



Newsletter of the NL Chapter of the CCA

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Tim Horton's GF Cookies

Gluten-Free cookies now available at Tim Horton's stores all across Canada. The coconut macaroons are baked and packaged off site and carry the Gluten-Free Certification symbol.

President's Message

As the new Chapter President I would like to introduce myself to you. I am a mother, wife and a registered dietitian with a special interest in chronic disease prevention and management. Our province has some of the highest rates for many chronic diseases, including Type 1 diabetes, which I have lived with for 42 years. Nonetheless, I am very active and I particularly love dancing, yoga and hiking.

Throughout my professional life, I loved working with clients diagnosed with celiac disease. Helping individuals learn the skills to eat and live gluten-free was very satisfying and I always admired my mother-in-law who lived with celiac with great dignity. So, imagine my surprise when my daughter was diagnosed with celiac at the age of 5 years. While she found it upsetting at first, she quickly adapted and is now living a gluten-free life.

My husband who suffered from years of stomach problems tested negative for celiac disease. However, after only one day of going gluten-free his symptoms vanished. Whether he has celiac or non-celiac gluten sensitivity, he has remained gluten-free. Our house is now primarily gluten-free – even my son and I eat gluten-free dishes most of the time - although my son draws the line at gluten-free bread opting for "real" bread.

Food is the focus as the fall festivities draw near - Thanksgiving, Halloween, and Christmas. For anyone with a chronic disease, juggling your medical diagnosis and food needs can be overwhelming. Fortunately you can eat healthy and yummy gluten-free foods on every occasion.

As President, I want to work with the executive and membership to make eating gluten-free easier and to increase the awareness of what a gluten-free diet is. Our goals for the year include:

1. Meeting with the Restaurant Association of NL
2. Surveying the membership for feedback about your gluten-free dining experiences across the province.
3. Researching gluten-free dining plans at universities and colleges across the province.
4. Investigating funding options for the local chapter.

I and the new executive look forward to working with you, our members, as we move forward. We welcome your input, ideas and feedback.

Wishing you and your families a wonderful fall and a Happy Thanksgiving! Happy gluten-free eating.

Lisa Dooley, President
lisadooley37@gmail.com

PATSYPIE FIRST GLUTEN-FREE BAKERY TO RECEIVE GLUTEN-FREE CERTIFICATION

PatsyPie Gluten-Free Bakery is one of the first gluten-free bakeries to be certified gluten-free under the stringent guidelines of the Canadian Celiac Association's Gluten-Free Certification Program. "While we've always been strictly gluten-free," says founder, owner and former schoolteacher Patricia Libling, "we are especially proud of the extra level of assurance this certification provides our customers. It is, by far, the most thorough gluten-free certification program in North America."

Begun as a home-based business in 2001, PatsyPie has operated out of a dedicated gluten-free facility in Montreal, Quebec for the past several years. Today, PatsyPie stands among the fastest growing gluten-free brands, available in supermarket chains and independent stores across the country, including Metro, Sobeys and WalMart. PatsyPie cookies and muffins are also served on Air Canada.

"It's a far more competitive field than when I first started. But we've remained true to our roots," Pat states with pride. Often adapted from favorite family recipes, all products continue to be made by hand in small batches, using only wholesome, top quality ingredients. "Even the fork marks on our peanut butter cookies are real," Pat says.

Pat stresses that unlike the vast majority of gluten-free baked goods, PatsyPie products do not contain any starchy fillers, such as tapioca starch or potato starch. "We use only alternative flours, including rice, corn and chickpea." According to Pat the downfall of many gluten-free baked goods is the taste and texture. "My goal from the start was to build a really good bakery that just happens to make only gluten-free products—treats the whole family could enjoy, whether or not they needed to be on gluten-free diets."

Indeed, PatsyPie products are taste-tested on people who don't normally eat gluten-free. "Couriers, truckers and mail carriers love us!" Pat says. "When they think they're eating a regular baked treat, we know we've got the formula right."

Current PatsyPie offerings include a varied range of cookies, biscotti, brownies and muffins. Last year, the company also introduced the industry's first shelf-stable, fill and serve, gluten-free pie crust. "We've got more on the way," says Libling. "But we never rush a product to market. We take our time to get it right."

For more about Pat Libling and PatsyPie, please visit www.patsypie.com or call toll-free 1-877-PATSY-PIE (1-877-287-9743).

Robin Hood Nutri Flour Blend – Gluten Free

New Nutri Flour Blend is a gluten free all purpose flour blend made from rice flour with sugar beet fibre and potato and tapioca starches. Comes in a convenient resealable bag. Recommended for making cookies, muffins, biscuits, quick breads, breads, rolls, pies & pastries, brownies, cakes, cupcakes except cakes with a delicate texture like chiffon and angel food. Store in a clean dry area at

room temperature (sounds like it doesn't have to go into the fridge). Shelf life is 12 months from the date of manufacturing. The flour has been seen at Sobeys and Dominion in St. John's.

<http://www.robinhood.ca/product-details.aspx?pid=436&prodcid=44>



It is not too early to start planning to attend the CCA conference next year in Calgary, Alberta. The Calgary Chapter is proud to be hosting the 2014 Celiac Association National Conference. Join us from May 30 – June 1 for exciting speakers and a gluten-free market. Conference is being held at The Telus Convention Center. Accommodations for out of town guests will be at the Downtown Marriott. More details to be announced over the next year.

Yogurts – Are they gluten free?

As we know, not all yogurts are gluten free! Plain yogurt is made with milk that's been fermented with friendly bacteria until it thickens and develops a tangy taste. In its pure form, yogurt is gluten-free, and you can enjoy it on a gluten-free diet as long as you are not lactose intolerant. (Many celiacs are sensitive to milk products). Flavourings and sweeteners used in commercially available yogurt are not always gluten free.

Darien Cope contacted a few yogurt companies and the following were their responses:

1) IÖGO: "Please be advised that we carefully analyze all of our ingredients (presence of wheat, rye, barley, triticale, spelt, oats and malt) and can assure you that all IÖGO products are gluten-free. Therefore, they can be safely consumed by people who suffer from celiac disease."

2) Astro: "None of the Astro yogurts are safe."

3) Parmalat Canada: "We cannot confirm if any products other than the ones listed below can or cannot be declared as gluten free. We do not recommend consuming any other products if you are allergic to gluten."

Their gluten-free list:

- Beatrice Skimmed Milk
- Beatrice 1% Partly Skimmed Milk
- Beatrice 2% Partly Skimmed Milk
- Beatrice Homogenized Milk
- Lactantia Pur Filtre Skimmed Milk

- Lactantia Pur Filtre 1% Partly Skimmed Milk
- Lactantia Pur Filtre 2% Partly Skimmed Milk
- Lactantia Pur Filtre Homogenized Milk
- Sensational Soy Beverages
- Sensational Soy Smoothies"

Yoplait yogurt, part of General Mills, is on an extensive gluten-free list on the General Mills site <http://www.livebetteramerica.com/health/gluten-free/articles/gluten-free-resources>

A spokesperson said the gluten-free list includes most — but not all — Yoplait products. Notably, the parfaits with granola are not gluten-free (they contain regular oats and barley malt). Yoplait products are tested to 20 parts per million.

Adapted from an article by Val Vaartnou in the Vancouver Newsletter August 2013

The above article cautioned against Danone products but Carol Negrijn from St. John's had this information from Danone on 07 October 2013: "Only 'Activia Fibre' and 'Activia Fat Free Fibre' lines contain or may contain gluten. All the other Danone product are gluten and nuts free. Our production plan is certified HACCP (Hasard Analysis Critical Control Point); we do have many control procedures to assure the security of our products for the major allergens. If a major allergen may be found in a product, it would be mentioned at the end of the ingredient list (ex. "contains gluten" or "may contain gluten")."

What do the regulations say about allergen and gluten cross-contamination?

The Enhanced Labelling for Food Allergen and Gluten Sources and Added Sulphites regulations in Canada require that whenever any of the 11 priority allergens or any gluten source is present as an ingredient in a prepackaged product it must be indicated on the product label. These regulations do not apply to substances that are present in a prepackaged product as a result of cross-contamination.

According to the Regulatory Impact Assessment that accompanied the regulations, "The presence of food allergens and the presence of gluten in food products, as

a result of cross-contamination, are unique issues and are beyond the scope of this regulatory initiative." The presence of unavoidable cross-contamination by allergens or gluten falls under the scope of the "May Contain" precautionary warning statement. May contain [X], where X is the name of a priority allergen or gluten, is the only recommended statement for identifying unavoidable ingredients as a result of cross-contamination. This statement cannot be used to substitute for Good Manufacturing Processes.

Adapted from unattributed article in the March 2013 Peterborough Chapter newsletter

Gluten-free Flours and Starches as Thickeners

To thicken 1 C / 250ml of liquid

Starches

Arrowroot: 2 tbsp (25mL) added during last 5 minutes of cooking with occasional stirring. Do not boil. The resulting liquid has a clear shine that is glossier than cornstarch. It thickens at a lower temperature than cornstarch but is not as firm when cool, and separates when frozen

Cornstarch: 2 tbsp (30mL). Can be added to cold or hot liquid and brought to boil. In either case stir constantly and continue once gently boiling, but limit the boil to a maximum of three minutes. The thickened liquid is translucent and shiny and thickens more as it cools. Boiling too rapidly or for longer than 7 minutes causes the liquid to thin. After removing from the heat lemon juice may be added.

Potato starch: 1 tbsp (15mL) with constant stirring resulting in a more translucent, clearer product than with cornstarch. It lumps easily, hence the need for continuous stirring. Thickening occurs at the boiling point and with cooling, but it separates when frozen.

Tapioca starch (casava): 3 tbsp (45mL) added during the last five minutes of cooking with constant stirring. Tapioca starch dissolves more easily than cornstarch and gives a transparent and shiny liquid that firms more as it cools. Of all the thickeners, this one freezes best.

Flours

Amaranth flour: 3 tbsp (45mL). This flour browns quickly and could burn if not watched carefully. It thickens at boiling point and slightly more after 5-7 minutes of boiling and can be reheated in the microwave. The thickened liquid is golden brown, cloudy/opaque and smooth with a nutty, beefy aroma and can be thinned with extra liquid if too thick. It is excellent for gravy.

Bean flour: 3 tbsp (45mL). With this flour thickening starts after 2 to 3 minutes of boiling but does not thicken any more with extra cooking. The resulting liquid is cloudy/opaque with a warm, tan colour and a smooth texture. It can be used for sauces and in hot fat browns to a golden colour.

Rice flour (Brown or white): 2 tbsp (30mL). Start with cold liquid rather than hot fat/pan drippings. The liquid needs 5-7 minutes of

boiling before it thickens and thickening then continues with further cooking. It thickens more as it cools and when reheated and stirred thickens more. The appearance is opaque/cloudy, the texture grainy and the flavour bland. It is stable when frozen.

Sorghum flour: 2 tbsp (30mL). This behaves in a similar way to wheat flour. The liquid thickens after 2-3 minutes of boiling and does not thicken more with extra cooking, but will do so if extra flour is added. It has a dull appearance, thickens as it cools and reheats well on the stovetop or in the microwave

Sweet rice flour: 2 tbsp (30mL). this requires 5 to 8 minutes of boiling to thicken, and like the other rice flour the texture is grainy, with a shiny appearance and bland flavour. It thickens as it cools.

Adapted from an article in the Kitchener-Waterloo newsletter, and based on information from "In the Kitchen." *Canadian Celiac Association website (www.celiac.ca) and "Complete Gluten-Free Cookbook" by Donna Washburn & Heather Butt (www.bestbreadrecipes.com)*

Recipe: Gluten-free pancakes

This is another recipe from my sister-in-law (not a gluten-sensitive person in her family!). There are many commercial GF pancake mixes. This recipe produces pancakes with a very different texture - denser, even heavy, but full of flavour.

Ingredients

1 cup GF rolled oats
1 cup cottage cheese
2 tsp agave nectar
1 tsp cinnamon
1 tsp vanilla extract
1 tsp baking powder
3 eggs
Pinch of salt

Method

Blend in food processor, add berries, etc. as wished. Cook as usual on a griddle or in a non-stick pan.

Bon appetite.

Mervyn Dean.

CCA Youth Program at the National Conference

The 2013 CCA Youth Program, held during the CCA National Conference in Mississauga, attracted just under 30 participants from across Canada. They may have come for the food, but went home with more than full bellies!

The goal of the Youth Program was to have a fun and educational program for children and their siblings in the 7-16 age range. Participants attended the Friday night gluten-free market and the reception, which was evidently a unique experience as the kids repeatedly asked if they really could eat everything on the buffet table.

Saturday morning the "Surviving Gluten Free" Program began with participants divided into 2 Tribes: the Wheat Whackers and the Gluten Gladiators. The Battle of the Tribes included survivor activities, games, relays, and a CCA pocket dictionary scavenger hunt. Other activities included Zumba and a Game Show, as well as hearing from GF professional athletes Tom Kostopoulos and Dudley Coulter.

The GF Survivors ate some seriously delicious gluten-free food during the Youth Program and on the Saturday evening they were also treated to a pizza party before making a splash in the pool.

Those able to attend the Sunday Cooking Program had an especially memorable and tasty gluten-free experience. After decorating their new Epicure aprons and oven mitts everyone boarded a bus to the Heartland Loblaws Cooking School where Chef and CCA member Monique van den Wildenberg lead the participants in a hands on gluten-free cooking class, sponsored by The Gluten Free Garage.

Many thanks to the Sponsors, Volunteers and Presenters who made the Youth Program a reality.

Adapted from an article by Jaime Plain in the Hamilton Peel Newsletter September 2013

Gluten-free Stuffings (From: www.the-gluten-free-chef.com)

Celery, apple and walnut stuffing

Ingredients

100g (4oz) quinoa
1 large onion, chopped
(40g) 1.5 oz margarine
350g (12oz) celery, finely chopped
1 dessert apple, roughly chopped
100g (4oz) chopped walnuts
salt and freshly ground black pepper

Directions

Place the quinoa in a pan and cover with water. Bring to the boil and cook for about 15 minutes or until the grain is soft. Drain. Meanwhile, fry the onions in the margarine until soft. Add the celery and walnuts and continue cooking for 5 minutes. Mix all ingredients together in a bowl. Season well and use to stuff the neck cavity of the turkey.

VARIATION: Add a handful of sultanas.

Sage and onion stuffing

Ingredients

100g (4oz) millet
450ml (3/4 pint) stock
1 onion, chopped
25g (1oz) margarine, melted
2 level tsps dried sage
2 tsp sesame seeds
salt and freshly ground black pepper

Directions

Place the onion, millet and stock in a saucepan and simmer gently for around 20 minutes, until the grain is soft. Drain. Add the remaining ingredients and mix well. Use to stuff the body cavity of a duck or chicken before roasting.

NL Chapter News

New GF products available in the St. John's area:

Mark Evans is a chef specializing in gluten-free dessert and snack items. He can deliver in the area from Torbay/

Logy Bay to St. John's and Paradise. He also offers options for sugar, corn and grain-free products. Contact him at 745 1016 or chefevans@gmail.com

Upcoming Events

Tuesday 22 October 2013 at Howley Estates Sobeys (St. John's): General membership meeting 7:30-9:30.

Wednesday 30 October 2013, 1 - 2:30 pm, at Mount Pearl Sobeys: Learn how to get enough nutrients and stay healthy on a gluten-free diet. To register (required), call Dietitian Danielle Farrell at 738-6997

or e-mail danielle.farrell@sobeys.com

24 October 2013 at Howley Estates Sobeys 6-7:30 p.m. Learn how to get enough nutrients and stay healthy on a gluten-free diet. To register (required) call Dietitian Stacey Andrews at 738-6997 or e-mail stacey.andrews@sobeys.com

Sunday 08 December 2013: Family Christmas social

The Last Word

Six months ago I attended a wedding reception at which every food item, from the reception “nibbles” to the wedding cake itself, was gluten-free. Many of those present were not aware that the meal was gluten-free but all said it was one of the best wedding reception dinners they had eaten. As far as I know, I was the only person with gluten sensitivity there, and I know all this because it was my wedding.

The restaurant in question (Gitano's in Corner Brook) is not a GF establishment but willingly rose to the occasion to provide an excellent dinner that was completely gluten-free. The restaurant owner welcomed the challenge - “This is the sort of thing a good restaurant should be able to do” - and the kitchen staff had no trouble adapting to GF cooking.

I've been eating at this restaurant since it opened several years ago and it has been interesting to see the changes over time. Nowadays their pasta dishes have rice pasta alternatives and the kitchen staff are much more knowledgeable about GF food preparation. I don't take credit for all of these changes because, as we all know, eating GF is a current fad diet, but I'm pleased to see how well a restaurant can respond. Most restaurants have an alert on their menu to tell wait staff about food allergies, but it doesn't always mean that they can adapt to your food sensitivity. A local Chinese restaurant with such an alert offered me steamed white rice and egg rolls as their only GF options. There's still work to do.

Mervyn Dean
Newsletter editor