



Celiac Circular

EDMONTON

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March/April 2019

GLUTEN-FREE TRAVEL APPS

Volunteer
TODAY!

Restaurant Review

GLUTEN FREE EXPO VANCOUVER 2019

*Recipe
Corner*

Photo by FreePik






The Celiac Circular is a bimonthly publication of the Canadian Celiac Association, Edmonton Chapter. The Canadian Celiac Association is the national voice for people who are adversely affected by gluten and is dedicated to improving diagnosis and quality of life.




The Gluten Problem: Found. Treated. Cured.

Board meetings are held monthly in the board room at the Jerry Forbes Centre for Community Spirit (12122 68 St) and begin at 7pm. Meetings are open to all members interested in the management of the Edmonton Chapter, including the planning of events. Check the calendar of events for meeting dates.


Have a question? Need some guidance? We're here to help!

The Edmonton Chapter is committed to building a strong celiac community through events, awareness, and education. Our volunteers are trained to offer assistance with the gluten free diet and resources available. You can reach us by:

 780.485.2949
 780.485.2940
 info@celiacedmonton.ca

 www.celiacedmonton.ca
 Edmonton Chapter – Canadian Celiac Association
 [@edmontonceliac](https://twitter.com/edmontonceliac)

Or you can send mail to:

 CCA - Edmonton Chapter
9, 12122 68 Street
Edmonton, AB T5B 1R1

Celiac Circular EDMONTON

2019 BOARD MEMBERS

The board of directors and committees are made up of dedicated volunteers committed to contributing to the celiac community. New volunteers are always welcome.

If you'd like to contribute to the work we do, consider volunteering for the board or serving on a committee. Contact us for more information.

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PRODUCT REVIEWER

Wanda Goulden

DISCLAIMER & EXCLUSION OF LIABILITY

The Celiac Circular is published bi-monthly beginning in January by the CCA-Edmonton Chapter. Its objective is to support celiacs by providing news and information. The contents of this publication, provided in good faith for information purposes only and using the most current information available subject to amendment, should not be used as a substitute for the advice of a qualified health professional. The Professional Advisory Board of the Canadian Celiac Association (CCA) has not reviewed this publication. Use of the information in this publication is at your own risk. The CCA does not endorse any product referenced in this publication. To the fullest extent permitted by law, the CCA, its local Chapters and all persons involved in compiling this publication disclaim any responsibility for, and make no representations or warranties regarding, the information provided in this publication. In no event will the CCA, its Chapters or those persons involved in compiling this publication be liable for any damages of any kind resulting from the use of the information in this publication. Please review the CCA's disclaimer policy on its website at <http://www.celiac.ca/>

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SUPPORT GROUPS

DON'T LIVE IN EDMONTON?

Don't worry! There are Celiac support groups to help you in:

- Camrose
- Rocky Mountain House
- Lloydminster
- Stettler
- Red Deer

and a support representative in:

Spruce Grove/Stony Plain; St. Albert; Yukon

For contact information please call our office
(780) 485-2949 or info@celiacedmonton.ca

ANNUAL SUBSCRIPTION RATES

Non-Member Rates

\$25 for electronic copy
via email

\$35 for printed copy
sent by regular post
(additional charge for
printing and mailing)

CCA Member Rates

Annual
SubscriptionFree

The March/April issue deadline is April 10, 2019.

INTERESTED IN ADVERTISING?

Do you own a business and would like to advertise in the Edmonton Celiac Circular? We offer competitive monthly and yearly rates for our advertisers.

For more information, please contact our
Advertising Co-ordinator by phone at 780.482.2708
or via e-mail to coordinator@celiacedmonton.ca.

Edmonton Chapter Office Hours

Our chapter office is open:

Mon-Thurs 12:00pm-3:00pm

Located in the Jerry Forbes Centre for Community Spirit

NATIONAL OFFICE

Want to get in touch with the CCA National office?

Phone: 1.800.363.7296

Fax: 1.905.507.4673

E-mail: info@celiac.ca

Web: www.celiac.ca

Please do not expect our office staff to recommend a doctor, dietitian, a gastroenterologist or medications.

Our staff are trained to offer help with the gluten free diet. They are not trained medical practitioners and cannot offer medical advice.

Your pharmacist should be able to help you with advice about medications.

To find a physician go to www.cpsa.ab.ca. Physician search is on our home page.

President's Message



As I write this in the earlier part of February we have endured several days of temperatures below minus 20 and the forecast is for a few more days of the same. The seven day forecast is calling for the temperature to climb to minus sixteen and I'm thinking, "That will be great."

Talk about perspective! We

had some nice, although crisp, bright sunny days that certainly helped us get through the cold of January and February. In last year's March newsletter I commented, "As this newsletter comes out any winter doldrums should be passed." Then we got a few more weeks of bad weather. So there will be no weather forecasting from me this time around. I do encourage everyone to get out and about and stay as active as possible ... regardless of the weather.

As persons adversely affected by gluten, nutrition is particularly important to us. We must adhere to a lifelong strict gluten free diet. We all know that fad diets come and go, some work for awhile for some and some don't. It is best to stay informed. So where can we turn to get general advice on eating well? Health Canada has done extensive research and consultation to produce a new food-guide for Canadians. Here you will find a link to that guide.

<https://food-guide.canada.ca/en/>

If you would like some more reading on the topic check this out. <https://www.canada.ca/en/services/health/campaigns/vision-healthy-canada/healthy-eating.html>

Now if the weather is not to your liking, remember January and February and keep things in perspective. Enjoy your spring.

Brian Readman
President, Edmonton Chapter
Canadian Celiac Association

2019 CALENDAR OF EVENTS

FEBRUARY

Feb 19 Chapter Board Meeting,
JFC Board Room 7-9pm

MARCH

Mar 13 Gluten Free Living, Planet Organic
Free, RSVP required, limited spots
6:30-8:30pm

Mar 19 Chapter Board Meeting,
JFC Board Room 7-9pm

APRIL

Apr 16 Chapter Board Meeting,
JFC Board Room 7-9pm

MAY

May 1 & 2 **MAY IS CELIAC AWARENESS MONTH**
Royal Alex Hospital, Atrium,
Celiac Awareness Table 10am-2pm

May 3 Kinnikinnick Fresh Store -
Celiac Awareness Table 10am-1pm

May 4 City Market Downtown -
Celiac Awareness Table 9am-3pm

May 16 International Celiac Awareness Day
Light up the Bridge in Celiac
Awareness Green, dusk
High Level Bridge

May 18 Old Strathcona Farmers' Market,
Celiac Awareness Table 8am-3pm

May 21 Chapter Board Meeting,
JFC Board Room 7-9pm

May 28 & 29 U of A Hospital, North Cafeteria,
Celiac Awareness Table 10am-2pm

JUNE

June 4 CCA table at
North Edmonton Senior Health
& Wellness Fair 10am-2pm

June 16 CCA table at GF Cravings Show,
Community Centre AGORA,
Sherwood Park 11am-3pm

June 18 Chapter Board Meeting,
JFC Board Room 7-9pm

CCA Chapters on the Web

Calgary www.calgaryceliac.com
Edmonton www.celiacedmonton.ca
Kelowna www.kelownaceliac.org
Kingston www.kingstonceliac.ca
Manitoba www.manitobaceliac.com
Nova Scotia www.celiacns.ca
Moncton www.monctonceliacchapter.org
Newfoundland & Labrador www.celiacnl.ca
Ottawa www.ottawaceliac.ca
Prince Edward Island www.celiacpei.ca
Quebec www.celiacquebec.ca
Toronto www.torontoceliac.org
Vancouver www.vancouverceliac.ca
Victoria www.victoriaceliac.org

WE WANT TO HEAR FROM

YOU!

- Share your favourite GF recipe
- Share your GF travel experiences
- Submit a restaurant review
- Have a great idea for an article or want to write one?

Contribute to the chapter newsletter today. Contact Deborah at 780-482-2708 or coordinator@celiacedmonton.ca

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soy.



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kinnikinnick.com

Rod McDaniel's Celiac Kid's Camp Registration Open

Register your kids for the Rod McDaniel's Celiac Kid's Camp.

When: August 18-23, 2019 (Sunday drop-off and Friday afternoon pick-up)

Where: Camp Horizon (Kananaskis Country, AB)

Who: CCA members 7-17 years of age

What: Only camp in Alberta offering a completely GF menu, approved by a registered dietitian and verified through participation in the GFFP program. Loads of fun activities planned.

Cost: \$400/CCA member (subsidized fee courtesy of an annual donation from Mr. Rod McDaniel.)

To register follow the instructions at this link:
https://docs.google.com/document/d/1OpNn_HkEq0zHEmxioORC56OMWAmwLY79x68cc3OuYgw/edit

For more information contact the Calgary Celiac Association info@calgaryceliac.ca or 403-237-0304

Gluten Free Food Program (GFFP)

Good news for the GF community in Edmonton! Continental Treat Fine Bistro has successfully completed its certification through the Gluten Free Food Program (GFFP) and is a GF-Dedicated restaurant.

Here is the list of Edmonton and surrounding region businesses to complete GFFP certification:

Continental Treat Fine Bisto (GF-Dedicated)

MyFries (GF-Dedicated)

Chateau Louis Hotel and Conference Centre (GF-Verified)

Medical Expenses for Tax Deductions

Canada Revenue Agency does allow a tax deduction for the purchase of gluten free products for individuals that have a medical note from their doctor indicating a diagnosis of Celiac Disease and the need for GF products as a result of this disease. The Canada Revenue Agency has all of the information on their website but the following is a summary:

- The gluten free tax deduction is only eligible with a medical note confirming that the person suffers from Celiac Disease and requires GF products as a result of that disease.
- If other people are also eating GF products, only the amount related to the person with Celiac Disease can be claimed.
- The incremental cost of Gluten-Free (GF) products is an eligible medical expense. For a sample of the calculation see the **Celiac Disease – Medical Expenses Worksheet** on reverse side.
- Eligible products are generally marketed specifically to the gluten free diet including such items as GF bread, bagels, muffins and cereals as well as alternative flours such as rice flour, almond flour etc.
- A summary of each item purchased during the 12-month period must be kept.
- Keep receipts for each gluten free product claimed as case verification is required.

For more information about this Medical Expense claim visit the Canada Revenue Agency website at:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/lines-330-331-eligible-medical-expenses-you-claim-on-your-tax-return/details-medical-expenses.html>

Celiac Disease - Medical Expenses Worksheet

This Medical Expenses Worksheet for Celiacs is intended to help you in documenting your Gluten-Free purchases. It is helpful to print several of these sheets off and keep a file with this worksheet and your receipts together. This worksheet was developed off of the sample provided on the Canada Revenue Agency website.

(1) Item	(2) Number of Items Purchased	(3) Average Cost of Non-Gluten Free Product	(4) Average Cost of Gluten-Free Product	(5) Incremental Cost (4)-(3)	(6) Claim for Gluten Free Item (5) X (2)	Check off if you have your receipt.
Bread EXAMPLE	20	\$2.58	\$6.50	\$3.92	\$78.40	✓
Total Incremental Cost Allowable (add all amounts in Column 6)						

VOLUNTEERS URGENTLY REQUIRED!

CALL (780) 482-2708 OR
VISIT [CELIACEDMONTON.CA](http://celiacedmonton.ca) FOR DETAILS!



We are actively recruiting for several key positions including Casino Chair, Volunteer Coordinator, Computer Support and Networking Volunteer and Website and Wordpress Update Volunteer. Contact Deborah coordinator@celiacedmonton.ca or 780-482-2708.

WHY VOLUNTEER?

- Gain leadership abilities.
- Add volunteering and leadership experience to your resume.
- Work with a great team of experienced board members who will help you as you transition into your new role!

Casino Chair: Time commitment is 1 hour per month with more time required closer to scheduled casino date. The Casino Chair:

- is the main contact person for the AGLC, fills out necessary paperwork and handles the logistics of the casino including volunteer scheduling.
- our next casino is scheduled for the fall of 2019.
- for training, the former chairman is willing to advise the person who steps into this position.

Volunteer Coordinator: is a new position requiring 2-3 hours per month. The Volunteer Coordinator:

- updates and posts volunteer position descriptions and volunteer recruitment procedures adhering to acceptable industry practices and standards
- actively recruits volunteers for various positions within the chapter
- reviews volunteer applications, interviews volunteers and places qualified volunteers for different positions within the chapter
- previous volunteer and leadership experience required
- Experience or training as a volunteer coordinator would be beneficial but not essential

Computer Support and Networking Volunteer:

Time commitment is approx. 3 hours/month.

- Provides support to the office and volunteers for our computers and networking.
- A good understanding of windows is essential and a background in networking is also required.

Website and WordPress Update Volunteer:

Time commitment is approx. 3 hours/month.

- Involves managing our website and the ideal candidate would have experience with web development and WordPress.
- Experience with HTML/CSS would also be helpful.
- This position will require regular updates to content.

ARTICLES

Bast, Alice. "Why You Don't Want to Cut Out Gluten Before Testing for Celiac Disease", *Allergic Living*, published November 15, 2018. <https://www.allergicliving.com/2018/11/15/why-you-dont-want-to-cut-out-gluten-before-testing-for-celiac-disease/?fbclid=IwAR0nv9IAoKvodBQ8MFLENVyD6CtFM4kAKSnn09EJT Vrdt38wd0kxk9HM0gc>

Alice Bast reveals important reasons why people who suspect celiac disease should continue to eat gluten until testing is completed or if gluten has already been removed from the diet prior to blood screening &/or biopsy, why they take the gluten challenge.

Canadian Celiac Association. "CCA Releases Results from Agri-food Growing Forward 2 Funded Study", published February 4, 2019. <https://www.celiac.ca/aafc/>

See this link for more information including downloadable material about the results of this study.

Lyons, Laurie. "A Vacation for Celiacs? Nothing is Impossible". *Are You Freaking Celiac*, published December 30, 2018. <http://www.areyoufreakingceliac.com/2018/12/a-vacation-from-celiacs-nothing-is.html>

Learn about Laurie's positive experience at Iberostart Playa Mita in Puerto Vallarta.

Lyons, Laurie. "Nothing Says Love Like a Good Dose of Crabs", *Are You Freaking Celiac*, published February 24, 2018. <http://www.areyoufreakingceliac.com/2018/02/nothing-says-love-like-good-dose-of.html?spref=tw>

Celiac and writer Laurie Lyons provides a humorous anecdotal review of her valentine's dinner date at Bookers BBQ and Crab Shack in Calgary.

Woodward, Alicia. "Searching for Toilet Paper in Cuba", *Gluten Free and More*, published January 23, 2019.

Travellers planning a trip to Cuba might want to read this humorous piece about the scarcity of paper products.

WEBSITES

Health Bean Nutrition

<http://www.healthbean.ca/home/>

Selena Devries is a registered dietitian living with celiac disease and the creator of Health Bean Nutrition, a private practice specializing in conditions such as CD and IBS in British Columbia. Selena also hosts a website by the same name which contains insight into different topics related to nutrition and the gluten free diet.

Simply Gluten Free

<https://simplygluten-free.com/gluten-free-recipes>

Simply Gluten Free offers a wide variety of gluten free recipes for every occasion with special categories for gluten free and other allergen free recipes including dairy free, egg free, grain free, soy free, refined-sugar free options. Get inspired to try out a new recipe!

VIDEOS

Sheila, Crowe, Dr. President of AGA, "Speaking at the 2018 Celiac Foundation National Conference", *YouTube*, 2018. <https://www.youtube.com/watch?v=umBuLevcmtA>

Presentation topic: What Does Your Doctor Really Think - Is it Gluten, Wheat Starch, Allergies, the Microbiome or Something Else?

CCA National Office has moved

As of January 1st, the CCA National office has moved into its new office located at:

1450 Meyerside Drive
Suite 503
Mississauga, ON
L5T 2N5

Restaurant Review

by Wanda Goulden

NAN'S GLUTEN FREE DINER

It's always great news when a dedicated GF establishment opens, so of course I tried out the new Nan's Gluten Free Diner several times. The place was bustling on a cold Saturday when I tried the dill chicken. The noodle dish was creamy, cheesy and very flavorful with lots of garlic. The generous portion was accompanied by nice piece of buttered garlic toast that had a wonderful chewy texture.

Evelyn White, owner and chef de cuisine, makes the bread herself. Her white bread recipe took four years and some clever adaptation of bread-making equipment to develop the perfect loaf. The bread is great and doesn't fall apart in a sandwich. She is not in the bakery business but will sell a loaf or two if she has extra.

Wanting to have more of that excellent bread, I ordered a BLT sandwich for my next lunch. Two thumbs up on this traditional Diner sandwich! The homemade tomato soup was good, too. There are times when I really enjoy doing research.

Next on the menu was the hot beef sandwich and then the Eggs Bennie (not on the same day!). Which brings me to their breakfast menu. Weekend brunch is their busiest time, with waffles and pancakes a popular choice, and they offer a variety of eggs, omelets and traditional skillet.

They are in the process of making menu changes, so expect to see some alterations from the menu posted online. Nan's GF Diner is waiting on a liquor license and, when that happens, plan to offer a small selection of GF beer and wine and will stay open a little later. The evening menu plans are for three entrees (fish & chips, chicken cordon bleu, and lobster tails).



Nan's Gluten Free Diner is a new and most-welcome dedicated GF facility, owned and operated by a member of our celiac community. Turn out to support this new business, you won't be disappointed!

Nan's Gluten Free Diner

12544 132 Avenue NW

Edmonton, AB

(780) 452-9649

<https://nansdiner.wixsite.com/glutenfree>



Gluten Free Living 101

Living with Celiac Disease, Non-Celiac Gluten Sensitivity or Dermatitis Herpetiformis doesn't mean you have to stop enjoying life ...

Gluten Free Living 101 addresses the different challenges of a GF diet.

UPCOMING SESSIONS:

Wed, March 13, 2019

Wed, May 22, 2019

6:30pm

PLANET ORGANIC
Community Room (at
back of store)

7917 104 Street NW

Free sessions but
limited spots available.



REGISTER EVENTBRITE

<https://glutenfreeliving101.eventbrite.com>

OR CONTACT:

CCA Edmonton Chapter

780-485-2949

info@celiacedmonton.ca



New Canada Food Guide Introduced

Have you heard that Health Canada has recently updated the Canada Food Guide?

DISCOVER THE NEW FOOD GUIDE ONLINE

Canada's new Food Guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers. There are new features to explore that better meet your needs, whether you are looking for healthy eating information for yourself or as part of your work.

The Food Guide resources include:

- Canada's Dietary Guidelines for Health Professionals and Policy Makers
- Food Guide Snapshot
- Resources such as actionable advice, videos and recipes
- Evidence including the Evidence Review for Dietary Guidance 2015 and the Food, Nutrients and Health: Interim Evidence Update 2018

Check out Canada.ca/FoodGuide to get this information at your fingertips. You can also find a printer-friendly Food Guide Snapshot on the website.

Curious about what the CCA has to say about what this means if you are gluten free, then head to this link for more information about how to manage key nutrients, fats and sugars on the GF diet.

<https://www.celiac.ca/canada-food-guide-what-it-means-if-you-are-gluten-free/>

Recall of Products Containing Wheat/Gluten

Please be advised that the following recall has been recently added to the CFIA's Recall Report:

Product(s):	Various brands of protein products
Reason for Recall:	Allergen - Soy, Wheat, Gluten
Recalling Firm:	9355936 Canada Inc.
Distribution:	National
Product details are available at:	

<http://inspection.gc.ca/about-the-cfia/newsroom/food-recall-warnings/complete-listing/2019-01-10-r12707/eng/1548445726246/1548445728102>

Gluten Free Dinner Club

The January meeting of the Gluten Free Dinner Club was quite the success! 12 people attended and all had a delicious meal at **Grandin Fish and Chips**. Everyone had the battered fish and french fries, and some indulged in the gluten free desserts afterwards. Both the flourless chocolate cake and the lavender creme brulee (with pop rocks!) were a hit. Grandin also had Glutenberg Blonde available for the gluten free beer drinkers!

Keep an eye out for the next GF Dinner Club meeting - will likely be towards the end of March. Any suggestions or feedback on the Dinner Club events are welcome, and if interested in being notified of future events, please email Erin at erin@celiacedmonton.ca

Top Worldwide Gluten-Free Travel Apps

Author Erin Smith

Reprinted with permission by Erin Smith and [Gluten-Free Globetrotter](#)

Originally Published 2018

Gluten-free travel? There's an app for that! Whether you are looking for a gluten-free friendly restaurant close to home or thousands of miles away, you can use your smartphone to help you find your way. These apps are a great starting point when planning your next meal.

TIPS FOR USING GLUTEN-FREE TRAVEL APPS

- Use the app as a guide, but always contact the restaurant directly to see if they are still open and have gluten-free options.
- Check dates of reviews on these apps. Some are many years old!
- Cross check restaurants on other review sites such as Yelp!, OpenTable, or TripAdvisor. Search for "gluten-free" reviews.
- When using these apps, don't forget to ALWAYS talk to the restaurant about your dietary restrictions. It is up to you to be your own best gluten-free advocate both while traveling and at home. The app and this website is NOT responsible for any misreported content on these apps.

TOP WORLDWIDE GLUTEN-FREE TRAVEL APPS

Here is a list of gluten-free travel apps from across the globe. This list is alphabetical by country, after the United States and worldwide apps. Apps listed below are both free and paid. Please make sure to check the price before you install.

Is your favorite app on this list? If not, leave it in the comments below and I will add them to the list.

United States & Worldwide

[AllergyEats](#)

"AllergyEats is YOUR guide – by you and for you, our food allergy community. Through your ratings, you help millions of us dine out more comfortably, finding those restaurants ready and willing to accommodate our allergies (and identifying those that are not)."

[CeliHack](#)

"The only gluten free restaurant and meal guide based on real recommendations from people with Celiac!"

[Dine Gluten Free](#)

"DINE GLUTEN FREE by GlutenFreeTravelSite lets you access our huge database of Gluten Free Restaurant & Travel REVIEWS from the U.S. — and around the world — when you're on-the-go."

[Find Me Gluten-Free](#)

"Whether you're celiac, gluten sensitive, or just on a gluten free diet, easily find restaurants, fast food, bars, cafes, grocery stores and more! Search your current location or a specific address. View menus, call, or get directions for each business. View others' ratings and reviews and submit your own. We're constantly adding businesses, so suggest your favorites. Happy gluten free dining!"

[Gluten Free Disney Dining](#)

"An excellent app for planning your gluten free meals prior to going on your Disney vacation and for finding a great gluten free dining experience once you get there."

[Gluten Free Philly](#)

"Find more than 1,500 curated gluten-free-friendly restaurant, bakery, market and attractions listings covering southeastern Pennsylvania, southern New Jersey and all of Delaware, with new listings frequently added."

Glutenfree Roads

"Do you want to eat gluten-free foods in Rome? Are you planning a journey from Berlin to Munich and are looking for retailers that stock gluten-free products? Then GlutenfreeRoads is the app you've been waiting for!"

NOTE: GlutenfreeRoads app will be discontinued within the upcoming months and will be replaced by the all new Schär Gluten Free.

Gluten-Free World App

"Gluten Free World will become your favorite travel companion with more than 10,000 gluten-free spots around the world for you to discover."

iEatOut Gluten & Allergy Free

"Created by Gluten-Free Passport. Avoid gluten, wheat, dairy, egg, peanuts, tree nuts, soy, corn, fish and shellfish anywhere. Easily personalize the apps to your specific food needs without WiFi!"

Spokin

"Food allergies require 24/7 vigilance and impact daily decisions including restaurants, recipes, hotels, airlines and more. Spokin provides top-rated resources customized to your family's food allergies, location and experience."

Travel Gluten Free

"Check out user-submitted reviews from around the world of where you can eat, shop and stay if you can't eat gluten."

Namaste
foods for everyone!

Keepin' it real

FREE FROM THE Top Allergens

Certified GF, USDA ORGANIC, NON-GMO, K

www.namastefoods.com

Products shown include: Perfect Flour Blend, Spice Cake Mix, and rawgoods flour.

Argentina

La Celiguía

"The Celiguía seeks to be celiac to stop being a problem. We will seek to provide all the information we have through the map, recipes, news, restaurant reviews and much more."

Libres de Gluten

"This App also allows you to find stores or restaurants in Argentina that offer products suitable for coeliacs."

mobiCeliac Argentina

"A program for your mobile device that contains information on gluten-free products and establishments throughout Mexico."

Australia

Gluten-Free Eating Directory

"This app allows you to search our comprehensive database of Aussie gluten free businesses by name, food type or location."

Gluten Free Eating Out Lite

"Are you struggling to find Gluten Free food when eating out? This App is the answer. We have 1000's of GF venues in Australia."

Gluten Free Travel Guide

"The Gluten Free Travel Guide Android app is the official Coeliac Travel Guide from Coeliac Victoria and Tasmania Inc."

Brazil

Achei Sem Glúten

This app is ideal for anyone who has a food restriction or opts for a gluten-free diet. It works as a guide for all occasions, home shopping, where to eat, restaurants, etc. The application initially only covers Porto Alegre.

Chile

Convivir

"This app will help the celiac community in Chile which will allow you to find restaurants and outlets gluten-free products near you."

mobiCeliac Chile

"A program for your mobile device that contains information on gluten-free products and establishments throughout Chile."

Croatia

Gluten Free Guide Croatia

"Guide to gluten free eating in Croatia. This app will guide you to hotels, restaurants, stores, pharmacies and petrol stations that offer gluten free products."

Hungary

GMkeresőapp

"A unique, ever-expanding database that helps to find the closest gluten-free food units anywhere in the country using their smartphone."

Israel

נטולג ילב (Hebrew only)

"Find gluten-free restaurants for celiac patients in Israel."

Italy

AiC Mobile

"Mobile Aic (Italian coeliac association) hand book of gluten-free certified products and catering facilities that can offer an appropriate service to coeliac diseases affected people."

Gluten Free Advisor

"Gluten free Advisor by Gastromama is not 'yet another gluten free directory', but it scans on-line conversations on the fly in order to find locations attended by those who eat gluten free."

Guida Rapida Celiaci

"Find local gluten-free all over Italy: hotels, restaurants, pizzerias, farms, bars, pastry shops, ice cream parlors and other restaurants specializing in celiac cooking."

Mangiare Senza Gluten

"Mangiare Senza Glutine is a complete guide that allows you to quickly and easily find restaurants, pizzerias, hotels, bars, ice cream parlors that offer gluten-free around you, in Italy!"

Mexico

[mobiCeliac ACELMEX](#)

"A program for your mobile device that contains information on gluten-free products and establishments throughout Mexico."

Paraguay

[mobiCeliac Paraguay](#)

"A program for your mobile device that contains information on gluten-free products and establishments throughout Paraguay."

Spain

[Celicidad](#)

"Celicidad App is a free app that lets you locate more than 1,900 restaurants with gluten-free options in Spain."

[CeliacsCatalunya](#)

"Celiacs Association of Catalunya list of establishments, shops, restaurants and hotels where you can find food and food without gluten suitable for celiacs people."

[Celiaquitos](#)

"Do you want to find lovely gluten-free places to eat around you? celiaquitos.com will help you to find them... a huge amount of restaurants (up 6.000), bakeries, coffee-shops, pubs, hotels and bars just in your hand, tested and posted by other users like you where you can eat or have a drink with no worries."

[GluFreeBarRest](#)

"It is an application for people with gluten intolerance in Malaga."

[mobiCeliac \[mini\]](#)

"mobiCeliac [mini] is an app for your Android device allowing you to get information about gluten-free food resources in Spain."

[sinGLU10](#)

"Allows the search and location of 3,000 establishments throughout Spain such as restaurants, hotels and shops where you can find gluten free menus, gluten free cakes, gluten free products, etc."

United Arab Emirates/Dubai

[Gluten Free Dubai](#)

"We are here for you! for anyone living, holidaying or just passing through Dubai who are Celiac, Gluten Intolerant, Paleo or just after a healthy lifestyle find Gluten Free meals."

United Kingdom

[Coeliac Map](#)

"A map of Coeliac (gluten free) food reviews and ratings mainly the UK, but also for other places around the world."

[Coeliac Sanctuary](#)

"Coeliac Sanctuary – On the Go connects to the Where to Eat guide on the Coeliac Sanctuary website to display the locations of Gluten Free places to eat around your location. You can also search for locations around the UK and Ireland to plan your next trip to the seaside!"

[Coeliac UK Gluten-free app](#)

"Living gluten-free need not be a challenge with our Gluten-free on the Move app which guides you through the gluten-free diet both home and away. "

[The Gluten Free Centre](#)

"Choose from thousands of gluten-free friendly places to eat out, stay, shop or get a take away from – in the UK and beyond. We list hundreds of independent restaurants, cafes, bakeries & B&Bs, health-food shops etc. – not just the popular chains!"

[Gluten Free London](#) (beta)

"A guide to places in London that offer Gluten Free food, including major chains as well as the best independent spots."

Uruguay

[Vida Celíaca](#)

"The App where you easily find food without TACC (gluten-free) and places to eat or buy them near you in Uruguay."

Originally published in [Gluten-Free Globetrotter](#)

For the direct link to the original publication see:

<https://glutenfreeglobetrotter.com/2018/01/19/top-worldwide-gluten-free-travel-apps/amp/#click=https://t.co/SIHS9EymXE>

About Erin Smith

Living with celiac disease since 1981 and eating gluten-free long before it was “trendy”, Erin Smith has a unique perspective of growing up in the gluten-free community. Erin founded her first blog, *Gluten-Free Fun*, in 2007. In 2011, she launched *Gluten-Free Globetrotter*, a resource to help those with celiac disease navigate gluten-free travel across the globe. Erin has been a celiac disease support group leader in both New York and California since 2005. She currently resides in New York City and lives 100% gluten-free.

Gluten Free Expo Vancouver 2019

Elizabeth Richards (Celiac Member)

This is the first time I attended the largest gluten free event in Canada called the “Gluten Free Expo”. I had accidentally stumbled upon it on the internet as I was searching up gluten free items. I noticed that I had missed the one in Calgary in October of 2018 and vowed to attend the one in Vancouver in January 2019. If you are interested in attending the next one in either place I highly recommend it. Refer to www.glutenfreeexpo.ca to learn all about it.

The VIP pass purchase is worth the cost because you are given a large bag of gluten free products included in the price and you may attend both days at that price (\$39). Other little perks like skipping the line-up at the entrance and having a

rest area are also included in the price of the VIP pass. I came home with 4 bags of gluten free products (1 was included with my VIP pass and the rest were purchases made at a discount and samples).



Gluten Free Expo Vancouver 2019 (continued)

I won't list every vendor that was there but I will mention a few including newcomer, "Promise", a company based in Ireland selling gluten free bread including delicious artisanal crusty "rye-like bread" which many Celiacs miss. Carrot cake, lemon loaf, brioche, etc.



Visit their website www.promiseglutenfree.com to learn more. Promise is available at Sobeys for now.

The "Schar" company also has some new items such as their "lady fingers". They have a tiramisu recipe on their international website: www.schaer.com/en-int/r/tiramisu



Kinnikinnick from Edmonton was also there and they featured their heat-and-ready to serve muffins (chocolate chip, lemon blueberry and quinoa spice) all enriched with vitamins and minerals. They also have a new whole grain bread!



"Swerve" an interesting new product from New Orleans was also presented, a "natural" sweetener (made from fruits and starchy root vegetables) used for baking etc. and is suitable for diabetics and of course Celiacs. It has zero calories, does not have an after taste like many sugar substitutes tend to have and also does not have the usual side effects either. Available at Save On Foods, Real Canadian Superstore, Blush Lane, Planet Organic, Sobeys, etc.

Visit their website for more information at:
<https://swervesweet.com>



"Ganesha Foods" another Canadian company based in Calgary, Alberta sells organic Indian spices that are absolutely delicious. Fragrant and organic Indian spices sold in small jars. I found the same display at Planet Organic in Edmonton. I purchased their red chilli pepper and garam masala and I made a delicious coconut curry chicken by simply adding the two spices with some coconut milk, diced tomato and spinach. The fragrance and taste was incomparable to other spices I have tried. To learn more go to: <http://www.ganeshafoods.com>



"Hippie Snacks" made in Canada has delicious granola (grain free or with grains) that you can add to yogurt or just eat alone. They also have salty products made from cauliflower, avocado, etc. They are available at Earth's General Store, Planet Organic and Blush Lane. To find out more look at their website: www.hippiesnacks.com



"My Healthy Gut" is a new app developed by a team of experts and supported by the Canadian Celiac Association. The app developers aim to promote effective self-management of celiac disease (digestive health, gluten intolerance) with this new tool. The app features a database and daily food and symptom journal.



Other products that I enjoyed sampling and recommend are: Neal Brothers (their salsa is less acidic tasting than more popular brands I have tasted), Torill's Table (Norwegian Pancake and Waffle mix) and Naked Coconuts (I purchased their Sesame Ginger Teriyaki sauce).



I also visited the Vancouver chapter's booth and spoke to Lizbeth Wall (chapter president), who told me about gluten free restaurants in the Vancouver area which you can also find on their website under "Resources". Finally, I enjoyed listening to Jess Pirnak, Registered Dietitian (also advisor for the Vancouver Celiac Chapter) and Certified Wellness Coach. Jess is a compelling speaker with ample knowledge of the dietary issues faced by Celiacs. After her presentation, I spoke with her and was struck by her kindness and generosity. You can learn more about her on her website: www.foodyourself.com





Judy G
Gluten-free

gluten-free
Pizza
sans gluten

Congratulations Brittany!
Thanks for Keeping Life Delicious



Brittany Failler,
Saskatchewan Polytechnic



Judy G
CANADIAN
CULINARY
SCHOLARSHIP

Scholarship winning entry!

B'S DESSERT PIZZA

Featuring decadent **chocolate chia seed pastry cream**, fresh berries, toasted pecans and a smooth homemade **peanut butter caramel sauce** — all topped on a **JUDY G GLUTEN-FREE PIZZA CRUST**.

Visit judygfoods.com/scholarship for the full recipe!

Celiac Membership Benefits Program

This program is an additional value to our membership and to support those businesses that recognise the challenges of adhering to a gluten free diet. We encourage our members to patronise the following businesses and show your Canadian Celiac Association membership card to receive a discount/promotion.

THE CHOPPED LEAF - Commerce Place

780-757-LEAF (5323)

#148, 10155 – 102 Street, Edmonton, AB

- 10% off with valid Celiac Membership card

FACIAL EXPRESSION 780-700-3635

(Castledown Area, Home Based Business)

www.facialexpressionedmonton.webs.com

- Specialized in: Professional customized Gluten-free facials. \$10 off First Booking with valid Celiac Membership card

HOMEGROWN FOODS 780-963-5305

#10 - 19 Granite Drive, Stony Plain

- 15% off all gluten free products (does not include bread, meat or dairy)

KING DRUG AND HOME HEALTHCARE 780-865-2645

145 Athabasca Avenue, Hinton, AB,

- 10% off first Thursday of every month with valid Celiac Membership card

KINNIKINNICK FOODS 780-424-2900

10940 120 Street, Edmonton, AB T5H 3P7

- 15% off regular Kinnikinnick products on the first Tuesday of the month. Must have a valid membership card

SANS BLE FOODS 780-445-0383

Callingwood Farmer's Market

Sundays 10 am - 3 pm

- 10% off your purchase (with valid Celiac Membership Card) every Sunday at Callingwood Farmer's Market

SUGAR-FREE AND MORE 403-347-1277

3434A 50th Ave, Red Deer, AB

- 10% off all celiac products at time of purchase (not including Ideal Protein or combined with our discount card)

WOW FACTOR DESSERTS 780-464-0303

174 Cree Road, Sherwood Park, AB

www.wowfactordesserts.com

- 10% off all gluten free products with valid Celiac Membership card

DINING CLUBS

Did you know that the Edmonton Chapter has two groups that routinely try out new restaurants and their gluten free offerings?
Did you know that these groups are open to all members?

GLUTEN-FREE LUNCH GROUP

meets for lunch approximately 6 times per year. This is a great way to try new gluten free foods and meet new CCA members too.
If interested in finding out more contact Adriana at adriana@celiacedmonton.ca

GF DINNER CLUB

This group meets every couple of months to enjoy GF food and socialize at local restaurants. If you want more information or are interested in attending these dinners contact Erin at erin@celiacedmonton.ca

Increasing your Calcium Intake: Tip Sheet

Calcium is a mineral that helps build and maintain strong bones and teeth.

HOW MUCH CALCIUM SHOULD I CONSUME?

Men and Women 19-50 years of age	1000 mg of calcium per day
Men 51-70 years of age	1000 mg of calcium per day
Women 51-70 years of age	1200 mg of calcium per day
Men and Women 71 years and older	1200 mg of calcium per day
Pregnant and Breastfeeding Women 19-50 years of age	1000 mg of calcium per day

- No more than 2500 mg of calcium per day should be consumed by any individual 19-50 years of age.
- No more than 2000 mg of calcium per day should be consumed by any individual over the age of 51 years.

HOW MUCH CALCIUM SHOULD MY CHILD CONSUME?

Children 4-8 years old	1000 mg of calcium per day
Children 9-18 years old	1300 mg of calcium per day
Pregnant and Breastfeeding Females 14-18 years old	1300 mg of calcium per day

- No more than 2500 mg of calcium per day should be consumed by any child 4-8 years of age.
- No more than 3000 mg of calcium per day should be consumed by any child 9-18 years of age.

WAYS TO INCREASE YOUR CALCIUM INTAKE

1. Consume milk and dairy products everyday.
 - Make sure to choose the low fat options!

250 mL (1 cup) of milk (3.3%, 2%, 1%, skim, chocolate)	291-322 mg of calcium
250 mL (1 cup) of fortified soy milk	321-324 mg of calcium
250 mL (1 cup) of enriched almond beverage	312 mg of calcium
50 g (1 ½ oz) of gruyere, swiss, goat, low fat cheddar or mozzarella	396-506 mg of calcium
50 g (1 ½ oz) of processed cheese slices (swiss, cheddar)	276-386 mg of calcium
175 g (¾ cup) of plain yogurt	263-275 mg of calcium
175 g (¾ cup) of Greek yogurt	180-212 mg of calcium
175 g (¾ cup) of kefir	198 mg of calcium

2. Consume non-dairy products that are high in calcium

75 g (2 ½ oz) of canned Atlantic sardines with bones	286 mg of calcium
75 g (2 ½ oz) of canned salmon with bones	179-212 mg of calcium
150 g (¾ cup) of tofu prepared with calcium sulfate	302-525 mg of calcium
175 mL (¾ cup) of canned or cooked beans (white, navy)	93-141 mg of calcium
125 mL (½ cup) of frozen, cooked collards	189 mg of calcium
125 mL (½ cup) of frozen, cooked spinach	154 mg of calcium
125 mL (½ cup) of frozen, cooked turnip greens	132 mg of calcium
125 mL (½ cup) of fortified orange juice	155 mg of calcium

Make sure to always read the food labels to ensure all the foods consumed are gluten free. Also look at the nutrition facts table to see the amount of calcium in that specific product.

Bonus: Make sure to consume enough Vitamin D because it is very important in maintaining strong bones. It also helps calcium absorption. Talk to dietitian to make sure you are getting enough vitamin D!

This information is adapted from:

Dietitians of Canada. Food sources of calcium.
In: Practice-based Evidence in Nutrition [PEN]. 2016 April 28 [cited 2018 May 10]. Available from:
<http://www.pennutrition.com.ezproxy.lib.ryerson.ca/KnowledgePathway.aspx?kpid=553&trid=12490&trcatid=467>. Access only by subscription or sign up for a free two week trial.

Dietitians of Canada. Increasing your calcium intake.
In: Practice-based Evidence in Nutrition [PEN]. 2013 March 02 [cited 2018 May 10]. Available from:
<http://www.pennutrition.com.ezproxy.lib.ryerson.ca/KnowledgePathway.aspx?kpid=553&trid=12384&trcatid=467>. Access only by subscription or sign up for a free two week trial.

Information provided by Canadian Celiac Association and Practice-based Evidence in Nutrition.

Did You Know...?

The Edmonton Chapter once again has toaster bags in stock at the office. A single reusable toaster bag is \$2. For more information contact the chapter office at 780-485-2949.

Craft beer is all the rage these days, but did you know that Ground Breaker Brewing in Portland Oregon is the first dedicated 100% gluten free brewery and gastropub in the western United States? The brewery insists on using only naturally gluten free products in the production of their beer and offer a range of styles including dark ales, pale ales and IPAs. Looks like some of their beer is also sold in select locations in B.C. For more information about Ground Breaker Brewing check out their website:
<https://www.groundbreakerbrewing.com/>

Swedish Dala Horse Gummies are now available at IKEA Canada. These adorable candies are non-GMO, gluten free, vegan and contain no artificial colours.

The Gluten Free Cravings Show is scheduled for Sunday, June 16th at the Community Center AGORA, Sherwood Park 11am-3pm.

Bacon Bagel Stuffing

It's your breakfast favourites all wrapped up in a stuffing dish. Recipe created by Kinnikinnick Corporate Chef Lori Grein

Ingredients:

1 pkg. Kinnikinnick Plain Bagels (cut into ½ inch cubes) (344 g)
 1 lb. bacon (cooked/chopped) (454 g)
 2 tbsp olive oil (30 g)
 ½ red onion (diced) (175 g)
 2 celery sticks (chopped) (8 g)
 2 cloves garlic (diced) (6 g)
 2 sprig thyme (stem removed/chopped fine) (1 g)
 2 sprig sage (stem removed/chopped fine) (2 g)
 1 sprig rosemary (stem removed/chopped fine) (1g)
 ¼ cup chopped fresh parsley (15 g)
 ½ tsp salt (2 g)
 1 tsp pepper (2 g)
 1 cup prepared chicken stock (240 g)

Directions:

Preheat oven to 350°F (176°C), line a baking sheet with parchment. Set aside. Spread cubed bagel pieces evenly on prepared pan. Bake at 350°F (176°C) for 10 minutes, turning bagel cubes once in oven. Turn oven off, leave pan in oven for 10 minutes turning once. Remove from oven and let cool.

In a large skillet, heat olive oil over medium heat. Sauté onion, celery, garlic, salt and pepper for 5-7 minutes or until onion are translucent.

In a large bowl toss together dried cubed bagel, onion mixture, bacon and prepared herbs. Moisten stuffing with 1/3 cup chicken stock.

Preheat oven to 350°F (176°C). Lightly grease a 4 qt. casserole dish. Place prepared stuffing in casserole dish and moisten with remaining chicken stock prior to baking.

Bake covered for 30 minutes at 350°F. For a crispier finish uncover for the last 5 minutes.



Tip:

Stuffing can be prepped and stored in the refrigerator up to 24 hours ahead. Hold back 2/3 chicken stock until just prior to baking in a casserole dish.

If stuffing inside bird, pat turkey dry inside and out. Stuff both cavities. Skewer cavities closed, tie legs together and tuck wings under back. Place in roasting pan breast side up. Follow cooking directions based on the weight of your bird to an internal temperature of 165°F (74°C).

Matcha White Chocolate Mousse

RECIPE CORNER



*This smooth light mousse is the perfect end to any meal.
Recipe created by Kinnikinnick Corporate Chef Lori Grein*

INGREDIENTS FOR BASE:

1 pkg. Kinnikinnick Chocolate Cake Mix (500 g)
4 eggs (224 g)
 $\frac{3}{4}$ cup water (180 g)
 $\frac{3}{4}$ cup oil (180 g)
Ingredients for fillings:
10 oz. white chocolate (chopped) (296 g)
1 cup cream 32% (240 g)
1 pkg. gelatin (7 g)
 $\frac{1}{4}$ cup hot water (50 g)
2 cups cream 33% (whipped) (480 g)
2 tbsp matcha powder (30 g)
 $\frac{1}{4}$ cup hot water (45 g)
Shaved white chocolate (optional garnish)
Whipping cream (optional garnish)

DIRECTIONS:

Cake Base:

Preheat oven to 350° F (176 °C). Lightly spray a 9" round spring form cake pan. Set aside. Combine eggs, oil and water in a bowl and mix until combined. Add Kinnikinnick Chocolate Cake Mix and mix with an electric mixer on medium speed, for 2 minutes until combined. Pour batter into prepared cake pan and bake for 25-30 minutes. Cake will spring back when done. Remove from oven and let cool for 10 minutes. Remove cake from pan and finish cooling.

Filling:

In a small bowl dissolve gelatin in $\frac{1}{4}$ cup hot water. Set aside. Using a Bain-Marie, combine white chocolate and 1 cup cream. Stir continually until chocolate has melted completely. Remove from heat and add dissolved gelatin to chocolate mixture, stir just until combined. Set bowl of melted chocolate on counter to cool.

Mix 2 cups whipping cream in a medium bowl until stiff peak. Fold in cooled melted chocolate just until combined. Divide into two portions (one portion will be used for the white chocolate layer and one portion will be used for the matcha layer).



In a small bowl combine matcha powder with $\frac{1}{4}$ cup hot water to create a paste. Fold into 1 of the portions of the white chocolate mixture.

Assemble:

Prepare a 9" spring form pan by lining the cake pan inside edge with parchment paper. Parchment should cover entire side and have a height of 2" above edge of cake pan. Cake layer- Trim prepared cake to create an even top. Cut cake into two layers (one layer is $\frac{2}{3}$ of the cakes height and one layer is $\frac{1}{3}$ of the cakes height). Place the thicker layer in the base of prepared spring form pan. Cut the thinner layer of cake into cubes and arrange on top of cake layer. Slowly pour white chocolate layer over top of prepared cake layer. Place in refrigerator to set for 30 minutes. Remove cake from fridge and slowly pour matcha chocolate layer over white chocolate mousse layer. Using a offset pallet knife, spread top layer evenly. Return cake to refrigerator to set over night.

Finish:

Remove set mousse cake from refrigerator and carefully remove outer cake ring. Peel parchment off cake edge. Carefully lift off cake pan base and place on serving tray. Garnish with fresh whipping cream and chocolate shavings.

Tip: Bain-Marie- pot of water with a bowl that fits snug on top. Used for even melting of chocolate and helps avoid burning/overheating)

Celiac Circular EDMONTON

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