



# Calgary Celiac News

## August 2022

Edition 3

[www.calgaryceliac.ca](http://www.calgaryceliac.ca)

### In this Issue:

• <i>Message from Marcia</i>	2
• <i>Upcoming Event Calendar</i>	3
• <i>May Awareness Re-Cap</i>	6
• <i>Stampede Breakfast Re-Cap</i>	7
• <i>Celiac Journey, Alex Shuttleworth</i>	8
• <i>Disney World, The Happiest Gluten-Free place on Earth</i>	11
• <i>Upcoming Casino Fundraiser</i>	14
• <i>Let's Share some History, Part 3 By J. Murray</i>	17
• <i>Annual Meeting of Members</i>	21
• <i>Gluten Free Advocacy Committee #NOMORESALADS</i>	24
• <i>Research Round-Up By James King, M Sc</i>	26
• <i>Recipes</i>	29

## *Message from the Calgary Chapter President*

Yee haw! We kicked off summer with a bang, with the return of our annual Wendy T's Stampede Breakfast. We served more people than ever before as the lineup for pancakes and sausages wrapped around the block! Thank you to everyone who came out to enjoy this event, and to our army of volunteers, we could not have done it without you. We had some great sponsors this year as Kinnikinnick, Spolumbos and Amaranth teamed up to sponsor this event. We served until we ran out of food and I know near the end we sadly had to turn people away. We are excited about the popularity of this event and our team is already working on logistics for next year to figure out how we can make it even better!



Sadly, after a two-year absence, our Rod McDaniel's Celiac Kids camp was cancelled again this year. We were ready to host 51 campers, but a COVID-19 outbreak at the camp caused a last-minute cancellation since they did not have enough camp counsellors to host our kids. We know there were lots of disappointed families and kids and we were heartbroken when we received the news. I really hope we can see the return of this camp next year as it is such an amazing opportunity for kids with celiac disease to interact with their peers in a fun and safe setting.

We are preparing for our AGM on October 19<sup>th</sup>. You can register on our website. Remember, if you want to be able to vote, you will need a valid annual membership. We are recruiting new board members as well, so please apply if you are interested in joining our amazing team! More details on the AGM are included in this newsletter and on our website.

Another thing to look forward to this fall is the return of our annual Oktoberfest! I hope you will be able to join us for some beer and great food, it promises to be a lot of fun. I am also hoping we will be able to offer a Kids Christmas party, it is personally my favourite event, so I have been brainstorming creative opportunities with a backup plan in place because I am so tired of having to cancel events due to COVID-19, especially events for children!

Thank you for your continued support! The volunteers of the Calgary Celiac Association work hard to support our gluten free community and your donations and time help us do that!

*Marcia*



Always Check our Website for the most current Event Information:

<b>Celiac 101 Information Session</b> <b>Date: September 15, 2022</b> Time: 7:00 pm - 9:00 pm Location: Virtual (Zoom) Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome ! Zoom presentation followed by Question & Answer.	<b>Sep</b>	<b>Casino Fundraiser</b> <b>Date: October 2 &amp; 3 2022</b> All-day event Location: Cash Casino, 4040 Blackfoot Trail SE We have been awarded a fundraising casino and need volunteers. There is ample free parking. The volunteer room is large and comfortable. There will be plenty of Gluten Free food and snacks. Contact <a href="mailto:info@calgaryceliac.ca">info@calgaryceliac.ca</a> if you can help.	<b>Oct</b>
<b>Gluten-Free Oktoberfest</b> <b>Date: October—TBD</b> Time: TBD Location: TBD	<b>Oct</b>	<b>Annual General Meeting</b> <b>Date: October 19, 2022</b> Time: 7:00 pm—9:00 pm Location: Virtual (Zoom) Join us for the Annual General Meeting of the Calgary Celiac Association. This meeting will be held <b>virtually over Zoom</b> and the Order of Business will be conducted as set out in the By-Laws of the society.	<b>Oct</b>
<b>Celiac 101 Information Session</b> <b>Date: November 15, 2022</b> Time: 7:00 pm - 9:00 pm Location: Virtual (Zoom) Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome ! Zoom presentation followed by Question & Answer	<b>Nov</b>	<b>Kids Christmas Party</b> <b>Date: TBD</b> Time: TBD Location: TBD	<b>Dec</b>

# CALGARY CELIAC 101 INFORMATION SESSIONS

The Calgary Celiac Education committee is hard at work planning the next season of Celiac 101 information sessions. These sessions are **FREE** and open to anyone who would like to learn more about Celiac Disease, the Gluten Free diet, label reading, dining out and navigating social situations. This is a valuable resource for those newly diagnosed and their family members to learn how to safely navigate the Gluten Free diet.

There is an informative presentation followed by an open Q & A session where our volunteers will answer any questions you may have.

These sessions are currently offered Virtually over Zoom.

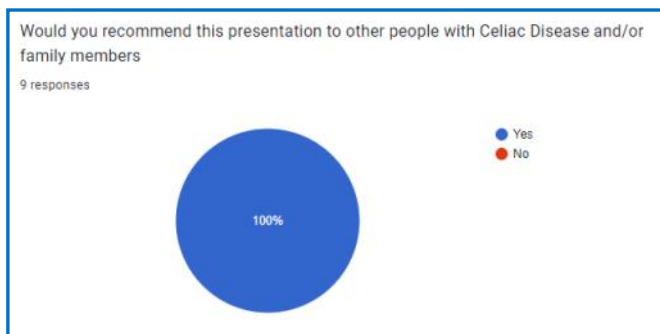
The planned dates for the upcoming 2022-2023 season are listed below.

Please check our Website for the most current event and registration information. (dates subject to change)

- Thursday, September 15/22
- Tuesday, November 15/22
- Wednesday, January 11/23
- Thursday, March 16/23
- Wednesday, May 10/23

[Register Here](#)

[www.calgaryceliac.ca](http://www.calgaryceliac.ca)





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# MAY AWARENESS RE-CAP

May seems like such a long time ago but we wanted to acknowledge what a busy and successful month of Celiac Disease Awareness, fundraising and community events we had.

The month started off with the Tower light-up and Food Bank drive where we collected 180 pounds of food for the Calgary Food Bank in addition to securing 72 cases of GF Oats from Splendor Garden.



Food Bank Drive—May 15

We also had a successful Local Business campaign where discounts were offered for the month of May at many of our local Gluten-Free businesses.



Once again our kids coloring contest for an Avatara pizza party was a hit !

May Awareness month concluded with our annual team Walk/Run fundraiser with Calgary Marathon and a sold-out SAIT gourmet Gluten-Free dinner.

Thank you to everyone who participated in our May events and helped to spread Celiac Awareness and community spirit.



SAIT Gourmet Dinner—May 27

# STAMPEDE BREAKFAST RE-CAP

A Tremendous Thank you to everyone who came out to enjoy the Wendy T's Gluten-Free Stampede Breakfast this year. We had a great turn-out and some amazing Volunteers that made this event possible.

We are proud to announce that we served over **950 gluten-free breakfasts**, even though this did mean long lines for some!! We reached many people in the Calgary Celiac community and heard some wonderful stories from attendees that filled our hearts. It was a great opportunity to reach and engage a larger community!



The Stampede Batter Boys community volunteers did an excellent job flipping pancakes and the volunteers from our Calgary Celiac community were worked off their feet. Thank you *Meg, Jen, Marcia, Lisa, Kristen, David, Brooke, Ralph, Brad, Kim, Alex, Emily, Christy-Lynn, Bethany, Jasmin, Vivian, Heather, Joanne and Shelly*. Your efforts were outstanding and we couldn't have achieved this without you.



Thank you to our amazing sponsors Kinnikinnick, Spolumbos and Amaranth Foods and an extra shout-out to the team at Amaranth for showing up with additional volunteers for the drink station.

We have lots of take-aways and ideas to improve the flow of this event next year. We have heard your feedback and will take all ideas into consideration. Please consider volunteering, becoming a member or donating to our charity so we can continue to provide community events.



# CELIAC JOURNEY, ALEX SHUTTLEWORTH

Hello Everyone!

For those of you I did not meet at the Gluten Free Stampede Breakfast in Calgary, my name is Alex Shuttleworth and I am the current holder of the Miss Rocky View County World 2022 title.

A bit about my journey to celiac disease and beauty pageantry for those of you I have not met! I am originally from a farm located just outside of Airdrie and hold a BSc in Agriculture. In early 2020, I began experiencing what appeared to be random and sporadic stomach pain. After the closures relating to COVID, I was able to see my family doctor in August. I am one of few, very lucky people because my doctor immediately suspected celiac disease and sent me for blood work and a biopsy which confirmed my diagnosis. And thus, my journey with celiac disease began!

I have been fully gluten-free since my diagnosis in September of 2020 and what a ride it has been! From incredibly supportive friends and family, to well-meaning, but unhelpful acquaintances, I have found that there is a vast array of understanding (and misunderstanding) surrounding celiac disease. Many days it can be quite difficult to remain positive when you are constantly hearing how much your life will change. This was my main driving factor why I entered the Miss World Canada beauty pageant in May.

The Miss World Canada pageant is an annual competition where young women compete across the country and represent their cause of choice on a national stage. Living outside of Calgary, I know just how difficult it is to find support and gluten-free options without the



Alex Shuttleworth, Miss Rocky View World 2022

stigma that often surrounds celiac disease and gluten intolerances. Having experienced both the ups and downs of celiac disease, my campaign focuses on raising awareness around celiac disease and how “normal” of a life you can live.

If you are interested in following my journey to the Miss World Canada competition, you can find me on Instagram at [alex\\_shuttleworth\\_](https://www.instagram.com/alex_shuttleworth_).

Wishing you all a healthy, sunny August.

*Alex Shuttleworth*

*Miss Rocky View County World 2022*

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## Membership Renewal

Don't forget to renew your membership for 2022 .

Your membership gives you voting rights at the AGM and special meetings.

Memberships are valid for 1 year and need to be held sixty (60) days before a Member Meeting to be eligible to vote.

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# GLUTEN-FREE OKTOBERFEST



**Stay Tuned  
for details on  
Oktoberfest coming  
soon!**

## Seeking Board Members



**WE ARE RECRUITING NEW BOARD MEMBERS FOR THE CALGARY CHAPTER OF THE CANADIAN CELIAC ASSOCIATION. IF YOU ARE INTERESTED IN JOINING OUR TEAM AND MAKING A DIFFERENCE TO PEOPLE IMPACTED BY CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND/OR NON-CELIAC GLUTEN SENSITIVITY.. VISIT OUR WEBSITE FOR DETAILS ON HOW TO APPLY. PREVIOUS BOARD OF DIRECTOR EXPERIENCE IS AN ASSET.**



# DISNEY WORLD: THE HAPPIEST GLUTEN FREE PLACE ON EARTH!

By: M. Bruce  
[www.myceliacfamily.com](http://www.myceliacfamily.com)

We ate completely gluten free at Disney World during a busy Spring Break and it was amazing. Churros, beignets, pasta, burgers & fries, Mickey-shaped waffles, breakfast sandwiches, seafood, pizza, chicken fingers, ice treats and more, all GLUTEN FREE. We felt NORMAL and didn't want for anything during our trip.

You might be wondering why Disney World instead of Disneyland since Disneyland is so much closer? Although Disneyland is very accommodating and treats people with celiac disease very well, Disney World takes it to the next level in terms of variety and possibilities. Disneyland, the original Disney park, opened in 1955 and is in the heart of Anaheim, so space is limited and that includes their kitchen space (not many dedicated fryers). I find a lot of their menus include the typical things you find on a gluten free menu such as salad with grilled chicken.



Disneyland is pretty small, they only have two parks and three branded hotels. Disney World opened almost 20 years after Disneyland and has four parks, two waterparks and more than 25 branded hotels across more than 100 square kilometers! Many of their restaurants were built with allergy accommodations in mind and include separate prep areas and equipment to cater to special diets. Prior to our trip I received some information from an allergy chef who told me that the restaurant she worked in had four main allergy categories 1) gluten/wheat, 2) vegan (egg, dairy & gelatin), 3) peanut, tree nut & soy, and 4) top 8 free. She explained that there are four of every piece of equipment, one for each of these categories in addition to their regular menu and if someone has a unique allergy outside of these categories, it is prepared carefully by hand.

My husband and I are both celiac and our entire family is strictly gluten free. We were at Disney World for 11 days and did not get sick once! The resort hotels in Disney World are amazing, they have entry level resorts that are more affordable for families and high-end resorts if luxury is what you crave. Each resort has one or more restaurants and most of those restaurants have gluten free menus, so even if you aren't Disney geeks like us, I think you could have an amazing vacation staying at one of the resorts doing some resort hopping to experience all the amazing gluten free eats, without ever stepping into a park or onto a ride!

## My Celiac Family's Top 5 Disney World Gluten Free Tips:

**1** Download Disney World app to access menus and do some research ahead of time. On the app you can see all of the menus for their quick service (fast food) restaurants and their table service (sit down) restaurants. When viewing the menu online, scroll past the regular menu (try not to look so you don't even have to see what you are missing out on), and once you get past the drinks you will find the allergy menus and all of the gluten free options that are available.

- For quick service locations you can order right on the app, as long as you are ordering from the gluten free section.
- For sit down locations, indicate your allergy on the reservation. Wait staff will show up with a special allergy order pad and ask who in the group had the allergy.



**2** Before your trip, join a group or follow a Gluten Free Disney account on social media. You will get to see pictures and reviews from our fellow gluten free friends so you can get excited about your options. I love following them even when we don't have a trip booked so I can live vicariously through their experiences.



**3** Get a popcorn bucket – Disney World isn't cheap, but popcorn refills are! If you are going for more than a couple of days your bucket will pay for itself.

**4** Order groceries to your room! All of the resort hotels at Disney World accept grocery deliveries. The bellhop will even store your milk and yogurt in the fridge. You can pick the groceries yourself from the bellhop or they will deliver it to your room for a small fee. I always make sure my suitcase is not full on the way there so I can bring back some of those elusive items that I can only find in the US. This is a great money saver and time saver as we can have some breakfasts and lunches in the room. You are also allowed to bring snacks into the parks so fill your bag and enjoy your day!

**5** Relax and enjoy! Disney World is one of the places where I feel like I can just relax and feel normal again. No, we can't eat everything, and yes, you do need to have your gluten free Spidey senses up to make sure you stay safe, but for the most part, they make gluten free eating so easy and fun.



# In the Kitchen with Grimm's

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# CALGARY CELIAC CASINO: OCTOBER 2 & 3

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Calgary Celiac has been assigned a Casino event on October 2 and 3, 2022. Thank you to all the volunteers who put their names forward already to almost fill our shift schedule. We are at Cash Casino again on Blackfoot Trail and 40<sup>th</sup> Ave SE.

At the moment **we need Chip Runners for Monday Oct 3 both Day and Evening shift.** Chip Runners spend most of their time in the volunteer room with unlimited snacks and soft-drinks (no charge) and occasionally carry poker chips from the Cash Cage to the tables, escorted by a Security Guard.

If you would like to join the hard-working crew of Calgary Celiac Casino volunteers and you have some time on Monday October 3, please respond to Joanne at [admin@calgaryceliac.ca](mailto:admin@calgaryceliac.ca) . The work is easy and it really is fun getting to know others in the local Celiac Community.

For background, Casinos are the largest single fund raiser for the Calgary Celiac Association. The revenue from a Casino event is roughly 50% of our income in a Casino year. That money enables us to run Kids Camp, Gourmet SAIT dinners, GF Kids Christmas party, Information nights, GF Oktoberfest, GF Stampede Breakfast, and many other things we do.

Thank you. Ralph

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Donations can be made by mail, phone or on our website at [www.calgaryceliac.ca](http://www.calgaryceliac.ca)

Office: 403-237-0304

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1 package Namaste Brownie Mix,  
prepared

1/2 gallon mint chocolate chip ice cream  
– softened

1 container whipped topping, softened

15 crushed peppermint candies  
chocolate syrup (optional)

Bake Brownies according to package  
directions in 9x13 pan. Best to line pan  
with parchment paper to make it easier  
to remove and slice cake. Cool brownies  
after baking.

Spread softened ice cream in an even  
layer over brownies.

Spread even layer of whipped topping  
over ice cream.

Drizzle chocolate syrup over cake.

Sprinkle crushed peppermint candies  
evenly on top.

Refreeze for at least one hour before  
serving.

Variations: Experiment with different ice  
cream and toppings, too! Recipe may  
be divided in half to make an 8x8 pan.

*Enjoy!*



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# LET'S SHARE SOME HISTORY, PART 3:

BY J. MURRAY



It's time for part 3 of this three part series looking at the advancements in the diagnosis and treatment of CD through the years from 1960 and 2020. This segment will focus on the years from **2000 to 2020** and the rapid advancements that have created a whirlwind of research, education, commercial support, and above all, vast numbers of people being diagnosed at all ages and stages of life and with the broad array of symptoms that had been largely unrecognized as celiac related through so many decades. The constant throughout this 20 year period was CHANGE, with more change than I can do justice to in one sitting. Part 3 will be offered as Part 3A in this newsletter and Part 3B will be printed in the fall newsletter.

During these years, we learned a new language that evolved from the rapidly advancing world of technology and included terms such as product placement, digital footprints, virtual collaboration and more. Google offered the means to browse trillions of documents, searching for the elusive details that would make sense of our vague health related symptoms. Our health providers would enter the world of collaborative services, instant sharing of health files and sifting through research papers that showcased the changes in knowledge on a minute-by-minute basis. Celiac Disease entered the technological world at the same pace as other medical conditions and with the same impact. Rapid CHANGE was apparent in every aspect of the celiac world, change that was so rapid that we could barely keep pace with it.

## Medical Advancements

Let's start with the pivotal changes that led to better and more accurate diagnosis.

The year 2001 marked the time when the tTG blood test became generally recognized as a quick, easy, cost-effective and accurate means to screen patients for CD. The test was initially made available to research programs to establish a broad multi-national, multi-cultural patient base to assure reliable use. Many medical communities set up varying forms of directed research, each with the goal of proving the value of this new test. In 2003, Calgary used this opportunity to establish a family study to determine the prevalence of CD in first degree relative that might have undiagnosed (and often unsuspected) celiac disease. The outcome of this study recognized that the prevalence was quite high, matching closely with research in other parts of the world. A follow-up study was conducted in 2018, working with the same family units as the original study.



Once the blood test was made generally available in the medical community (2006 in Calgary), it opened the flood gates as many people with often vague symptoms were clamoring to 'give it a shot' with a remarkably high positive rate and a medical community quite unprepared to provide the follow-up biopsies so necessary to confirm the celiac diagnosis. (The average referral time to a gastroenterologist for biopsy in 2005 was ~6-8 weeks, which shifted to months by later this

same decade.) While the tTG serology test was gaining recognition, but still limited in availability, Glutenpro acquired the rights to market the Celiacsure home test kits. These kits were available through some local pharmacies for a number of years, until the tTG became readily available in all Canadian medical labs. (There is a current home test kit available through Imaware that continues to fill this gap for some people and offers an expanded version of the Celiacsure home test capability.)

It wasn't long before the need for additional serology tests was recognized. The DGP-IgA and DGP-IgG (~2012) became available, making it easier to do the preliminary screening of patients who had complicating factors making the tTG less reliable for them. What did startle many in the medical community with all these newer tests was the remarkable number of people being diagnosed with non classic symptoms. It is now recognized that more than 60% of the people currently diagnosed have non-classic symptoms. These were the people who previously struggled for decades looking for a cause for their health issues, rarely being diagnosed because they didn't match the accepted criteria of classic symptoms of the previous decades.

Also of note through these years was the continuing advancements in the equipment being used for the biopsies. In 2002, the first endoscopic system connected to HDTV became available. Further advancements with greater magnification and higher resolution now make it possible to see individual cells while performing the procedures.

It was also during these 2 decades that there was increased awareness that the impact of gluten reached beyond celiac disease. In 2010, NCGS (Non Celiac Gluten Sensitivity) was identified as a separate intestinal issue from Celiac Disease, but equally distressing to the health of the people identified with it. Unlike

CD, it did not show positive blood screening or intestinal damage and did not have identifiable genetic markers and is not classified as an autoimmune disease. There was also greater recognition of the gluten related disorders in the Celiac family, DH (Dermatitis Herpetiformis) and Gluten Ataxia and other related neurological manifestations. Research projects, some funded by the Calgary chapter, also identified a high prevalence relationship with other autoimmune diseases including Type I Diabetes, Thyroid disease, AI liver disease characterized by chronic elevated liver enzymes and other conditions, as well as malabsorption complications causing nutrient deficiency disorders such as Anemia and Osteoporosis.



### **Calgary Celiac: Leaders in Education and Community Outreach**

The Calgary Chapter became recognized as a leader in education development. In 2005, we developed an educational package that included a slideshow presentation as well as the laminated single page guidelines for both the diet requirements and prevention of cross contamination. These were suitable for restaurants to keep handy when staff needed quick and easy references in the kitchen prep areas. Restaurants were overwhelmed initially with gluten free meal requests and had little experience in dealing with it. Over time, the restaurant industry would develop inhouse education programs, but until then, they were reliant on chapter volunteers providing as much useful information as possible while they learned.

In 2006, the Calgary Chapter shared the materials as they were developed with other

chapters and for the first time in the CCA history, and thanks to technology, there was a standard format for education that could be used across the nation. In 2010, at the national CCA conference in Winnipeg, the Calgary Chapter formally handed over the master files for the education materials to the national CCA office. In 2012, several of us met at the national CCA conference in Kelowna to refine the format of the developing online program under the leadership of Orla Myrfield. In 2014, at the national CCA conference in Calgary, the national online education program was launched, with the assistance of Sue Newell and her computer skills. Once again, as end user organizations (restaurants primarily) developed inhouse education programs, the need for the CCA to sponsor an online certification program shifted to greater development of videos reaching a broader audience.

And now, of course, in the aftermath of the Covid pandemic, the shift to online conferences has become the norm, reaching vast numbers of people who had not had the option previously of attending many of the conferences in person. And also, as a result of our limiting of our in-person connectedness with others through the pandemic, we were amazed by the number of home videographers who have made a significant contribution to awareness by telling their stories and posting them on YouTube channels, with the video posted by Sonia Jones describing her journey to diagnosis of her neurological presentation of CD being one of the most compelling.



After the initial launch of the education program in Calgary in 2005, we were invited to provide staff training for many restaurants. As word got out, we were invited to participate in health care and food service programs in a number of post secondary and other community education programs, including the health care programs at Bow Valley College, the food safety programs at the Canadian Food

Safety Group, the health care trade shows with SYSCO Food Wholesalers (2005-2011), the food service and baking programs at SAIT including representation on their advisory committee (2003-2008) and providing guidance to the Calgary Food Bank (2007 onward). These and other relationships continued through several years until many of these organizations developed their own inhouse programs and materials tailored to their program needs.

In the broader community, books became available that made it easier to navigate the celiac world. The work of Shelley Case, RD deserves a shoutout. She launched the first edition of her book, *Gluten Free: The Definitive Resource Guide*, in 2001 and now 6 revisions later, her book continues to offer the most up-to-date information for managing the GFD and continues to be respected internationally.



Some of the most respected gastroenterologists who are also involved with research, took the opportunity earlier in this century to launch books that also served to take as much mystery out of our disease as possible, with Dr. Joseph Murray, Dr. Peter Green, Dr. Alessio Fasano, Dr. Dan Leffler, Dr. Sheila Crowe being amongst the ones whose books are still valuable reference resources. And now, these same physicians and many newer members of the medical community, are available through online presentations and podcasts so that we can all have a better understanding of our disease and the best ways to manage it.

Plant scientists began to take more interest in gluten free plant sources for the food chain, with Dr. David Sands from the University of Montana, Bozeman, taking a particular interest in repurposing some grains and pseudo grains into gluten free sources for flour. These products included Montina (Indian Rice Grass), Timtana (Timothy Grass) and Proatina (Specialty GF Oats) that offer uncontaminated flour products high in protein and fibre.

Schar, in addition to its dedication to producing quality GF products, has also been instrumental in bringing scientific groups together. In 2009, Schar established a scientific committee on Celiac Disease, and in 2011 hosted the first Gluten Free World Summit in Oslo, Norway. This marked the 30<sup>th</sup> anniversary of the establishment of the company and the production of gluten free products.



There's still so much more to tell of the changes we were experiencing in this new century. These will be covered in Part 3B in the next newsletter when we look at the legislative changes, community support, product advancement and more than anything, the hope that we were being seen and heard as

we expressed our needs for food safety and the need to feel part of the magical world of food inclusiveness. This new century offered us new options beyond the safe alternatives of a boring salad as a main course and a fruit cup as the safe dessert.

And, BEER, there must be beer... Early in this century, La Messagiere answered the call and produced the first gluten free beer in Canada. One led the way, now there are many.



Stay tuned for the wrap-up in the fall.

The Spolumbo's logo, featuring the brand name in a bold, black, sans-serif font. Above the name are five red squares and below are five green squares. To the right of the name, the words "FINE FOODS & DELI" are written vertically in a smaller, black, sans-serif font.

Ask your local grocer for original Spolumbo's

A close-up photograph of two grilled sausages, showing char marks and garnished with fresh herbs and a fork.

*All meat. No wheat*

**SPOLUMBO'S**  
**All-Natural ♦ Gluten-Free**

# ANNUAL GENERAL MEETING



The Annual General Meeting of Members will be held virtually, via Zoom, on **October 19, 2022 at 7pm**. Please register on our website if you will be attending. [www.calgaryceliac.ca](http://www.calgaryceliac.ca)

## Agenda:

1. Establish quorum
2. Opening Remarks & Introductions
3. Approval of Minutes from 2021 AGM
4. Year in Review
  - President's Message
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5. Election of Board Members

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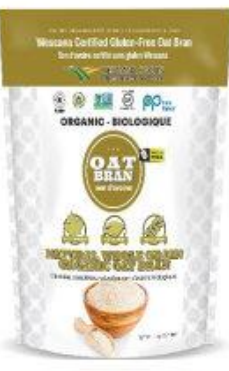
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# WE ARE MOVING!

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We are moving, down-sizing and saving our Charity a few dollars in the process.

Thanks to the efforts of our amazing Board Director, David, we have secured a long term lease at our new location on Fisher Road SE. This location is more economical and close proximity to transit, Glenmore and Deerfoot Trails.

Please update your address books for September 1st

**Suite 102, Fisher Road SE, Calgary, AB, T2H 0W3**

# CALGARY CELIAC: GLUTEN FREE ADVOCACY

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## Gluten Free Advocacy Committee (#NOMORESALADS)

Everyday more and more people are being diagnosed with celiac disease or gluten sensitivity. For those who are required to adhere to a gluten free diet, one of the biggest challenges in transitioning to being “gluten free” is the feeling of being left out due to the lack of, or perceived lack of, safe gluten free options available in restaurants, pubs, arenas, concerts and other public social settings

Restaurant operators & chefs are recognizing the influence of the gluten-free consumer on others. It's the gluten-free diner that will typically choose where the whole party will dine, so these individuals bring in additional business too.

There are opportunities for restaurants and the food service industry with limited gluten-free options to expand their gluten-free menu offerings and training staff to safely prepare & serve great-tasting gluten-free foods so that everyone benefits.

The newly formed Gluten Free Advocacy Committee is seeking to increase awareness of the opportunities for the restaurant industry and GF community to work together toward a safer, more inclusive and enjoyable experience. A focus group will be planned in the fall with restaurant owners and chefs from several local businesses about their ambitious gluten-free food achievements. Stay tuned to learn more about what this committee is doing.

**We are actively recruiting volunteers to assist us with this exciting initiative. For more information contact [vp@calgaryceliac.ca](mailto:vp@calgaryceliac.ca).**

# CELIAC DISEASE RESEARCH:

## University of Edmonton:

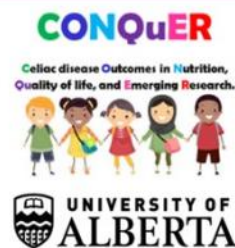
### DO YOU CURRENTLY FOLLOW A GLUTEN-FREE DIET?

A research team led by Diana Mager PhD RD at the University of Alberta is conducting an **ONLINE SURVEY** for individuals 14 years of age or older, to obtain gluten-free recipes and recipe ideas.

If you would like to complete the survey, please use the link below to access the survey. The survey will take 15-20 minutes to complete.

Survey Link: <https://redcap.link/GFcookbook>

If you have any questions about the survey, please email Rita Jiang BSc at [zhigian3@ualberta.ca](mailto:zhigian3@ualberta.ca)



Version 1. May 24, 2022. Pro00120923

## University of Calgary:

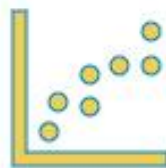
If you have celiac disease, we would like to hear about your experiences (good and bad) in romantic relationships! For your time, you can enter a lottery to win a \$50 Indigo gift card.

Participants must be 18-28 years old, eat a gluten-free diet, and be in a relationship less than 3 years long. **You do no need to be in a relationship to participate.**

If you know of anyone else who might be interested in participating in this study, please consider asking them to contact us at [lovelab@ucalgary.ca](mailto:lovelab@ucalgary.ca), or share the link to this survey.

[SURVEY LINK](#)





## **RESEARCH ROUND-UP**

### ***Undiagnosed vs. Diagnosed Celiac Disease in Scandinavia***

James King, MSc

Previous research has indicated that celiac disease can remain largely undiagnosed in the population.<sup>1,2</sup> However, with increased awareness of the condition in certain regions and improved screening methods, it is possible that the gap between diagnosed and undiagnosed celiac disease may begin to narrow.

#### **Sweden**

Sweden is a country that has seen some of the highest incidence of celiac disease diagnoses throughout the world<sup>3-5</sup>, with the risk of being diagnosed with celiac disease in a lifetime being 1.8%.<sup>6</sup> Perhaps most notably, a prevalence of 3.0% was found in children aged 12 who were born during the 'Swedish epidemic' period (1984-1996).<sup>7</sup> During this 'epidemic' of celiac disease, the incidence of symptomatic celiac disease among infants (2 years of age or younger) increased by four times within a few years and then began to decline in at a similar pace about a decade afterward.<sup>7</sup>

Accordingly, a lot of work has been in the nation regarding disease awareness, research, and targeted approaches to identifying potentially undiagnosed patients. This may in part explain some of the more recent trends observed in Sweden, where incidence reached a new peak the mid-2000s. Incidence was approximately 30 new diagnoses per 100,000 persons in females and 19 per 100,000 in males during this time, compared to 24 per 100,000 (females) and 16 per 100,000 (males) in the mid-1990s.<sup>6</sup> However, since this time, the incidence has been decreasing. This trend has been occurring despite a continued increase in the number of small intestinal biopsy procedures being performed to diagnose celiac disease. A contrast in these trends may provide an indication that with heightened disease awareness and diagnostic capacities, the true occurrence of celiac disease is mostly being captured in Sweden. Therefore, further investment into biopsy procedures is unlikely to increase incidence of diagnosed CD, and perhaps a focus on best allocating healthcare resources may be recommended.

#### **Norway**

Another Scandinavian country, Norway, is in close proximity to Sweden and has also reported some of the highest incidence rates for celiac disease in recent years.<sup>8</sup> Among children in Akershus, Norway, the incidence tripled in the early 2000s from 16 per 100,000 to 46 per 100,000 in 2010.<sup>8</sup> The investigators of this work initially noted that this increase may have related to improved awareness of celiac disease and diagnostic tools; however, by also not-

ing that the symptomology and biopsy results did not show a major difference in the earlier and later time periods study, they conclude that the awareness and diagnostic capability was likely not responsible, or at the very least, not wholly responsible. Rather, they suspect a genuine increase in the condition occurred during the 2000s, perhaps due to environmental factors (e.g., diet, gut microbiota).

In continuing to contrast these two countries in the epidemiology of celiac disease, a recent study examined the prevalence of undiagnosed celiac disease among adults in Tromsø, Norway.<sup>9</sup> This study was a population-based research initiative that performed repeated surveys to examine various health outcomes among a mixed urban-rural community. Through a survey that took place during 2007-2008, serum samples were taken from a subset of participants and subsequently frozen for up to 4 years before they were analyzed for potential celiac disease autoimmunity. Individuals who were not already diagnosed with celiac disease were then referred to have the upper endoscopy procedure performed for confirmation of disease.

Among the 12,190 individuals studied, the results found that 0.4% of the participants had already been diagnosed with celiac disease at the time the serum results were analyzed. But an additional 1.1% of individuals had previously undiagnosed celiac disease – therefore, approximately 75% of those with celiac disease in the population had not yet been diagnosed. Moreover, among those who received a new confirmatory diagnosis through biopsy, the majority saw a significant improvement in health-related quality of life after initiation of a gluten-free diet.

This study therefore demonstrates a potentially different trend as compared to Sweden – while it appears that undiagnosed celiac disease in Sweden may not be as common in recent years, there is evidence that Norway (or at least one specific region) is not yet fully identifying potential cases during a similar time period. Moreover, this screening-based study uncovered a prevalence of celiac disease in adults to be 1.5% overall. This is somewhat higher than the approximate 1% often reported as a general estimation.

Ultimately, the findings from both countries illustrate that even though both these countries in northern Europe might have high levels of celiac disease in the population, there may be variability in the degree to which all potential cases are identified. This of course will be influenced by many factors such as the awareness and diagnostic techniques available (as previously discussed), but perhaps also the awareness in the general public, the proportion of the population already consuming a gluten-free/low gluten diet, and perhaps even the severity of disease in a given region.

While these factors are somewhat speculative in nature, this research raises the ongoing question around how best to handle ‘undiagnosed’ celiac disease. Although the Norwegian study saw that most newly diagnosed patients saw an improvement in symptoms after starting a gluten-free diet, there are still debates as to whether a gluten-free diet is beneficial to those who might have ‘asymptomatic’ celiac disease.<sup>10,11</sup> Either way, the best approach to this question will likely require further research in areas where undiagnosed celiac disease remains largely pronounced, as well as regions with different levels of diagnostic awareness of the condition.

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**Disclaimer:** I report on evidence from various peer-reviewed studies on celiac disease. However, in these reports I also take this evidence into forming my own considerations on how to interpret these findings. These views are informed by my perspective as epidemiological researcher, my interactions with those in the celiac disease community, and as a celiac disease patient in the healthcare system. I do not have medical training and therefore can not make clinical recommendations for individual health concerns.

**Contact:** If you have any comments, questions, or general feedback about this article, or would like to see certain research topics discussed, please contact me at [jamking@ucalgary.ca](mailto:jamking@ucalgary.ca).



# NEWS FROM NATIONAL CCA OFFICE

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CANADIAN CELIAC  
**virtual**  
CONFERENCE

The **CCA Fall Conference November 12-13, 2022** is the national conference where Canadians with celiac disease and gluten related disorders, health professionals, researchers, policy-makers, academics, food manufacturers and distributors, come together to strengthen efforts to improve celiac disease management and quality of life, to share the latest research and information, to promote best practices and to advocate for celiac disease issues and policies grounded in research.

Virtual sessions November 12 and 13 from 12:00pm-4:30 (Eastern Standard Time) daily.

Head to [www.celiac.ca](http://www.celiac.ca) to register.

## New Gluten-Free Certified Products

To find more amazing gluten-free products, please visit the national [Product Finder!](#)

- **HERO** - Canadian Angus Beef Burgers
- **DUFFLET PASTRIES** - Gluten Free Carrot Cakelet, Gluten Free Lemon Tart, Gluten Free Chocolate Chunk Dufflet, Browine, Gluten Free Apple Caramel Cakelet, Gluten Free Chocolate Dipped Macaroon and more!
- **ROBIN HOOD** - Robin Hood Gluten Free Almond Flour 500g, Robin Hood GF Organic Coconut Flour 500g
- **KINNIKINNICK** - Lemon Wafers
- **GREAT VALUE** - Creamy Garlic & Dill Extreme Flavoured Potato Chips, Sea Salt Kettle Cooked Potato Chips
- **M&M FOOD MARKET** - Dessert Bar Variety Pack, Chocolate Lovers Variety Pack, Blueberry Bliss Cheesecake

## Grimm's GF Sizzlin Smokies



*Fire up the grill! Pour a cold beverage and take a few minutes to enjoy a good conversation, a few laughs and an incredibly tasty Sizzlin' Smokie hot off the grill. Preparing the quick-pickled vegetables and crispy shallots ahead of time, will ensure a treat for your tastebuds, yet free you up to enjoy your time with family and friends.*

### Ingredients:

12 Grimm's Sizzlin' Smokies  
12 Gluten Free Hot Dog style buns  
1.5 cups of prepared Kimchi, finely chopped  
2 cups quick-pickled vegetables (recipe below – make ahead or pre-buy at the grocery store)  
1 cup crispy shallots (recipe below – make ahead or pre-buy at the grocery store)  
Yellow mustard

### Preparation

Preheat the grill on medium-high heat.  
Place the Sizzlin' Smokies on the grill and cook until the exterior is lightly charred. About 8 minutes, turning every 2-3 minutes.  
Using a sharp knife, make shallow to cuts in the smokie (a few diagonal cuts or create an "X" pattern).  
Cook the smokies for 4-5 minutes more until the cut edges are crispy and the juices inside are sizzlin'.  
Add the buns to the grill for the last minute to lightly char the exterior.  
Place the Sizzlin' Smokies in the warm buns, then top with Kimchi, pickled veggies, crispy shallots, and a squeeze of mustard. Enjoy!

### Quick-Pickled Vegetables

These quick-pickled vegetables are inspired by the traditional banh mi toppings.

### Ingredients

3 mini cucumbers, cut in half, seeds scraped out, then cut into matchsticks

4 radishes, cut into matchsticks  
1 jalapeño pepper, sliced into thin rings  
1 cup of water  
3/4 cup apple cider vinegar  
1 tablespoon white sugar  
2 teaspoons salt



### Preparation

Add the jalapenos, cucumbers, and radishes, to the mason jar. In a small saucepan, combine the water, vinegar, sugar, and bring to a boil. Cook for 2-3 minutes until the sugar is dissolved. Turn off heat and let the mixture cool for 2-3 minutes. Pour mixture over the vegetables in the jar and screw on the lid. Let the jar cool at room temperature for 30 minutes, then refrigerate for at least 60 minutes before serving.

### Cook's Note:

Preparing these ahead and allowing them to pickle longer will result in even better tasting veggies. These will keep in the fridge for up to two weeks.

### Crispy Shallots

Crunchy, sweet, savory, salty... crispy shallots are a delicious topping for almost any recipe.

### Ingredients

1.5 cups vegetable oil  
4-5 shallots, halved and thinly sliced  
2 tablespoons all-purpose flour  
Salt and freshly ground black pepper

### Preparation

Heat vegetable oil in a skillet over medium heat, until a temperature of 350°F - 375°F is reached. Choose a pan that the oil covers ½" to ¾" of the bottom of the pan.  
Add the flour to a small bowl and season with salt and pepper, to taste.  
Coat the sliced shallots in the seasoned flour.  
Carefully place the shallots in the hot oil, a few at a time to avoid clumps, then fry until golden brown.  
Transfer the shallots to a paper towel lined dish then sprinkle with salt, to taste.  
Serve immediately or store at room temperature in a food storage container, lined with a paper towel for up to two days.

### Cook's Note:

Be careful while heating oil, especially on a grill. Use a thermometer to ensure the oil reaches the desired temperature before adding the shallots to the oil or the results will be greasy, not crispy.  
Slowly add a shallots a few at a time to keep them from clumping and avoid the oil from boiling over the pan because of too much moisture.

## Gluten & Dairy Free Coconut Lime Tarts

*Dairy-free sweet coconut flavour with a touch of tart lime. Perfect for summertime BBQ season. Recipe created by Kinnikinnick Corporate Chef Lori Grein.*



### Ingredients

- 1½ packages **Kinnikinnick Tart Shells** (360 g)
- 3 large eggs (168 g)
- 2 egg yolks (36 g)
- ¾ cup granulated sugar (160 g)
- ½ cup lime juice - approx. 5 limes (120 g)
- 2 limes zested (8 g)
- 2 cans (400 ml) full fat coconut milk - reserve 1 can (820 g)
- Optional: toasted coconut and lime zest for garnish

### Directions

#### Tart Shells

1. Preheat oven to 375°F (190°C).
2. Place **Kinnikinnick Tart Shells** on a baking tray in a single layer (leave in tart foil). Let thaw 15 minutes.
3. Pierce bottom and sides with a fork to prevent air pocket from forming.
4. Bake in preheated oven for 15- 17 minutes. Remove tart shells from oven. Set aside to cool completely.

#### Coconut Cream (Mix prior to usage required)

1. Refrigerate 2 cans of full fat coconut milk overnight.
2. Carefully remove thickened cream from 1 can. Reserve liquid separately\*.
3. Whip thickened cream until it resembles whipping cream. Refrigerate until ready to use.
4. Coconut cream needs to be mixed separately. One is used in the filling, the other for decorating.

### Custard

1. In a medium bowl whisk 3 eggs and 2 egg yolks. Set aside.
2. In a medium size pot combine lime juice, zest and sugar
3. Add eggs and mix until combined.
4. Cook over medium heat until sugar has melted and mixture begins to thicken slightly. Do not boil (approx. 7 - 10 minutes).
5. Remove from heat and let filling cool for 30 minutes.
6. Fold in 1 can prepared whipped coconut cream.

### Assembly

1. Divide filling between baked tart shells.
2. Refrigerate overnight.
3. Remove from refrigerator. Decorate with whipped coconut cream and optional toasted coconut. Finish with optional lime zest prior to serving.

Yields 18 tarts

### Tips & Variations

- ◆ \*Coconut liquid (water) can be used in your favourite baking. Substitute it for the water in cakes, cookies or pancakes.
- ◆ It is important to refrigerate coconut milk overnight to yield a higher amount of coconut cream.
- ◆ How to toast coconut: spread a thin layer of shredded coconut on a baking tray. Bake for 5 -7 minutes at 350°F (176°C). Turn coconut several times during the baking process for even colouring. Watch carefully as it will colour quickly.

## Gluten-Free Wide Loaf Thai Steak Sandwich



An open-faced steak sandwich exploding with Thai flavours. *Topped with a spicy and sweet pineapple salsa. Perfect for a light and refreshing change to the ordinary lunch or dinner line up. Recipe created by Kinnikinnick Corporate Chef Lori Grein.*

### Ingredients:

#### Pineapple Jalapeño Salsa

- 1½ cups pineapple - peeled/cored/cut into 1 inch cubes (285 g)
- 2 green onions - chopped (32 g)
- ¼ cup fresh basil - chopped (5 g)
- ¼ cup fresh cilantro - chopped (5 g)
- 2 medium carrots - shredded (90 g)
- 2 mini cucumbers - sliced (165 g)
- 1 jalapeño pepper - sliced (35 g)
- ¼ cup virgin olive oil (45 g)
- 1 large lime - juiced/zested (30 g/ 7 g)

#### Thai Steak Sauce

- ¼ cup extra virgin olive oil (45 g)
- ¼ cup honey (50 g)
- ¼ cup tamari (gluten-free) (50 g)
- 2 garlic cloves - minced (7 g)
- 1 tbsp fresh ginger - grated (16 g)
- 1 tbsp chili paste (gluten-free) (15 g)
- 2 tbsp fresh lemon grass - grated (12 g)

#### Steak

- 600 g sirloin steak - cut into 1 inch strips
- 1 tsp salt (5 g)
- 1 tsp black pepper (2 g)
- 3 tbsp virgin olive oil (45 g)

#### Additional

- 2 slices Kinnikinnick Wide Loaf White (82 g)

### Directions

#### Pineapple Jalapeño Salsa

1. In a medium bowl combine pineapple, green onions, basil, cilantro, carrots, cucumber and jalapeño pepper. Toss together.
2. Add lime zest.
3. Drizzle with olive oil and fresh lime juice.
4. Refrigerate for 2 hours (allow flavours to marinate).

#### Thai Steak Sauce

1. Combine all ingredients for Thai Steak Sauce and whisk together. Set aside.

#### Thai Steak

1. Salt and pepper steak strips and set aside.
2. In a skillet heat 3 tablespoons olive oil over medium heat. Sear steak for 2 minutes per side.
3. Add half of the prepared Thai Steak Sauce. Mix to coat.
4. Finish cooking steak over medium heat (approx. 3 - 5 minutes per side).
5. Remove Thai Steak from skillet. Set aside.
6. Add remaining Thai Steak Sauce to skillet and cook over medium heat until sauce thickens and reduces (approx. 8 - 10 minutes) Remove from heat and set aside (to use as drizzle on steak).

#### Assembly

1. Grill 2 pieces of Kinnikinnick Wide Loaf White until browned and toasty. Set aside.
2. Divide Thai Steak Filling into 2 portions.
3. Top each toasted slice with 1 portion of Thai Steak Filling.
4. Drizzle with 1 tablespoon reduced Thai Steak Sauce.
5. Top with ½ cup Pineapple Jalapeno Salsa.
6. Finish with optional fresh squeezed lime juice. Serve Immediately.
7. Remaining Thai Steak Sauce and Pineapple Jalapeno Salsa can be stored in the refrigerator for up to one week.

Yields 2 portions

#### Tips & Variations

- Time saver: Thai Steak Sauce and Pineapple Jalapeno Salsa can be made ahead of time.
- Gluten-free soya sauce can be used instead of tamari.
- For a quick appetizer or snack: grill steak or chicken and add to nacho's or soft tortillas. Top with leftover Thai Steak Sauce and Pineapple Jalapeno Salsa.
- Optional: Finish with Lime Juice

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## CALGARY CELIAC OFFICE

**Hours: Tuesday and Thursday**

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### Newsletter 2022

First Edition (**February**)

Second Edition (**May**)

Third Edition (**August**)

Fourth Edition (**November**)

**E-mail submissions to Joanne Godsmen**

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