



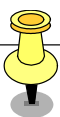
Celiac News

Thunder Bay Chapter of the Canadian Celiac Association
May 2010

Avoiding Contamination at Home

Contamination can occur whenever a gluten-free food comes in contact with a gluten-containing one. It is important to minimize contact between gluten-free and gluten-containing foods. To lessen the chances of cross-contamination at home, follow these tips:

- ◆ Store gluten-containing products, especially those that make crumbs (such as bread, cookies, and crackers), separately from gluten-free foods. If you can, have a separate cupboard for gluten-free foods, if this is not practical, store gluten-free foods on a shelf *above* gluten-containing ones.
- ◆ Store gluten-free flours, baking mixes, and baking supplies separately from gluten-containing flours. Again, a separate cupboard for gluten-free flours and mixes is best. If this is not practical, store gluten-free flours inside zipped plastic bags on a shelf *above* gluten-containing ones.
- ◆ Designate certain appliances (for example, toaster, bread machine, food processor) for use only with gluten-free products. If this is not practical, be sure to clean your appliances well between uses. You may also want to try reusable toaster bags for use in the toaster or toaster oven.
- ◆ Use separate serving utensils and food preparation tools, such as pasta tongs and cutting boards, when preparing both gluten-free and gluten-containing foods, or, prepare the gluten-free portion first.
- ◆ Buy separate condiments or have a “no-double-dipping rule” for knives, spoons, and other utensils to prevent butter, peanut butter, jelly, and other spreadables from becoming contaminated with gluten-containing bread crumbs.
- ◆ When grilling hot dog buns or rolls, grill the gluten-free portion first.
- ◆ When frying breaded products, cook the gluten-free portion first.



General Meetings are held at Jenkins Reception Centre (basement)
226 Syndicate Avenue beginning at **7 pm**. Meetings are open to the public. Come have coffee and a GF snack and share your experiences with other celiacs. The next meetings are **June 2** and **September 8**.

- ◆ When food is served “family style” at the table, use separate serving utensils for the gluten-free foods.

Source: Celiac Disease Nutrition Guide Second Edition

The Canadian Celiac Association is a national organization dedicated to providing services and support to persons with Celiac Disease and dermatitis herpetiformis through programs of awareness, advocacy, education, and research. Find us on the web at www.celiac.ca

President's Message

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also." Harriet Ann Jacobs

May is Celiac Awareness Month and a busy time for the Canadian Celiac Association. The chapters are busy spreading awareness and information. Unfortunately, the Thunder Bay Chapter has not been able to actively participate, this year, due to the lack of volunteers. Hopefully next year!

We will be hosting our annual walkathon on Saturday, June 12. Special thanks, once again to Joanne, Pat, and Molly Montgomery for generously offering their home for our shelter and starting point. There seems to be a lot more interest, this year! So please, if you don't already have a pledge form, download one from our website (or this newsletter) and start getting your sponsors now. There will be great prizes for the top pledge winners.

The perogy fundraiser that we held at our April meeting was a great success. Thanks to everyone who helped in any way to make this happen. We may do it again. Keep an eye on the website for more information to follow.

The CCA National Conference will be held on Friday, June 4 to Sunday June 6 in Winnipeg, Manitoba. We are fortunate to be able to pay for four executive board members' registration this year.

Once again I would like to remind you to *please* renew your memberships. Your chapter and the CCA depends on this money.

Have a healthy, happy and safe summer season! Regards!

Deb Paris, President

2009-2010 EXECUTIVE

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Deb Paris: 767-1068

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Bonnie Knott:
bmknott@tbaytel.net

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Sharon Whent: 475-3800

Executive Advisor

Eileen Bottos: 767-4958

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Joanne Montgomery

Advertising Opportunities

Celiac News is published four times a year and is distributed to Thunder Bay & District CCA members. Our objective is to share information with a local emphasis that will assist, support, and educate people suffering from Celiac Disease. To advertise in *Celiac News*, email Bonnie at bmknott@tbaytel.net.

Following are our fees per issue:

Business Card - \$10

1/4 page - \$25

1/2 page - \$50

Submission Deadlines:

August 1, November 1, February 1 & May 1

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

The following LCBO stores in Thunder Bay carry New Grist Gluten Free Beer:

1. 1010 DAWSON ROAD, (LANDMARK INN)
(807) 767-8882
2. 969 FORT WILLIAM ROAD, (THUNDER CENTRE)
(807) 623-8484
3. 100 NORTH CUMBERLAND STREET
(807) 345-1550
4. 620 ARTHUR STREET WEST, (807) 475-4833

New Grist has won the below awards:

Gold Medal, 2006 Great American Beer Festival
Silver Medal, 2007 Great American Beer Festival
Blue Ribbon, Chesterfield UK International Gluten-Free Beer Festival
Bronze Medal 2007 World Beer Cup
First Place, San Diego County Fair

If our product is unavailable at any local Thunder Bay or Rainy River LCBO store, members can request the LCBO store manager to have it listed and ordered to their closest store.

Some Graval products contain gluten

Thank you for taking the time to contact Church & Dwight Canada Corp. regarding Graval®.

In regard to your recent inquiry, there is no gluten in the following Graval® products:

Graval® 50mg Filmkote Tablets
Graval® Softgel
Graval® Quick Dissolve Chewable 50mg Tablets
Graval® Natural Source Ginger Soft Chewable Lozenge
Graval® Dual Relief Long Acting Caplets

Please visit our Graval® website at www.graval.ca for more information on our Graval® products.

If you have any questions or concerns in the future, please feel free to contact our Consumer Relations Department at 800-268-3186 between the hours of 9:00 am and 5:00 pm ET.

Thank you for choosing Church & Dwight Canada Corp.

Joanne Miller

Consumer Relations Representative



*Thank You
from
NEW
GRIST*

*Premium
Handcrafted
Gluten-Free Beer
for making it the
No. 1 selling
Gluten-Free Beer
Brand in Ontario*

*Gold Medal
Winner 2006
Great American
Beer Festival*

Now available at all LCBO Stores LCBO # 119370

LAKEFRONT
MILWAUKEE TRADE  MARK WISCONSIN
BREWERY, INC.



Frequently Asked Questions about Campbell Gluten-Free Products

Q: What is the process that Campbell uses to ensure products are Gluten-Free?

A: Campbell Gluten-Free products are validated through an extensive on-going test program which includes the evaluation of ingredients, testing of products and placement of manufacturing controls to insure our Gluten-Free products meet the appropriate Gluten-Free regulatory standards. We analyze our Gluten-Free products at the time of initial production and perform ongoing testing on finished products at least once every six months to insure continued compliance. Our testing program is in accordance to Health Canada guidelines for Gluten-Free and have been reviewed by the Canadian Celiac Association.

Q: What specific test do you use? What is the test method? What is the gluten threshold?

A: Our lab uses the Neogen Veratox Gliadin to detect gluten to a level of 10 ppm (parts per million).

Q: Why have some Gluten-Free products been removed from the former lists? Why are some products that appear to be Gluten-Free (based on their ingredients) not included on the Gluten-Free list?

A: The products on the Gluten-Free list are products that have been verified Gluten-Free through our extensive testing program. If a product is not on our Gluten-Free list it may have been discontinued, has trace elements of a barley component in one of the ingredients or has a risk of contact with gluten.

Q: Does Gluten-Free appear on the pack? Why do some of the products on your Gluten-Free list not have the Gluten-Free claim on the package?

A: All of the products on the Gluten-Free list have been validated through our rigorous testing program. In the coming months all qualifying products will have our Gluten-Free logo directly on their labels so you can easily identify them at your grocery store. The Gluten-Free logo will be located alongside the claims near the nutritional facts panel or near the ingredient list.



GLUTEN-FREE

SANS GLUTEN

We are still working on updating all our labels so you may not see the logo on all our products but rest assured if they are on the list, they are Gluten-Free.



Campbell Canada Gluten-Free Products

Gluten is a protein found in rye, barley and wheat (including atta, bulgur, couscous, durum, einkorn, emmer, farina, kamut, seitan, semolina, spelt, triticale). Due to the potential mixing of grains during harvest, storage, transportation, etc., Campbell has decided to treat oats similar to gluten containing grains.

Campbell Gluten-Free products are validated through an extensive on-going test program which includes the testing of products and placement of manufacturing controls to insure our Gluten-Free products are and remain Gluten-Free. The following list contains products in which every ingredient in each product was verified as being Gluten-Free.

We will continue to test new products and will update our list accordingly.

Please visit us at www.campbellsoup.ca/gluten-free for more information and the most up to date gluten-free list.

Because we are constantly improving our products, please check the ingredient statement on the label of every product. We will make every effort to keep this list up-to-date.

Healthy Request® Soups

New England Clam Chowder

Campbell's® Condensed Soups

Chicken with Rice
Chicken with White & Wild Rice
Tomato with Basil & Oregano

Gardennay® Aseptic Soups

Red Pepper Black Bean
Harvest Mushroom with Real Cream

Campbell's® Aseptic Broths

Vegetable Broth

Chunky® Soups

Chicken & Sausage Gumbo
Homestyle Chili
Hot & Spicy Chili
Split Pea with Ham
Turkey

Habitant® Soup

Pea with Garden Vegetables

V8® Beverages

V8® Vegetable Cocktail
V8 V-Go® Vegetable Cocktail
Low Sodium V8® Vegetable Cocktail
V8 V-Plus® High Fibre
V8 V-Plus® High Fibre Low Sodium
V8 Splash® Berry Blend
V8 Splash® Tropical Blend
V8 V-Fusion® Acai Mixed Berry
V8 V-Fusion® Peach mango
V8 V-Fusion® Pomegranate Blueberry
V8 V-Fusion® Strawberry Banana

Prego® Sauce

Original
Mushroom and Green Pepper
Tomato, Onion & Garlic
Fresh Mushrooms

Pace®

Chunky Salsa – Mild
Chunky Salsa – Medium
Chunky Salsa – Hot
Grande Garlic Salsa – Medium
Zesty Lime Salsa – Medium
Picante Sauce – Mild
Picante Sauce – Medium

Gluten free Beer

La Messagère

La Messagère is a limpid and crystalline pale ale. To the nose, a bouquet of honey gently calls to mind a touch of citrus fruits. And the subtle aroma of hops is revealed ever so delicately.

Red Ale's gorgeous mahogany colour hides subtle hints of dried fruit and aromatic hops, leaving a delicate, woody taste on the tongue.

www.messagere.ca



Tantalize Your Taste Buds!

For over 21 years our passions has been creating amazing cookies, baking mixes and ready-to-eat cakes... wheat-free & gluten-free!

To learn more about our products and Fast, Easy & Delicious recipes go to

www.PamelasProducts.com



TOO GOOD TO BE GLUTEN-FREE!



Finally, a gluten-free pizza crust that doesn't taste like the box

Baked from scratch with flax, potato, tapioca, soya and rice flours, O'Doughs' pizza kit gives you a great start on a gluten-free pizza. Available in flax and white varieties, O'Doughs' light, tasty shells and zesty tomato pizza sauce will be a big hit with pizza lovers. And like all of O'Doughs' full line up of products, they're too good to be gluten-free.



Pizza Kits



Loaves



Cakes



Buns

3727 Chesswood Drive, North York, Ontario, Canada M3J 2P6 416-342-5700 eatwell@odoughs.com www.odoughs.com

Bits & Bites GF Info to Share

Below are the dates and locations of upcoming major celiac meetings. These conferences will have educational sessions, exhibits, and a variety of other activities and opportunities.

Gluten Intolerance Group of North America Annual Education Conference

Minneapolis Airport Marriott
Bloomington, Minnesota
June 3-5, 2010

<http://gluten.net/events.php#conference>

Canadian Celiac Association National Conference

Winnipeg, Manitoba
June 4-6, 2010

<http://www.celiac.ca/conference.php>

The 2011 National Conference will be in Ottawa
The 2012 National Conference will be in Saskatoon

Celiac Disease Foundation Annual Education Conference & Food Faire 20th Anniversary Celebration

Los Angeles Marriott Downtown
May 15, 2010

Debuting at this conference will be the new Gluten-Free Bisquick®. Since it was first introduced in 1931, Bisquick pancake and baking mix has been known for making tender, delicious pancakes. Now, they are introducing a new gluten-free Bisquick that

will once again bring smiles to everyone's face at the breakfast table whether you are gluten-free or not. New Gluten-Free Bisquick mix will be in stores this Fall (U.S.). Remember to always check labels for gluten-free wording.



Also debuting will be the new gluten-free Hamburger Helper. This great dinner solution will be available mid-July in three gluten-free flavors: Chicken Fried Rice, Cheesy Hashbrowns and Beef Fried Rice. Be sure to always read the label to be sure that the product is labeled gluten-free.

Hopefully both these products will make it to Canada as well.



I was in Safeway the other day & got excited when I saw 4 different boxes of cereals marked with a yellow "Gluten-free item" tag on the self price sticker. I couldn't see where the box indicated "gluten free" so I read the ingredients list. I realized these were NOT gluten-free, at all. They were regular boxes of cereal. I pulled the tag from the self and brought it to customer service. They were thankful I pointed this error out and ensured me they would have it corrected quickly. Please remember the importance of checking the package and ingredients list. Hopefully no one bought any of these cereals with the impression they were gluten free.

I came across an extensive list of Twin Cities Area, (Minnesota) Gluten Free Dining Options – too many to print in the newsletter but you can view it at:

<http://gluten.net/Conference/Restaraunt%20list%20for%20Twin%20Cities.pdf>



CALLING ALL MEMBERS

Be part of our newsletter by sharing your knowledge with other members.

Submit your tips, stories or recipes to bmknott@tbaytel.net

Highlights from our April Meeting

There was so much information sharing at the last General membership meeting, I thought it would be a great idea to pass along some of the items that were discussed. One member commented that she learned something new every meeting. That's really nice to hear! The following are highlights, but if you want to learn more, you should come out to a meeting. The next one is June 2 at 7 pm.

Various foods containing hydrolyzed vegetable proteins (HVP) recalled by Basic Food Flavors Inc. – May Contain Salmonella Bacteria

The Canadian Food Inspection Agency (CFIA) is warning the public not to consume the foods described below because these products may be contaminated with Salmonella. These foods contain dry powder and paste hydrolyzed vegetable protein (HVP) ingredients which have been recalled in the U.S. and Canada by Basic Food Flavors Inc. due to Salmonella contamination.

The following foods, manufactured in Canada, are affected by this alert:

El Peto Products Vegetable Soup Mix (Gluten-free)

Size 280 g

UPC Code 7 72573 40443 0 09357

Code 10026, 10041, 10056

El Peto Products Onion Soup Mix (Gluten-free)

Size 300 g

UPC Code 7 72573 40446 1 10027

Code 10062

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There is a great web site, similar to Facebook but all gluten-free. ***Gluten- Free Faces*** is a global gluten-free social network. There are Forums, Recipes, Blogs, Groups, Chat, Resources, Gluten-Free Maps. Check it out at **[www.glutenfreefaces.com](http://www.glutenfreefaces.com)**

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There is an on-line petition to encourage Betty Crocker to sell their GF mixes in Canada. The petition states:

To: Canadian Celiacs & Friends of Celiacs

Betty Crocker has recently come out with a line of Gluten Free baking mixes. These mixes are made in Canada but are only sold in the US. Please sign the online petition below to let General Mills know that there is a demand for the Betty Crocker Gluten Free mixes in Canada.

Sincerely,

To sign the petition, go to:

<http://www.petitiononline.com/4894165/petition.html>

Recipes

Chocolate Raspberry Squares

- 1 ¾ cups (425 ml) gluten free flour
- 1 cup (250 ml) granulated sugar
- 1 cup (250 ml) margarine softened
- 1 egg lightly beaten
- ½ tsp (2 ml) almond extract
- 1 cup (250 ml) red raspberry jam
- 1 cup (250 ml) chocolate chips
- ¾ cup (175 ml) sliced almonds



Preheat oven to 350° F (180 °C). Grease a 9 X 13" (3.5 l) baking dish.

In a large bowl, thoroughly combine flour and sugar. Cut in margarine using a pastry blender or two knives until mixture is crumbly. Add egg and almond extract; mix until thoroughly combined. Set aside 1 cup of flour mixture for topping.

Press remaining flour mixture into prepared baking dish. Evenly spread raspberry jam over dough.

Thoroughly combine reserved flour mixture, chocolate chips and almonds. Evenly spoon topping over raspberry jam and press with the back of a spoon.

Bake 40 minutes or until lightly browned. Cool in pan. Makes 2 dozen bars.

Submitted by Doris Maki, Peterborough & Area Chapter

Chocolate Bliss Bites

These sinfully delicious cookies have a rich chocolate flavor – yet are low in carbs, have zero fat, and contain only 25 calories each.

- 1/2 cup unsweetened cocoa powder
- Pinch of salt
- 1/2 cup sugar, divided
- 3 lg egg whites
- 1/8 tsp cream of tartar
- 1 tsp vanilla extract
- 1 Tbsp confectioner's sugar



Preheat oven to 300 F. Line 2 baking sheets with foil. In a small bowl, sift together cocoa, salt, and ¼ c of the sugar. In a large bowl, with electric mixer at medium-low speed, beat egg whites and cream of tartar until soft peaks form. Beat in remaining ¼ c sugar – ½ tbsp at a time, until meringue is glossy and stiff peaks form. Fold in cocoa mixture and vanilla extract. Drop by rounded teaspoon about 1" apart onto prepared baking sheets. Bake 25 mins for soft, chewy cookies or 40 mins for crisp ones. Dust cooled cookies with confectioners sugar.

Makes @ 24 cookies

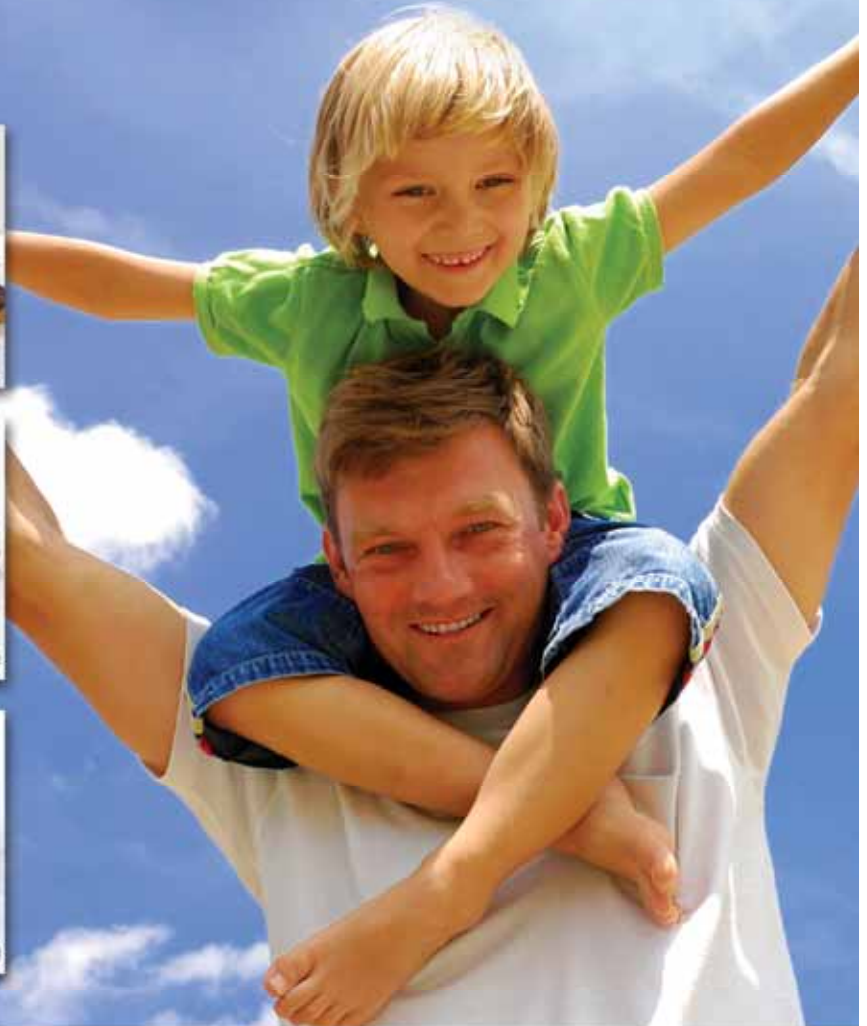
Per cookie: 25 cal; 1 g pro, 6 g carb, 13 mg sodium



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NEW GLUTEN-FREE DREAM COOKIES

We are very proud to announce that **GLUTINO** is officially **A CARBON NEUTRAL COMPANY** & Gold Champion Level Reporter!



The Glutino & Gluten-Free Pantry mission is to provide a healthy lifestyle to all those with Celiac Disease and those who follow a gluten-free/wheat-free diet.

