the Six. Together, we've curated fabulous food and gift ideas that everyone can enjoy—be sure to check out the charcuterie board options RonniLyn has prepared!

Speaking of celebrations, if you're considering a getaway to a sunny destination, we consulted a travel expert with celiac disease to help you safely plan your escape from the cold.

Caleigh McAulay and I recently attended the International Celiac Disease Symposium, where leading researchers shared groundbreaking insights. Caleigh presented our findings on the State of Celiac Disease in Canada.

Thank you to everyone who donated Aeroplan Miles, which helped reduce our travel costs for this vital event. At Celiac Canada, we are proud to support you on your journey toward finding, treating, and curing celiac disease. Your involvement makes us the largest single funder of research and a trusted source of evidence-based resources in Canada.

Before you dive into the holiday season, please consider signing our e-petition before 4pm on November 10 to help us change tax laws to make life more affordable for people with celiac disease in Canada. Learn more about it in this issue!

From all of us at Celiac Canada, we wish you a joyous and safe holiday season filled with gluten-free delights.

Yours truly,
Melissa Secord
National Executive Director

P.S. Join us on November 16th for our National Virtual Conference, where you can engage with world-class clinicians and researchers. Don't miss this opportunity to empower your gluten-free journey!

Holiday travel

6 TIPS FOR STRESS-FREE TRAVEL

NAVIGATING AIRPORTS GLUTEN-FREE

KAT WARD

On my last domestic flight, I sent off my hot pepperoni pizza in its takeout box through the security scanner without hesitation. The security agent laughed a bit and was happy to accommodate. I ate my pizza at the gate, while my husband and daughter enjoyed the meals they bought at the airport. Let this be inspiration for the next time you travel!

For people living with celiac disease, airports can be a challenge, which is why preparation is key. As a travel industry professional with celiac disease myself, *Continued on next page*

“

Have you ever brought a gluten-free pizza through airport security? On my last domestic flight, I sent off my hot pepperoni pizza in its takeout box through the security scanner without hesitation – Kat Ward



OLGA KR. ISTOCK

More than once I've been on a flight where an anaphylactic nut allergy has been announced and my trail mix had to stay sealed in my carry-on

I've learned the importance of planning ahead to ensure safe gluten-free options during my journey. A December 2023 survey by Celiac Canada found that 68% of people with celiac disease experience significant challenges finding safe food while traveling. It's clear that being prepared is crucial.

To help make your next airport experience easier, here are 6 essential travel tips:

1 Get a doctor's note.

While not required, having a doctor's note that confirms your celiac diagnosis can ease your journey through airport security. This is especially useful if you have foods or specialty items that might raise questions. The [CATSA regulations](#) are clear on what can and cannot be brought through security, but the final decision always rests with the screening officer, and documentation is always helpful.

2 Pack your own meal (and know what's allowed through security).

Bringing your own food ensures you know exactly what you're eat-

“
A December 2023 survey by Celiac Canada found that 68% of people with celiac disease experience significant challenges finding safe food while traveling. It's clear that being prepared is crucial

ing. Pack a meal that is both portable and easy to eat on the go. Gluten-free sandwiches, salads, protein-packed snacks—and, yes, even a pizza—are great options.

When flying **domestically within Canada**, you are allowed to bring fresh produce like apples and carrots through security. CATSA allows solid foods, but liquids over 100 ml, such as sauces or dips, are not permitted.

For **international flights**, check the customs regulations of your destination. Countries like the U.S. may restrict the import of fresh produce due to agricultural laws, so it's important to research ahead to avoid confiscation.

3 Leave nuts out.

Many airlines enforce nut-free policies due to severe allergies, so avoid packing nuts or nut-based products. More than once I've been on a flight where an anaphylactic nut allergy has been announced and my trail mix had to stay sealed in my carry-on.

Here are some nut-free snack travel ideas:

- Jerky/vegan jerky
- Sunbutter and jam sandwich
- Crispy chickpeas
- Hard-boiled eggs
- Hummus and gluten-free crackers
- Granola/protein bars



4 Bring more food than you need.

Travel plans can change unexpectedly—flights get delayed, layovers extend, or your pre-ordered gluten-free meal may not be available (or it may not be edible). It's always a good idea to pack more food than you think you'll need. Extra snacks, protein bars or even a backup meal will help ensure you don't go hungry if plans shift.



5 Pre-order your airline meal (but have a backup).

Most airlines offer gluten-free meals for longer flights, but these

Continued on next page





CELIAC CANADA
virtual
CONFERENCE

November 16,
2024

Connect with Experts
on Celiac Disease

**THE CONFERENCE MAY
BE OF PARTICULAR
INTEREST TO:**

- Academics and researchers
- People with celiac, non-celiac gluten disorders, and dermatitis herpetiformis
- Family doctors, dietitians, dentists, and other allied health professionals
- Gastroenterologists
- Food distributors; brokers; food and beverage manufacturers



REGISTER NOW

Our research

INSIGHTS FROM OUR STATE OF CELIAC DISEASE SURVEY

POSTER PRESENTATIONS AT ICDS IN SHEFFIELD, UK

Executive Director Melissa Secord and Health Promotion and Research Manager Caleigh McAulay, RD, represented Celiac Canada at the biannual International Celiac Disease Symposium held in Sheffield, UK, this past September

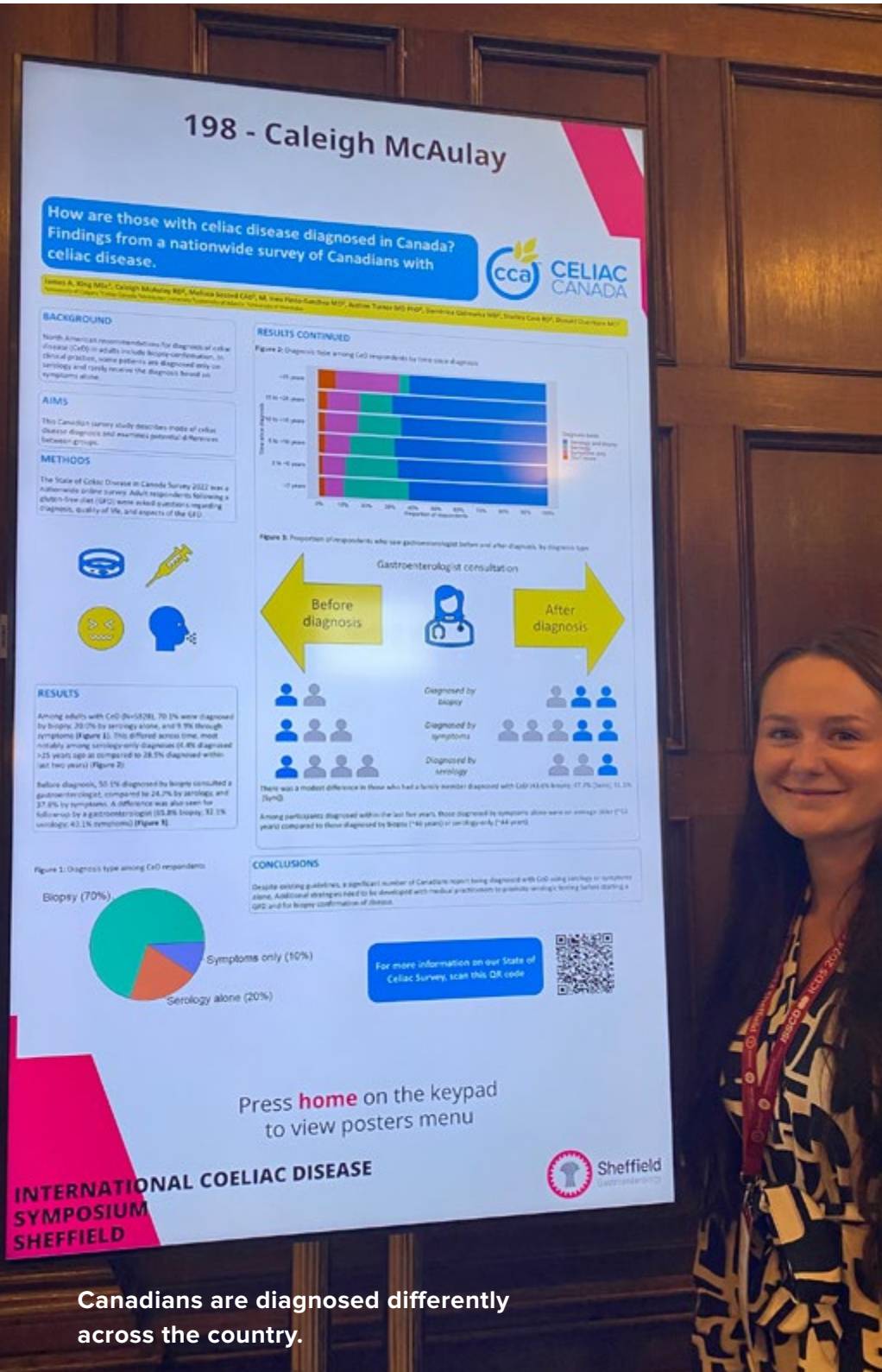
The three-day event gathered researchers from around the world to discuss the latest advances in celiac disease research and care. Caleigh presented two research posters highlighting insights from our State of Celiac Disease in Canada survey.

Continued on next page

MELISSA SECORD



70% of Canadians with celiac disease received a biopsy-confirmed diagnosis ... 20% were diagnosed based on serology ... 10% relying on symptoms



Poster 1: DIAGNOSIS METHODS FOR CANADIANS WITH CELIAC DISEASE

While biopsy confirmation is the recommended diagnostic standard in North America, the survey results show that only 70% of Canadians with celiac disease received a biopsy-confirmed diagnosis. Nearly 20% were diagnosed based on serology alone, with an additional 10% relying solely on symptoms. Notably, serology-only diagnoses have increased significantly over time, with just 4.4% diagnosed this way over 25 years ago, compared to 28.5% in the last two years. Additionally, patients with biopsy-confirmed diagnoses were more likely to have consulted and followed up with a gastroenterologist than those diagnosed by serology or symptoms alone. The findings showcase the need to improve alignment between clinical practices and diagnosis guidelines, encourage serologic testing before starting a gluten-free diet, and for biopsy confirmation of the disease.

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Canadians are diagnosed differently across the country.

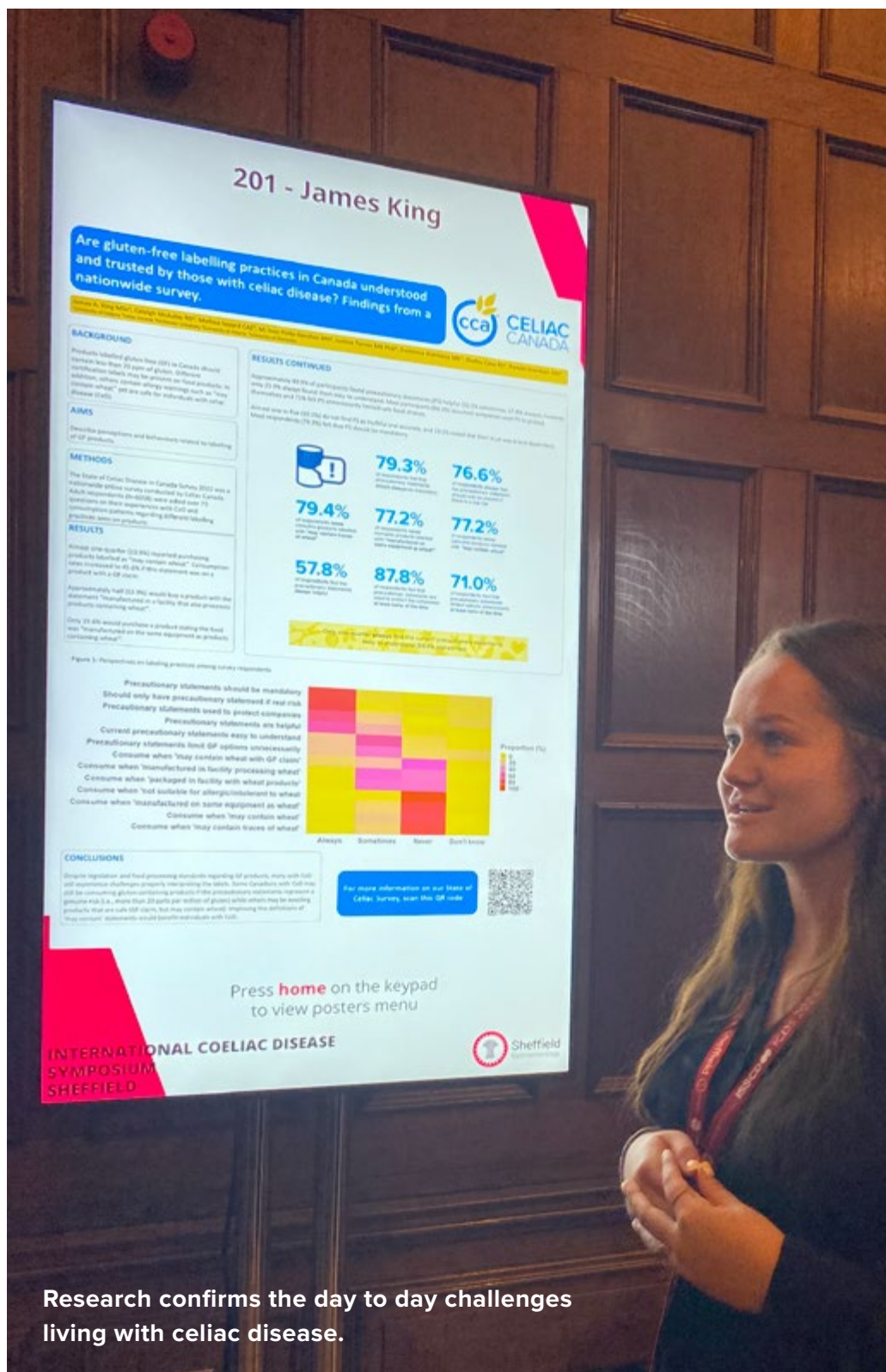
... consumers with celiac disease still experience confusion and label interpretation remains challenging

Poster 2 – UNDERSTANDING AND TRUST IN GLUTEN-FREE LABELLING

This poster focused on perceptions of gluten-free (GF) labelling. Although products labelled “gluten free” are legally binding and must contain less than 20 ppm of gluten, results indicate that consumers with celiac disease still experience confusion and label interpretation remains challenging: 23.9% report purchasing products labelled as “may contain wheat,” with that number rising to 45.6% when this statement was paired with a GF claim. Over half (52.9%) would buy a product with “manufactured in a facility with wheat,” but only 19.6% would buy products “manufactured on the same equipment as products containing wheat”. The results point to the need for clearer definitions of precautionary statements, ensuring that celiac consumers can make safe, informed choices. ♦

Stay tuned for a detailed report from the celiac experts from the ICDS conference!

For more information on our [State of Celiac survey](#).



Research confirms the day to day challenges living with celiac disease.

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MOMENTS OF INSPIRATION

Our award-winning, fabulously flavourful flatbreads are baked in Scotland with all the goodness of whole grain oats. This holiday season, why not try them alongside a baked camembert – a really easy crowd pleaser!



Baked in Scotland



Award winning



Whole grain oats



Baked Camembert

Prep time: 5 mins · Cook: 20 mins · Servings: 4-6

Ingredients:

- 250g camembert, or brie, or other similar cheese
- 1 tbsp vermouth, or dry white wine, or kirsch
- 2 thyme sprigs
- 1 tbsp red onion chutney
- Nairn's Oat Flatbreads

Method:

1. Heat oven to 200C/400F.
2. Unwrap 250g camembert and place in an oven proof dish.
3. Slash the cheese a few times and top with 1 tbsp vermouth, dry white wine or kirsch, 2 thyme sprigs and a pinch of dried chilli flakes.
4. Bake on a baking tray for 20 mins until gooey. Serve with Nairn's Oat Flatbreads for dipping.



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n
nairn's

Holiday gift ideas

10 GIFTS FOR THE GLUTEN-FREE PEOPLE IN YOUR LIFE

A VERY SAFE GLUTEN-FREE gift guide



Searching for a holiday gift for a friend or family member with celiac disease or gluten intolerance? Need a stocking stuffer for your Secret Santa? Here are some safe gluten-free ideas that we think you will love, for every budget, curated by Toronto's own Ashley Gismondi (otherwise known as @celiacandthe6ix).

1 Cuffed Beanie from Celiac Canada Fancy a cozy hat with impact? Shop the Celiac Canada store and support your family and friends with celiac disease while helping them stay warm this winter.

[celiac-canada](https://celiac-canada.com)

About \$22



CELIAC CANADA



ROBYN'S GLUTEN-FREE BAKING

2 Robyn's Gluten-Free Baking Courses Ready to whisk up some fun? Gift a baking experience with Robyn's Gluten Free-Baking Courses. Choose from The Essentials Course, The Bread Course, The Flatbread Course or The Holidays Course. Each recipe features high-quality step-by-step video instruction and an easy-to-follow recipe and method section. [glutenfreebakingcourses](https://glutenfreebakingcourses.com)

About \$99+ per course (USD) - unlimited access

Continued on next page



FIG & FORTUNE



3 Keychain from Fig & Fortune

The perfect gift for the person who needs to let everyone know they're "GF" in style. Guaranteed they'll never lose their keys again with these cute custom keychains.

[etsy.com/ca/](https://www.etsy.com/ca/)

About \$15

THE CELEAC CORNER



4 Hoodies and other swag from The Celeac Corner

Be bold and cheeky while rocking this unisex sweater to keep you and your gluten-free "buns" warm all season long.

[theceleaccorner](https://www.theceleaccorner.com/)

About \$60

5 How to Make Anything Gluten Free by Becky Excell

From popular UK gluten-free blogger Becky Excell, this beautiful hardcover cookbook shows you how to unlock all the food you truly miss eating. The perfect gift for someone newly diagnosed; they'll be a pro at gluten-free cooking and baking in no time!

[How-Make-Anything-Gluten-Free](https://www.how-make-anything-gluten-free.com/)

About \$40

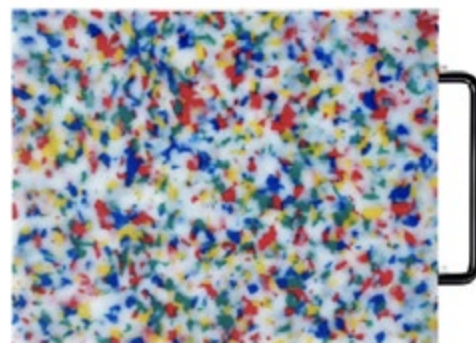


BECKY EXCELL

6 Baby Baggu Lunch Bag Gluten-free feast mode is activated with Baggu. This miniature version of their reusable shopping bag is perfect for fitting all things gluten free and more with a minimal waste design.

[baggu.com/collections](https://www.baggu.com/collections)

About \$12



7 Small Cutting Board by Fredericks & Mae at The Good Egg

Whoever receives this gift is going to want to "chop it like it's hot" on this professional-grade plastic cutting board. This festive board from Toronto's Good Egg shop is perfect for your celiac friends who might want their own board for food prep or entertaining. Bonus! This one is just as pretty for gazing as it is for "grazing"!

[goodegg.ca/collections](https://www.goodegg.ca/collections)

Comes in small or large size / pricing starts at about \$50

FREDERICKS & MAE



BAGGU

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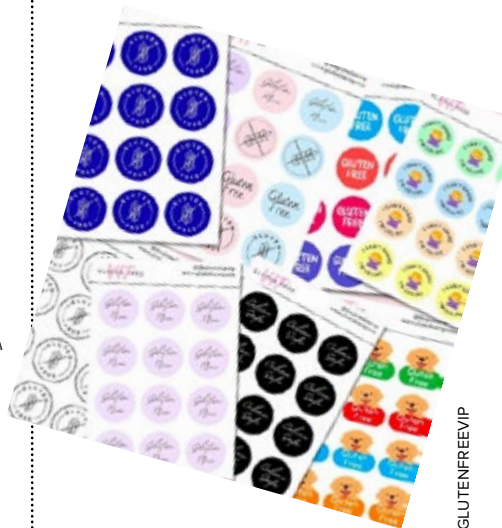
BECK'SBROTH



7 Protein Mint Hot Chocolate by Beck's Broth Meet this mint under the mistletoe. Hot chocolate takes a cozy twist with refreshing mint but also packs a punch with 15 grams of protein from bone broth to nourish your gut ahead of the holiday season. Might we recommend buying a 12-pack and sharing with your friends and family!

<https://shop.becksbroth.com>

About \$110 for 12-pack carton or \$10 for 1 pack



GLUTENFREEVIP

8 Stickers and labels from The Gluten Free VIP Remember when you would get excited about stickers as a kid? Your gluten-free child or friends will be stoked to get these stylish stickers as a stocking stuffer. These adorable generic or holiday stickers can be used to add flair to cookware, lunchboxes, condiments and more!

[glutenfreevip](http://glutenfreevip.com)

About \$10

10 Goodbye Gluten Gift Box from Baskits Put all your gluten-free goods in one basket for a corporate holiday gift that will wow your colleagues or business partners. In addition to being gluten free, a variety of the products included are also nut free, kosher certified, dairy free, and vegan!

baskits.com/goodbye-gluten

Approx \$110 ♦



BASKITS

Ashley Gismondi (@celiacandthe6ix) is a witty "30-something" woman living with celiac disease. [@celiacandthe6ix](https://www.instagram.com/celiacandthe6ix) was born out of her love for Drake and is a place where she showcases her gluten-free food finds, travels and musings about motherhood and dating in the "6ix."

STELLARTREATS



9 Gingerbread Cookie Mix from Stellar Eats The holidays are what you "bake" of them. This limited-edition grain-free Gingerbread Cookie Mix is one of a kind. It makes perfectly spiced cookies that are crispy on the outside and fudge-y on the inside. Warning: These may get gobbled up before Santa arrives!

stellareats.com

About \$13



LET'S CELEBRATE!

Happy Chanukah

MIRIAM PEARL

Founder and recipe developer,
Delicious Without Gluten

Chanukah is the eight-day Jewish wintertime “festival of lights” that is celebrated with a nightly menorah lighting (eight candles), special prayers and fried foods. This year, Chanukah starts on Christmas and continues for eight days. Chanukah is the Hebrew word for “dedication,” and the festival celebrates reclaiming/rededicating the Holy Temple in Jerusalem, 164 BC.

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 two or three parties during this eight-day holiday when we eat latkas and fried 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 that 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, being gluten free is by no means easy, it is completely manageable! I learned to have fun and always 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 I am
Continued on next page

MIRIAM PEARL



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

the one 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,

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



MIRIAM PEARL

Continued on next page



Sweet potato latkas

salads and salmon are also easily made gluten free.

Desserts are my favourite and we indulge in many. My favourite 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 favourite 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. 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! Serve with sour cream or applesauce.

Ingredients

- 4 large potatoes (1 kg)
- 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



PITAS 248g

Light, soft and delicately crisp when toasted, try with dips or a tasty sandwich alternative.



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Low in fat and rich in fibre, these delectable delights feature a soft, chewy centre and a light, crispy crust.

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SEEDED SANDWICH THINS 160g

Bite into the goodness of our seed mix, making your on-the-go meals both satisfying and flavourful.



BETTER BREAD THAT'S A PROMISE

Have your voice heard!

OUR COMMUNITY E-PETITION

CHANGING TAX LAWS requires us all to lean in

From the outset, we knew that changing federal income tax laws would require significant time and resources. It is a continuous effort to ensure that the burden of the gluten-free diet on Canadians with celiac disease is recognized as an important policy issue that can lead to improved long-term health outcomes.

Our Federal Advocacy Working Group is actively identifying strategies to advance our cause, including collaborating with Coeliaque Quebec in solidarity. Led by Roberta Kramchynsky, our working group has created an electronic petition that will be presented to the Government of Canada. This petition aims to raise awareness about our request to change the current non-refundable incremental tax claim for gluten-free food to a flat, refundable tax credit, providing meaningful relief to families affected by celiac disease.

As we navigate uncertain political times with a minority government, the timing of our petition is critical. We must raise awareness of our issue with all political parties.

Our goal is to gather 30,000 signatures by the deadline of November 10, 2024, at 4 PM ET.

YOU CAN HELP

1. Sign the Petition

Take one minute to follow the link below and provide your first and last name, email address, phone number, province, and postal code. Please note that only Canadian citizens can complete the petition. Ensure to verify your signature via email, check your junk folder!

[Click here to sign the petition.](#)

2. Please Donate

If you can make a special contribution this year to support our legislative efforts, we would be incredibly grateful for your generosity. [Donate today!](#) ♦



Plan your family's future



FIZKES / ISTOCK.COM

CREATING A WILL SHOULDN'T HAVE TO BE COMPLICATED

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[The CCA now offers a free Will Kit which you can complete on-line.](#)

Visit this [LINK](#) for information on how you can create a legal will in 20-minutes or less at no cost to you.

[Support Celiac Canada in your Will | Willfora](#)

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Dear Dietitian



TIPS FOR THE HOLIDAYS

Traversing **holiday parties** in the workplace **with celiac disease**

CALEIGH MCAULAY, RD.

Dear Dietitian,

How do I manage traversing holiday parties and events in the workplace with celiac disease?

The holiday season is a time for celebration. For many, December is the busiest social season of the year and workplace parties are a common tradition. However, for people with celiac disease, navigating these events can be stressful. Gluten is typically everywhere, and you may not be in control of the food that is provided to you. With proper planning and communication, you can enjoy the festive atmosphere without compromising your health. Always remember, you are worth it! Advocate for yourself, without guilt or self-judgement. Your health is important every day of the year. *Continued on next page*



Here are some practical tips to help you navigate workplace holiday parties when managing celiac disease.

1. Communicate early

The first step in ensuring a safe and enjoyable holiday party is communication. If you can, reach out to the event organizer ahead of time to inquire about the menu. Explain that you have celiac disease, which requires strict adherence to a gluten-free diet. Most people are happy to accommodate dietary restrictions if they are made aware in advance. If the food is being catered, ask to speak with the caterer directly to confirm gluten-free options.

2. Offer to bring a dish

Bringing your own gluten-free dish to share is an excellent way to ensure you have something safe to eat. This is extra work, yes. However, it will ensure that you have a safe option for the party. Not only can it provide peace of mind, but it can also be a conversation starter to raise awareness about celiac disease.

3. Know what to avoid

Many holiday party foods can contain gluten, even if they don't seem like obvious culprits. Be cautious of the following:

- Gravy mixes: Regular gravy/turkey mixes often contain



wheat. Look for gravy mixes that are labeled gluten free. Making your own? Use cornstarch or gluten-free flour to thicken it instead of regular flour.

- Stuffing: Traditional stuffing is usually made with gluten-containing bread and is a definite no-go. Make your own stuffing with gluten-free bread!

- Dips and spreads: These may contain wheat-based thickeners or be cross-contaminated from shared utensils and double dipping.

- Desserts: Cakes, pies, cookies, and other pastries are usually made with gluten unless specifically made gluten free. Make sure to ask before eating!

When in doubt, it's best to skip any food items you're unsure of.

4. Stay vigilant about cross-contact

Even when there are gluten-free options available, cross-contact can pose a significant risk. Ask if gluten-free dishes will be kept separate from gluten-containing foods and whether separate utensils will be used for serving. Be particularly mindful if food is served buffet-style, as shared serving spoons can easily lead to cross-contact. In this situation, ask if you can serve yourself first.

Continued on next page



5. Eat before you go

If you're unsure about the food situation, consider eating a small meal before the party or bring small snack items with you in your bag. This way, you can focus on enjoying the event rather than worrying about what's on your plate.

6. Practice self-advocacy

It can feel uncomfortable having to explain your dietary needs repeatedly, but self-advocacy is key when managing celiac disease in social situations. It's okay to be firm and clear about your requirements. You shouldn't feel pressured to take risks with your health just to avoid inconveniencing others.

7. Celebrate the moment, not just the food

Holiday parties are about more than just food; they're a time to connect with colleagues and celebrate achievements. Focus on enjoying the festive atmosphere, catching up with coworkers, and participating in non-food-related activities. By shifting the focus away from food, you'll still be able to enjoy the spirit of the season.

8. Plan for alcohol

Alcohol can also be a source of gluten, particularly malt-based beverages like beer. Stick to alcoholic drinks like wine, glu-

Celebrate the moment, not just the food.
Holiday parties are about more than just food; they're a time to connect with colleagues and celebrate achievements



ten-free beer and distilled spirits that are safe. Pre-mixed drinks and flavoured liquors may contain gluten, it is important that you read the label carefully. Again, when in doubt, it's better to skip any drink that may contain gluten. For more information, see page 27.

9. Don't be afraid to say no

If you find yourself in a situation where no safe options are available, or you're unsure about the risk of cross-contact, it's okay to politely decline food. You can explain that your health requires strict adherence to a gluten-free diet, or simply say, "No, thank you" without further explanation. Your health and well-being should always come first.

10. Educate when possible

Holiday parties offer an opportunity to educate others about celiac disease and the importance of a gluten-free diet. Sharing your experience can help raise awareness and potentially make future events more accommodating. Many people don't fully understand the seriousness of celiac disease, so this can be a chance to provide valuable insight.

Navigating holiday parties in the workplace with celiac disease doesn't have to be stressful. With a proper game plan in place, you can safely enjoy the festivities while keeping your health a top priority. Remember, the holidays are about celebrating with those around you, and by following these tips, you'll be able to partake in the joy of the season without worry.

Happy gluten-free holidays! ♦



EDGAR B.J. ISTOCK

RAISE A GLASS!

CHEERS to a safe cocktail

Not all alcohol is safe for people 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 and 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 but malt based mixed drinks are not. Some beverages may also have added flavours. For mixed drinks, it’s important to be cautious and read the label carefully as the gluten-free 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!

Beer Gluten-free beer is made from gluten-free grain 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 gluten-free beer. It is important when choosing a beer product to choose one with a gluten-free claim to ensure it is safe for consumption for people with celiac disease. ♦



ISTOCK

Save me for gluten free

NEW PARTNERSHIP

COLLABORATING **with** **the Daily Bread Food Bank**

On Monday, October 21, Celiac Canada partnered with the Daily Bread Food Bank to host a celiac town hall with Daily Bread agencies and staff. The session, led by Sue Jennett, a long-standing volunteer with Celiac Canada, focused on increasing understanding of celiac disease and the gluten-free diet. The town hall was a great success, with participation from 6-7 agencies and numerous Daily Bread staff. We are excited to continue this partnership and collaborate on future educational sessions to raise awareness and help the food bank better serve the gluten-free community. ♦

**Help those
who need
an extra
hand**



[LEARN MORE](#)



SAVE ME!
for gluten-free



**CELIAC
CANADA**



A DELIGHTFUL SPREAD

CRAFTING THE PERFECT holiday charcuterie board

The holiday season is the perfect time to impress your guests with a stunning charcuterie board. This delightful spread not only looks beautiful but also offers both sweet and savoury flavours and a variety of textures to please every palate. Here are the must-haves for creating a holiday charcuterie board that will be the star of your festive gatherings.

ESSENTIALS

Cheese Include a variety of textures and flavours to expand potential delicious combinations! Consider Brie, cheddar, Parmesan, or gorgonzola. Try the brand Moon Cheese for a fun and crunchy variant.



Cured meats Salami, prosciutto, and chorizo offer a savoury component with varying flavours that complement

other items on the board. Plus, the protein source makes for a more filling and balanced snack. M&M Food Market has great pepperoni sticks you can add to your board.

Gluten-free crackers Provide a sturdy base for creative combinations. Ensure you have at least two varieties of crunchy crackers for everyone to enjoy. When shopping, look for Breton, Quaker Crispy Minis, Raincoast Crisp—crackers you know you can trust.

Fruits and nuts Use fresh fruit (grapes, apple slices) and dried fruits (apricots, figs), plus nuts





ISTOCK



(almonds, walnuts, pecans) for a light component to enjoy on their own or add to their plate. Fresh fruit and nuts are naturally gluten free. Be sure to read the labels on dried fruit. Elan has great mango strips to add to your board, and Royal Nuts holds a gluten-free symbol; look out for them for shopping ease.

Spreads and dips These are great to add to your board in little bowls. They add copious amounts of flavour and texture.



Choose gluten-free options such as honey, fig jam, mustard and hummus. If you include hummus, you might also want to add some fresh veggies to your board for dipping.

If you're feeling creative, add fresh herbs and edible flowers for a fancy touch.



Pickles and olives Add a tangy element that provides an interesting texture.



MELISSA SECORD



MELISSA SECORD

TIPS

Check labels Ensure there's no gluten-containing ingredients (barley, rye, regular oats, wheat).

Separate prep areas Avoid cross-contact by using separate utensils and surfaces for gluten-free items.

Variety and balance Mix textures and flavours, balancing sweet and savoury to create a more enjoyable and diverse tasting experience.

Visual appeal Arrange items attractively, using different shapes and colours to make the board visually enticing and inviting.

Serve at room temperature Let cheeses and meats sit out for 30 minutes before serving to enhance their flavours and textures.

By following these tips, you can create a safe and delicious gluten-free charcuterie board for your holiday gatherings. Happy holidays and happy hosting! ♦

Growing up celiac



A kids' guide to HOLIDAY HAPPINESS!

GLUTEN FREE/DAIRY FREE SANTA'S FAVOURITE CHOCOLATE CHIP COOKIES

Ingredients

- 2.5 cups Joanie's All Purpose Flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup shortening
- 3/4 cup brown sugar
- 3/4 cup white sugar
- 2 eggs
- 1 tsp vanilla
- 1 cup dairy free chocolate chips

Directions

- Preheat oven to 350°F.
- In a large bowl, whisk together flour, baking soda and salt, then set aside.
- In mixer, beat shortening and sugars at medium speed until light and fluffy (about 2 minutes).
- Add eggs and vanilla, beat until combined.
- Add flour mixture 1/2 cup at a time. Mix until completely incorporated.
- Stir in chocolate chips.
- Using a 2-tbsp measure, roll dough into balls and flatten with a lifter before baking.
- Bake for 10-11 minutes until lightly browned around edges.
- Makes 40 cookies. ♦



Merry and bright

HOLIDAY WORDSEARCH FUN!



celebration

glutenfree

hanukkah

tree

kwanzaa

dreidel

dinner

star

green

candles

cookies

elf

Upcoming events

SUPER EXCITING EVENTS

RUNDOWN OF NATIONAL ACTIVITIES

NOVEMBER

November 16th, 11:50 AM - 5:15 PM ET

■ **Fall Conference 2024** Join our FREE virtual annual Fall Conference where Canadians with celiac disease and gluten-related disorders, health professionals, researchers, policy-makers, academics, food manufacturers, and distributors unite to improve celiac disease management and quality of life. Discover the latest research, best practices, and advocacy for celiac disease issues.

Help us raise \$50,000 to support critical programs and research to find, treat, and cure celiac disease. Donate before the conference for a chance to win an Air Fryer!



ONLY
OATS™

Allergen Friendly
Celiac Safe



November 13, 7 PM ET

■ **[Autoimmune Thyroid Disease and Celiac Disease Webinar](#)**

This is a shared educational webinar presentation with TFC and Celiac Canada as there is a strong link between auto immune thyroid disease and celiac disease. Celiac Canada dietitian, Nicole Byrom and endocrinologist, Dr. Tala Abu-Hijleh, will discuss and answer questions all about this topic.

November 20th, 7 PM ET

■ **[Gluten Free 101 Webinar](#)**

Are you newly diagnosed with celiac disease? Feeling overwhelmed and not sure where to start? Join our Gluten Free 101 webinar designed for newly diagnosed Canadians to help increase your confidence with the gluten-free diet!

November 24th, 9:30 AM - 5:30 PM ET

■ **[Gluten Free Garage Bake Sale at Whychwood Barns, Toronto, ON](#)** Join us for an extraordinary event! Indulge in a delightful array of *Continued on next page*

fresh-baked goods, packaged baking products, exclusive merchandise, and holiday treats. Enjoy a variety of beverages and savor fresh food prepared onsite as you explore.

In addition to the delicious offerings, we are proud to host a gluten-free food drive in collaboration with The Beeton Cupboard. Your generous donations will help support those in need in our community. Come for the treats, stay for the cause, and make a difference while enjoying a fantastic day out!

DECEMBER

December 3rd

■ Giving Tuesday

Celebrate the holiday season and spread cheer by supporting Celiac Canada. We will be posting throughout the day with encouragement from Promise Gluten Free. Look for power hours for a chance to donate and win!

CHAPTER EVENTS

NOVEMBER

November 16th, 1-4 PM

■ Gluten-Free Holiday Market

Location: PEI Farm Centre, 420 University Ave.
Hosted by the Celiac Canada PEI Chapter, featuring gluten-free food vendors, a raffle, cookie decorating, prizes, and giveaways.


Wednesday, December 11

■ Family Holiday Party

Location: Calgary Zoo – Enmax Conservatory
Save the date for the Calgary Celiac Family Holiday Party at the Calgary Zoo. Enjoy access to the amazing Calgary Zoolights and warm up at the Enmax Conservatory with a private gathering that includes gluten-free snacks, cookie decorating with Cut Cooking cookies, and a take-home gift bag courtesy of Community Natural Foods. ♦

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GLUTEN-FREE PREMIUM PIZZA

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GLUTEN-FREE PREMIUM PIZZA

Our crusts are hand-stretched and stone-baked, creating rising air pockets.

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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.



Baked in Scotland



Gluten free whole grain oats



Up to 40% less sugar



Pouch packed for snacking on the go

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.



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