

Celiac NL



DISCLAIMER AND EXCLUSION OF LIABILITY:

The contents of this publication, provided in good faith for information purposes only and using the most current information available, should not be used as a substitute for the advice of a qualified health professional. The Professional Advisory Board of the Canadian Celiac Association (the "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>.

Planning a trip to Italy? The Toronto Star published an article in April about finding lots of "senza glutine" options across the lovely country. The Italian Celiac Association website has an inventory of certified celiac-safe hotels, pizzas and bakeries in cities across Italy. The article also discusses some interesting supermarket finds. Link: <http://www.thestar.com/travel/caribbean/article/1161661-travel-for-allergy-sufferers-italy-offers-gluten-free-dining-in-the-land-of-pasta>

Presidents' Message

Welcome to another edition of our chapter newsletter – Mervyn has become indispensable as has Brian and the rest of our volunteers. What would we do without volunteers? Wait a minute, there would be no chapter.

This is the spring/summer edition, and we are experiencing both this year, summer coming a few days at a time for which we're very grateful. I hope everyone is enjoying our bouts of nice weather and making gluten free treats on the BBQ. Any new recipes that you can send us for the newsletter and/or the website would be very welcome.

On June 16th, we held our chapter AGM. It wasn't well attended but we had a very interesting discussion with those who were there and we enjoyed the social that followed. Two new members were with us and they certainly added to the proceedings.

We did have a discussion about our chapter, both plans for 2012-13 and a broader discussion about where we go as a chapter. The question arose: do we want to continue with a chapter for Newfoundland and Labrador? With easy access to the wealth of information on the internet people don't seem to need

us as they did in the early 90's when we began. Memberships continue to be an issue and most of us are really busy and find it difficult to volunteer. Please feel free to email us with any thoughts you have on this subject and we'll share the feedback next time.

We did make one decision, to change the format of our meetings for 2012-2013. After our fundraiser walk/meeting in September the remainder of the meetings will be coffee klatches held at the NLTA board room where we will have munchies, and chat with people who turn up. It will be a chance for new members to come and receive some help and for us oldies to get together and talk and eat, which are our two favourite things to do.

We had some discussion about a Christmas dinner. A suggestion was held to visit the restaurant "Get Stuffed" on Duckworth Street and we will have more information at our September meeting.

At our 2013 AGM both Geryllyn and I will be finishing our second term and won't be running for a third. This will leave openings on the executive – something for you to consider over the next year.

(Continued on page 2)

(Continued from page 1)

Geralyn finished the meeting with a presentation of the National AGM highlights (see pp 4 and 6).

Hope you have a great gluten free summer.

Geralyn Costello
 Carol Negrijn
 Co-Presidents
geralyn.costello@gmail.com
cnegrijn@nf.sympatico.ca

The CCA's Blog

The CCA started a blog so our members could tell everyone about what they were learning. We got such a good response we decided to keep using it to tell people about the CCA and about things happening in the gluten-free world. We are going to keep using the blog as one of the ways we convey important pieces of information to our readers, in addition to Celiac News, periodic email blasts and messages sent to your chapter leaders. If you have a specific question you would like to have addressed through any of these channels, send an email to AsktheCCA@celiac.ca.

Gluten-Free Travelling Idea

Most of us do not want to carry a toaster with us when travelling, although there are some who do and will make their toast almost anywhere they find a plug. For the rest of us who want a simpler solution you can purchase reusable toastabags.

The bags are non-stick and can be used to reheat/toast bread products, sandwiches, burgers, pizza slices, wraps, sweet pastries, etc. Put your food item into the bag, then into a toaster, toaster oven, or on a grill and cook. The bags, washable and reusable up to 10 times*, can be purchased in packages of 2. This has been a life saver for many of us on holidays.

(Adapted from an article by Lorraine Didrikson in the Vancouver 2012 Newsletter)

**Editor's note:* Another source (Ottawa Citizen, <http://www.canada.com/ottawacitizen/columnists/story.html?id=73f3fc69-7fic-4c34-8022-d05b8e153e4c>) quotes bags as being usable up to 300 times, a claim also found on the UK manufacturer's website. The Canadian website CityChef.ca states that the bags last for "about 100 uses". (<http://citychef.ca/xcart/customer/product.php?productid=18393>). Toaster bags are available at Nourish Bakery in Paradise but if you can't find these bags locally you can order online from CityChef.ca at \$10.95 for two bags, shipping included.

TheCeliacScene on Your Smartphone

For those of you accessing www.theceliacscene.com from Blackberries, iPhones, and androids, your device will now automatically log onto the new mobile version of the website. Not only will the information be tailored to fit the tiny screen, you will be able to find what you are looking for faster than ever. Best of all, devices with geo-locators (most phones) will automatically download the map that is closest to your location. One click allows you to call for a reservation or provides you with driving instructions that will deliver you directly to the celiac-friendly restaurant of your choice.

Organizing Your Gluten-Free Kitchen

In November, I passed the exam to become a Trained Professional Organizer, through the Professional Organizers in Canada (www.organizersincanada.com). I'd like to offer a few general tips and tricks for your gluten-free kitchen. If your kitchen isn't gluten-free, this information will help you keep it safe for the people with celiac disease in your household.

First, consider whether or not everyone in the house is eating gluten free or not. If not, you will need to keep gluten free items away from gluten-full items (the term we use in our home) in your kitchen.

☒ Keep a separate shelf or drawer for gluten-free items in your kitchen or pantry.

☒ Keep a separate area in your refrigerator and freezer for gluten-free foods.

☒ Whenever possible, store the GF items above the non-GF items. If you don't it's very easy for non-GF items to drip, drift, etc. down to the GF items or their containers.

☒ Label containers with permanent marking pens or use brightly-coloured labels for containers (note: permanent marking pens do not work on wet or cold containers, so label these before freezing or refrigerating them).

☒ Keep separate, labeled foods, such as condiments in different locations.

Squeeze bottles are an excellent choice for some items as there is no knife to dip into the containers and cross contaminate.

☒ If you have a young child with celiac disease in your house, label a large box with GF foods for that child (this depends on the age of the child, too).

Use colour coding for kitchen storage or utensils.

☒ Keep a separate colander for the GF pasta; it helps if you can put it in the dishwasher to clean it thoroughly.

☒ Use a separate cutting board for GF bread. I prefer glass, since I clean it easily. There are also some plastic, brightly-colored boards available, but they may scratch easily. You may even want to purchase a separate bread knife.

☒ Use a different toaster for GF breads or purchase some toaster bags for toasting. I have a separate toaster, labeled "Gluten-free bread only" with a permanent marker.

☒ Use different colours of containers, or use containers with lids in different colours (Tupperware has a great selection of containers or colours). If your budget is limited, try a discount store to see what you can find.

Think about your cookware. Do you use cast iron? Cast iron is not meant to be washed, and if you've cooked anything breaded in it, it could lead to cross contamination, so get a separate pan for GF foods. If you're using a coated cast iron pan, you should be able to wash it (check the manufacturer's instructions). I also prefer bakeware made of glass or silicone which I can easily put in the dishwasher, and which doesn't scratch. If you do have scratches in your metal bakeware, buy some parchment paper and line your pans with it. It's meant for baking, it protects your cookware, and it's reusable—you can wash it and let it dry. It can also be composted. Parchment paper is available at your local grocery store.

These are only general tips. If you really want to get things organized, professional organizers have the training and expertise to offer you personalized and customized organization.

By Kathleen Ayers, from Hamilton "Celiac News" Winter 2012

Hidden Valley Relabels Gluten-Free Products

Coming soon to a store near you is one less thing to worry about. According a recent press release, Hidden Valley salad dressings and mixes which are gluten-free will be clearly labeled as such thanks to new packaging. While this isn't a reformulation of any products, it is a "stronger and clearer assurance to the growing number of people who are seeking gluten-free products." Costco and other stores are a supplier of these products so watch for the new logo this summer.

Chapter Presidents' Meeting

CCA Financial Stability

The conference began with a workshop for chapter presidents and the national AGM to discuss and approve a new financial sustainability plan for the Canadian Celiac Association. Following a drop in membership of 17% this year the CCA, like other charities, is struggling with financial challenges. The goals of this new three-year strategic plan are: advocacy, financial stability, communication and research. To implement the goal of financial stability, the CCA is revamping its fundraising approach with a new model for national events and partnerships. The national office will work with chapters on developing a number of fundraising events including walkathons, cycling events, golf tournaments, lotteries or casino/Monte Carlo nights. Several chapters have agreed to hold such events over the next year with

assistance from the national office, which will oversee all aspects of planning for the events. Some presidents did express concern that all proceeds would go to the national organization and proposed that maybe 20% of proceeds should go to the chapter sponsoring the event. This suggestion will, we hope, be discussed by the national Board of Directors.

Right to Safe Food Program

The "Right to Safe Food" program will continue next year with a project that will target seniors' homes and assisted living centres to ensure that celiacs living in these centres have access to safe food. Requiring GF food is not a privilege, a dietary choice or a nuisance, but a necessity, and some senior residents may not be able to advocate for themselves. The CCA will be piloting this project in PEI. In the meantime, chapter presidents throughout the country have been asked to obtain a list of seniors' homes/assisted living centres within their province.

Geralyn Costello, NL co-president.

Millet

What is millet?

Millet is a whole-grain belonging to the grass family of flowering plants known as Poaceae, which includes rice, wheat, oats, barley and sugarcane. Although many of us think of millet as a type of bird seed, this grain has a long history of human consumption. A tiny, round seed with a mild, nutty, flavour, pearl millet is the type most widely available in North American stores.

Is millet gluten-free?

Millet is naturally gluten-free. However, cross-contamination could occur if millet is processed and/or packaged in a facility which also handles gluten-containing products, especially flours.

Is millet healthy for me?

Whole grains (such as millet) are typically low in fat and high in dietary fiber, magnesium, B vitamins, and antioxidants, which together may help to reduce the risk of cardiovascular

disease (CVD); for this reason, dietary guidelines generally recommend the consumption of at least three ½ cup servings of whole grains per day. Millet, in particular, is rich in protein and the B vitamins, thiamine and niacin, as well as copper, magnesium, manganese, and phosphorus. It also contains phenolic acids and flavones, which act as antioxidants in the body.

How can I add millet to my diet?

Cooked millet can be eaten as a hot breakfast cereal (similar to oatmeal). Add some low-fat milk or soya beverage and a small amount of sweetener (like pure maple syrup or honey) and try using toppings like raisins, fresh or frozen berries, banana, sesame seeds, or anything else you can think of.

Use millet as a side dish, instead of rice or potatoes. Top with fresh or dried herbs to create a savory accent to your meal. Millet can be cooked with vegetables and/or beans to make thick, hearty soups or stews.

Interestingly, millet, rather than corn,

was used as the base for the original polenta of Italian cuisine!

Where can I buy millet?

Millet can be found in some grocery stores, as well as many natural food and specialty shops, where it is sold pre-packaged or in bulk containers (5). Before purchasing items from bulk containers, ensure that the establishment takes precautions against gluten cross-contamination.

Where can I get more information?

Here are a few websites with recipes, nutrition information, and interesting facts about millet:

<http://www.wholegrainscouncil.org/>

<http://www hort.purdue.edu/newcrop/afcm/millet.html>

<http://www.gov.mb.ca/agriculture/crops/cropproduction/faa16500.html>

<http://glutenfreecooking.about.com/od/gettingstarted/a/millets.htm>

Adapted from: Valerie Rosser, McGill Dietetic Student and Beth Armour, Dietitian, from "Quebec Celiac News June 2012)

Recipe

Gluten-Free Moroccan Millet

Each 369 Calorie serving provides 10 g dietary fiber, 12 g protein, 3.8 mg iron, and 57 mg calcium.

Yield: 6 Servings

Preparation Time: 15 minutes Cooking Time: 40 minutes

Ingredients:

2 tbsp. coconut OR olive oil OR organic canola OR safflower oil
 1 EACH, large red and green bell pepper, sliced into strips
 1 large onion, sliced into half-moons
 2 tbsp. crushed garlic
 2 tsp. paprika
 ½ tsp. salt
 1 tsp. ground cumin
 ½ tsp. ground cinnamon

¼ tsp. ground turmeric
 ¼ tsp. ground ginger
 1/8 tsp. ground cayenne
 1½ cups millet
 3 cups GF vegetable stock*
 1 ¾ cups drained cooked chickpeas OR a 15 oz. can
 ¼ cup raisins OR chopped GF dates
 ¼ cup sunflower seeds, pumpkin seeds OR pine nuts (optional)
 salt and pepper to taste

Method:

1. Place 1 tbsp. of the oil in a large roasting pan. Add the peppers, onion, garlic, paprika and salt. Toss until everything is evenly coated with the oil and well combined.
2. Place in a preheated 450°F oven to roast for 20 minutes, stirring 2 or 3 times during the cooking time.
3. Remove the vegetables from the oven and allow them to cool until safe to handle; then chop them coarsely.
4. Meanwhile, heat the remaining tablespoon of oil in a large saucepan. Add the cumin, cinnamon, turmeric, ginger and cayenne. Stir over medium-high heat until the spices are uniform in colour and well combined, about 30 seconds.
5. Add the millet and stir quickly to coat, about 1 minute.
6. Immediately pour in the vegetable stock and bring to a boil. Reduce the heat, cover and cook the millet until all the liquid is absorbed, about 20 minutes.
7. Place the millet in a large bowl and fluff with a fork.
8. Add the roasted vegetables, chickpeas, raisins and optional seeds. Season with salt and pepper to taste. Toss gently and serve.

* **Author's Note:** Choose a lower-sodium gluten-free vegetable stock or broth, if available.

Valerie Rosser and Beth Armour

Mouse Tracks

"Gluten Free Canteen"

The Gluten Free Canteen is a blog about good old-fashioned baking which happens to be gluten-free.

Website: <http://glutenfreecanteen.com/>

Twitter: @GFCanteen

Gluten-Free Makeovers

"Recipe favourites made deliciously gluten free."

This is a US-based blog about how to make effective substitutions in regular recipes to make them work out gluten free. It has also been made into a GF cookbook.

Website: <http://glutenfreemakeovers.com>

Twitter: @Beth_Hillson

GlutenFreeTravelSite

"At GlutenFreeTravelSite, our mission is simple: To

give you a vacation from worry. We want you to realize that, just because you or a loved one has Celiac Disease or another reason for following a gluten-free diet, you don't have to give up dining out and traveling and you don't have to make yourself crazy doing all your own research and legwork before eating out or taking a trip!"

Website: <http://glutenfreetravel.com/>

Celiac travel stories and advice from a frequent tourist. Some of the information is a little more Conservative than what the Canadian Celiac Association would advise. Also has links to free restaurant cards in 51 different languages.

Submitted by Kitchener/Waterloo Chapter

NL Chapter News

Fundraising efforts by the NL chapter raised \$1,000 dollars for the CCA's General Fund. A generous donation of over \$1,000.00 from the family of the late David Hawkins, a long-time member of the chapter, enabled the NL chapter to donate an additional \$500.00 to the "Right to Safe Food" campaign. Pictured is co-president of the NL Chapter, Geralyn Costello, presenting a cheque for \$1500.00 to National CCA president Brian Benwell during the banquet at the National CCA meeting in Kelowna, BC.



Upcoming Events

08 September 10:00 - 12:00. Our fundraising walk with a coffee and muffin social to follow. Location and sponsor sheets will be sent out in August; we are

considering Cordage Place with a walk around Mundy Pond, so stay tuned for details.

16 October 7:00 p.m. NL Chapter meeting at NLTA building.

The Last Word

Travelling and eating gluten-free we all know can be a challenge, but a challenge less often mentioned is the banquet. Whether at a conference, a wedding, or a local event, you have probably encountered this situation. You ask in advance for a gluten-free meal and the response will, in my experience, be "no problem" or "I don't know if we can do that, I'll have to ask the caterer." Fortunately the caterer is usually aware of gluten-free although I've encountered one who thought that wheat products were the only concern - while everyone else was served a really thick (flour-thickened?) mushroom soup I was served a thin turkey and barley soup!

But in most cases the caterers are more aware. Aware, but not necessarily understanding, and not very imaginative. No matter what dessert the rest of the company is receiving, I and my GF colleagues will be served a fruit plate. Only once was I served a GF cheesecake (which was excellent).

I have always understood that a chef should taste his/her efforts before serving it. I am sure that they don't taste their GF creations. My first experience of this was when the waiter proudly presented my "special meal" of a ham sandwich, which must have been made an hour or more earlier and left uncovered so that the bread was now so dry it was curling. It tasted at least as bad as it looked. We have come a long way in educating caterers and raising awareness of the GF diet. Now we need them to understand GF food and pay attention to taste and texture.

*Mervyn Dean,
Newsletter editor*