



Newsletter of the NL Chapter of the CCA

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www.celiac.ca or
askthecca@celiac.ca

Presidents' Message

As I say good bye to my children who are going back to their regular lives, it really hits home that the year is over. It's been another great year for our chapter with our regular meetings, a second anniversary for our dedicated gluten free bakery, *Nourish* (with whom we shared in the food-bank project), and a lovely Christmas dinner. Thanks to Krista and so many members who have given of their time and talents to make the chapter a working success.

However, this is a pivotal time for us. As it stands now, we have no candidates to take over as president(s), and the chapter can't function without a president or two. If no one steps up by early June, we face the possibility of the Chapter folding and our members becoming part of another, possibly Halifax. GERALYN and I initially planned to serve one term and we extended it to two. But now the Chapter needs new blood and enthusiasm and this is the call for people to come forward.

We started our St. John's chapter in 1993 and four years ago, to be more inclusive, changed the name to the Newfoundland and Labrador chapter. I, for one, would be very sad to close our doors and not have a presence in this province and a

voice in the Canadian association.

I think it's vital that newly diagnosed people have a number to call and an association to help them deal with their newly altered lifestyle.

We are still hoping things will change between now and June but we must face the possibility that we will have to close our chapter. With the easy accessibility of the internet and especially with our webpage, Facebook page and our instant messaging system, the news gets out there without people needing to come to meetings. For many of us, the social aspect is vital; it's only within our group that we feel "normal" and not someone on "that diet". We will be saddened to have it all come to a close.

In February, we will have a regular meeting and hope many will turn out to help us plan the future. Please keep your Chapter in mind over the next months and seriously consider becoming more involved.

Have a great New Year and we wish health and happiness to you and your family.

Carol, co-president
cnegrijn@nf.sympatico.ca

TruRoots Brand Products at Costco

The following TruRoots brand products are reported by Shirley Bond in the Victoria Chapter Newsletter as being available at Costco:

Quinoa
 Sprouted Bean Trio
 Sprouted Rice & Quinoa Blend
 Chia Seeds
 Ancient Grain Italian Penne Pasta

Quinoa:

The large 4 lb bag of quinoa does not last long at our house. I cook it, often in chicken or vegetable broth, so it is ready to add to my Greek or regular salads, to make tabouli or to serve as a change from brown rice. When quinoa first became popular, rinsing was required to remove a bitter coating, a natural defense to deter birds. Nowadays, rinsing is not required. A complete protein with a pretty good fiber count, quinoa has the added advantage of cooking in only 15 minutes. If you are new to quinoa, or aren't sure if your family will like it, introduce it by mixing some cooked quinoa into your usual cooked rice.

While you are at Costco, pick up a copy of *Quinoa Revolution*, the latest cookbook by Canadians Patricia Green and Carolyn Hemming, the authors of the bestselling *Quinoa 365: The Everyday Superfood*. The few recipes that are not GF can be adapted with a few easy substitutes.

Sprouted Bean trio; Sprouted Rice & Quinoa Blend:

These 3 lb. bags are so convenient. Bean Trio cooks in 10 minutes, 25 minutes for the rice blend. Mix in soups, stews, or use for pilaf or a tabouli salad. According to their website, sprouting grains increases many of the grains' key nutrients, including B vitamins, vitamin C, folate, fiber, and essential amino acids often lacking in grains, such as lysine. In addition to boosting nutrition by increasing vitamins and micronutrients, sprouting activates enzymes to make those nutrients more available for the body to absorb. Their sprouted products are dried to be shelf-stable. Lots of fiber here.

Chia seeds:

These are sold in a 32 oz bag. Sprinkle on yogurt, or use to replace a small amount of flour in your favorite GF bread, muffins or other baking. Whole seeds are fairly soft, but can be quickly ground in a coffee grinder.

Ancient Grain Italian Penne Pasta:

A 1 kg bag of whole grain pasta from Italy that cooks in 6-8 minutes. Made from organic brown rice flour, quinoa, amaranth and corn, this pasta has 3 grams of fiber per serving. We liked the texture of this pasta for hot dishes as well as for cold pasta salad.

Go to truroots.com for lots of recipes such as a tangy Thai salad called larb, sage & apple stuffing or a hearty Italian sprouted bean trio soup.
 (Shirley Bond, Victoria Newsletter)

Gluten Free Pasta Made From Bananas

Lorraine Didrikson, Vancouver

New research from the University of Brazil has created a pasta made from flour milled from green bananas tasting better than regular whole wheat pasta.

Taste Test: testers were a group of 75 individuals. 50 testers who did not have celiac disease and 25 who did. The result was that both groups said that the banana pasta was better accepted than the standard whole wheat in appearance, aroma, flavor, texture and overall quality.

The test was to compare whole-wheat pasta to a green banana flour pasta. The whole wheat pasta was made out of whole wheat flour and whole eggs while the banana pasta was made with green banana flour, egg whites, water and gums. The banana pasta had a reduced fat(98%) content and increased protein value. It was less sticky than typical gf pastas and promoted firmness, elasticity, moisture and uniformity.

Findings indicated that the product could possibly be commercialized to a wider market than just those with celiac disease.

Results were published in the *Journal of the Academy of Nutrition and Dietetics*.



NL CCA Chapter co-Presidents Geralyn Costello (left) and Carol Negrijn, with “Nourish Bakery” owner Ashley Matthews (right).

This Christmas members of the Newfoundland-Labrador CCA Chapter donated gluten-free food and gift certificates from Nourish (the gluten free bakery in Paradise) to the Community Food-Sharing Association of Newfoundland and Labrador. A wide selection of gluten-free foods were donated and a total of \$200 in Nourish certificates were purchased with the bakery donating a \$10 certificate for each \$100 certificate purchased.

Some GF Websites

the-gluten-free-chef.com

After 50 years on a gluten free diet ... it's time I shared what I have learned.

Website: <http://www.the-gluten-free-chef.com>

Gluten-Free Gift Basket Ideas

Melanie Zoltan provides a few ideas for putting together gluten-free gift baskets. There are now more options out there (especially now that new labelling regulations are in force) than in 2009, but this could kick-start your own creative process.

Website: <http://suitero1.com/article/best-gluten-free-gift-baskets-for-christmas-a164803>

Glutenfreeda's Recipe Index

Over 4000 recipes, all gluten-free, and available free of charge. You can keep track of your favourites by signing up to receive a weekly e-mail newsletter.

Website: <http://www.glutenfreeda.com/recipe-index.asp>

Recidemia

“Recidemia’s objective is to be the definitive collection of the world’s recipes from authoritative sources. Recidemia is from the combination of Recipes and Academia.”

Website: http://en.recidemia.com/wiki/Category:Gluten-free_Recipes

Vegetarian Times

“Some of these delicious recipes are naturally gluten-free, others were specially developed for the gluten-free vegetarian, but all will delight you with their flavor and ease of preparation. Whether you’re new to avoiding gluten or are a label-reading celiac ready for more recipes, we’ll help you stock your gluten-free pantry, make the most of gluten-free grains, and enjoy your old favorites once again.”

Website: <http://www.vegetariantimes.com/recipe/gluten-free/>

Twitter: @VegTimes

Adapted from Kitchener-Waterloo Celiac Association newsletter

Recent Celiac News and Research Summary Gluten in Ground Spices

CFIA News Release

August 15, 2012, Ottawa: As part of the Canadian Food Inspection Agency's (CFIA) routine testing of various food products, a study released today found that more than 99% of pre-packaged ground spice samples tested for gluten would not pose a risk to gluten-sensitive consumers.

A total of 268 imported and domestic pre-packaged ground spices were collected from retail stores in 2010-2011. Health Canada determined that the very low but detectable levels of gluten in 62 of those samples, and the small amount of spice typically consumed in a meal, would not pose a health risk to sensitive consumers. One sample of mace was recalled due to a high level of gluten. Pre-packaged ground spices sold in Canada are not permitted to contain any other ingredients. However,

occasionally, and contrary to the *Food and Drugs Act, regulations*, spices may contain undeclared gluten, either intentionally added during packaging or from cross-contamination during food production.

When there is a detection of elevated levels Health Canada completes an assessment to determine if the specific level poses a health risk, based on the contaminant's level, expected frequency of exposure and contribution to overall diet.

These factors help determine whether further action is needed, up to and including product seizure and/or recall. If a human health risk is found, a public recall notice is issued immediately.

The results have been shared with the food and consumer products industry to support their ongoing food safety activities. Further information on this is available on the CFIA website.

Adapted from submission by Val Vaartnou to Vancouver Chapter newsletter



Chapter members and friends enjoyed a fantastic gluten-free meal provided by Get Stuffed Restaurant in St. John's. Special thanks go to Chapter member Krista Gates-Guy for organizing the event.

Acceptance of the President's Choice gluten-free products into the CCA GFCP program

You may have heard by now that the *Dominion Supermarkets'* "President's Choice" line of gluten-free products now carry the certification stamp of the Federal government/CCA gluten-free certification program (GFCP). For more information about the GFCP program go to <http://www.glutenfreecertification.ca/test/> and for information about the "President's Chopice" gluten-free certified products see the article in the *Financial Post*, on-line at <http://business.financialpost.com/2012/12/13/loblaw-launches-gluten-free-products-through-presidents-choice-line/>

Clarification of Nature's Path GF labelling

Nature's Path Organic Foods changed a significant amount of packaging this year and as part of the new requirement to more precisely declare allergens present in their production facilities wheat was inadvertently added to the 'May Contain' statement. Although wheat is present in the facilities, it certainly isn't present in their gluten free products. The "May Contain" statement is a regulated government requirement when allergens are

present in the production facility, but overstating wheat on a gluten free product is a misprint. The GFco certified seal you see on pack assures that Nature's Path controls, tests, and guarantees that the product is gluten free.

"We apologize for any confusion the 'May Contain' misprint may have caused and are working to rectify the issue. Our current inventory is being stickered to conceal the misprint and we have since removed the 'May Contain Wheat' statement from our Canadian gluten free packaging files to ensure future boxes are printed with the appropriate information."

Gluten-free Kid's Card

A kid's card to be put into their backpack, on their desk, pencil box, sports bags, etc. Make it the size of a business card. Many backpacks have a place to insert a card with your name on it.

Print both pages and laminate them together (FRONT and BACK).

This is the FRONT.

Hello. My name is _____.
I have Celiac Disease.
I must follow a strict gluten-free diet or I will get sick.
I cannot have wheat, rye, barley or any foods that contain them or come in contact with them.
See food list on other side.

Kids Gluten Free Lunch Box

A packed lunch is a healthy, safe and economical solution for every gluten free eater. Here are some suggestions:

- A thermos can turn last night's dinner into the next day's lunch. Make extras such as GF pasta dishes, salads, chicken and rice, rice and beans, casseroles, fish sticks, meatballs, ravioli, GF pizzas, soups and more.
- Sandwiches: Double check that the lunchmeat is gluten free. Pair your favourite toppings with your favourite bread. Sandwiches often keep better when you keep them separate (bread from the toppings) until it is time to eat.
- Wraps with GF tortillas are good with various fillings e.g. leafy greens and veggies. Lettuce wraps can

This is the BACK.

Safe Foods:

Plain, "naked" foods such as: grilled chicken, hamburger and other meats, vegetables, baked potatoes, rice, salads without croutons, fresh fruit and vegetables.

Foods to avoid:

Sauces, gravies, marinades. Anything that is breaded or fried. Cookies, cakes, muffins, pastries, breads, bars, crackers, chips, or anything else made or dusted with wheat flour.

Caution: Some crafts are wheat based such as play-dough and paper mache. Please be aware that cross-contamination can easily occur.

contain your favourite lunch meats, tofu, hummus veggies, etc.

- Peanut butter and jelly is a lunch box favourite that can be paired with GF bread, rice cakes, waffles, crackers. **But check with the school first** as many schools today are nut free zones.
- Salad greens provide a healthy base for many of your favourite foods, such as bell peppers (of any colour), tomatoes, celery, carrots, jicama, mushrooms, olives, avocado, onions, sunflower seeds, pumpkin seeds, hemp hearts, chia seeds, raisins, currents, variety of beans, tofu, rice quinoa, tuna, chicken, GF salamis, etc. Put the (GF) dressing in a separate container.
- Side dishes: Yogurt, fresh fruit, apples with peanut butter (where permissible) or sunflower butter, applesauce cups, carrot sticks, zucchini, celery with hummus, cheese sticks, GF crackers, chips, popcorn, GF pretzels, jello cups and mixed dried fruits and nuts, (if nuts are permitted).

NL Chapter News

Congratulations go to long-time Chapter member and former Vice-President Barbara Dooley on receiving the Queen's Diamond Jubilee Medal for her volunteerism. Barbara was nominated by the Chapter. We hope to present Barbara's medal to her at an event during our February meeting. Stay tuned for further details.

Chapter co-presidents Carol and GERALYN want to again remind members that their second term of office, along with the term of office of other members of our Chapter Executive ends in June 2013. We are actively seeking Chapter members to take over the Executive of the Chapter at our annual meeting which will take place in June. Please considering volunteering for a two-year term on our Executive so that the Chapter will continue to represent its members.

Upcoming Events

The National Conference of the Canadian Celiac Association will take place in Mississauga, Ontario, from June 7-9. It is being hosted by the Halton Peel Chapter. Please consider attending this excellent conference which will have both national and international speakers. The Chapter hopes to be able to assist members wishing to attend by paying

either the full or partial conference fee. Stay tuned for details. The website to obtain information on the conference go to the Halton Peel website (www3.sympatico.ca/maripet.haus) and click on "2013 national conference".

Chapter meetings in 2013: February, April/May, AGM in June.

The Last Word

In her President's Message Carol has indicated that this NL Chapter may not exist by this time next year. The CCA Chapters are, like many organisations of people in Canada, run by volunteers. I have been part of many such volunteer groups over my adult life and the pattern is always the same. Most of the work involved in running the group is carried out by the dedicated few. Eventually that dedicated few can no longer keep going, most commonly because of one or more of frustration, burn-out or personal/family reasons.

This is the first issue of the third volume of this NL Chapter newsletter. I have enjoyed editing it but wonder if anyone reads it, other than Carol and GERALYN who help proof-read it and ensure that it meets Chapter standards. All of the NL content of the newsletter comes from Carol or GERALYN (*Presidents' Message*, local events), or me (*The Last Word*). The rest is taken from other Chapter's newsletters. It would be really nice to have some contributions from NL members. What to write about? Anything to do with living with celiac disease or gluten-free eating. Don't think you can write well enough? You are probably wrong, but in any case I can certainly help if need be.

Serving on the Chapter Executive or contributing to the newsletter are ways to be involved with the Chapter. There are other ways, such as organising a local gluten-free event in your part of the province, or perhaps lobbying your local store or restaurant to provide gluten-free options, although my experience is that awareness of gluten sensitivity is very high throughout Newfoundland and Labrador, no doubt due at least in part to the activities of the Chapter. Whatever you may want to consider doing locally, the Chapter's resources can support you. Whether this will be the case if our Chapter HQ is outside the province I don't know.

There will probably be one more newsletter in the summer, but whether there will be a third one in 2013 will depend upon what happens at the Chapter AGM in June.

Mervyn Dean
Newsletter editor