



# Celiac News

*Thunder Bay Chapter of the Canadian Celiac Association  
November 2010*

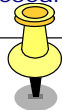
## **Tips for Eating Away from Home Gluten Free**

Deciding what foods to eat when an ingredient list is not available can be challenging. However, a gluten-free diet should not keep you from enjoying a restaurant meal, eating at a friend's house, or travelling. The following tips may help:

- When travelling, pack staple, non-perishable gf grain foods, such as cereal, bread, or rice cakes, pasta, energy bars, and crackers.
- When eating at other people's homes, be sure to let them know about your dietary restrictions. Help your host by bringing a gf dish for everyone to enjoy.
- When eating at restaurants, bring your own gf bread/rolls/pasta/pizza crust (depending on the type of restaurant). Many restaurants will substitute the customer's gf food when making a sandwich, pasta dish, or pizza.
- The "safest" choices at a restaurant will be plain foods without added breading, sauces, marinades, or gravies. One example is broiled scallops with lemon, baked potato with butter and chives, and steamed broccoli.
- Before going to a restaurant, call ahead to speak with the chef. Explain your dietary restrictions and discuss the ingredients in the various menu items.
- Cross contamination is a concern when eating at restaurants. Before ordering french fries, ask if the same oil is also used to fry breaded foods, such as onion rings. If it is, don't order the french fries. Also ask if your food will be cooked on the same surfaces as breaded products, such as hamburger buns. If so, ask that a portion of the grill be cleaned before your food is cooked or that a separate pan be used to cook your food.
- More restaurants are offering gf menus. Ask if one is available.

*Reprinted from: Celiac Disease Nutrition Guide, Second Edition by Tricia Thompson, MS, RD.*

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](http://www.celiac.ca)



General Meetings are held at Jenkins Reception Centre (basement) **226 Syndicate Avenue** beginning at **7 pm**. The next meeting is on **Monday, November 29**, 2010 with representatives from "**Oh My Goodness!**" all natural, simply delicious, baked treats (see page 11); **Laura Secord**; and **A Fine Fit Catering and Consulting** (see page 4). Come by and sample some of their delicious gluten-free treats.

## President's Message

*"Coming together is a beginning. Keeping together is progress. Working together is success."*

Fall can be a busy time for many. As we get ourselves back into our routines, we discover with what seems like the blink of an eye, we find ourselves planning Christmas.

We held our first Monday meeting in September and I am be anxious to hear if we have any comments on the change. We will also be holding 4 meetings for the calendar year, rather than our usual 5. Our next meeting will be Monday, November 29. We will have three special guests, so please come out and share some exciting new gluten free items available in Thunder Bay!

A brief reminder to the members, Kelly's Nutrition Centre is offering a 10% discount on regular priced items to those with a paid membership. Show your CCA card and the discount is given. It is nice to support a local business while saving some money too.

The National Board is having a Chapter Membership Drive. They are challenging all Chapters! There will be some great prizes to the Chapters who have the greatest increase in memberships from June - December, 2010. So if you know of anyone that would like to join or perhaps you have a friend who has forgotten to renew, please encourage them to help out with this endeavor.

There will be a Christmas Party this year! The date is Sunday, December 5 at Deluca's. More information is available on page 7 and on our web site. Thanks to JoAnne Montgomery for taking the lead on organizing this party.

### 2009-2011 EXECUTIVE

#### President

Deb Paris: 767-1068

#### Vice President

Vacant

#### Treasurer

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#### Secretary

Bonnie Knott:  
bmknott@tbaytel.net

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#### Peer Counsellor

Eileen Bottos: 767-4958

#### Committees:

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Bonnie Knott

##### Advertising

Bonnie Knott

##### Telephone Convenor

JoAnne Montgomery

##### Fundraising

Vacant

##### Dinner Club

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](mailto:bmknott@tbaytel.net).

Following are our fees per issue:

Business Card - \$10

1/4 page - \$25

1/2 page - \$50

#### Submission Deadlines:

November 1, February 1, May 1, & August 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 National Office has moved. Their new address is:

CCA  
5025 Orbitor Drive  
Building 1-Suite 400  
Mississauga, ON L4W 4Y5

Do note that the phone and fax numbers will remain the same.

I would like to send out congratulations to one of our dedicated members, Patricia Newman. Patricia will be taking part in the snowshoeing event for 2011 Special Olympics Provincial Winter Games that will be held in Thunder Bay, this January. Way to go Patricia!

Once again, I would like to thank the members of the executive for their help throughout the year.

Working well together is the success that keeps the Chapter viable.

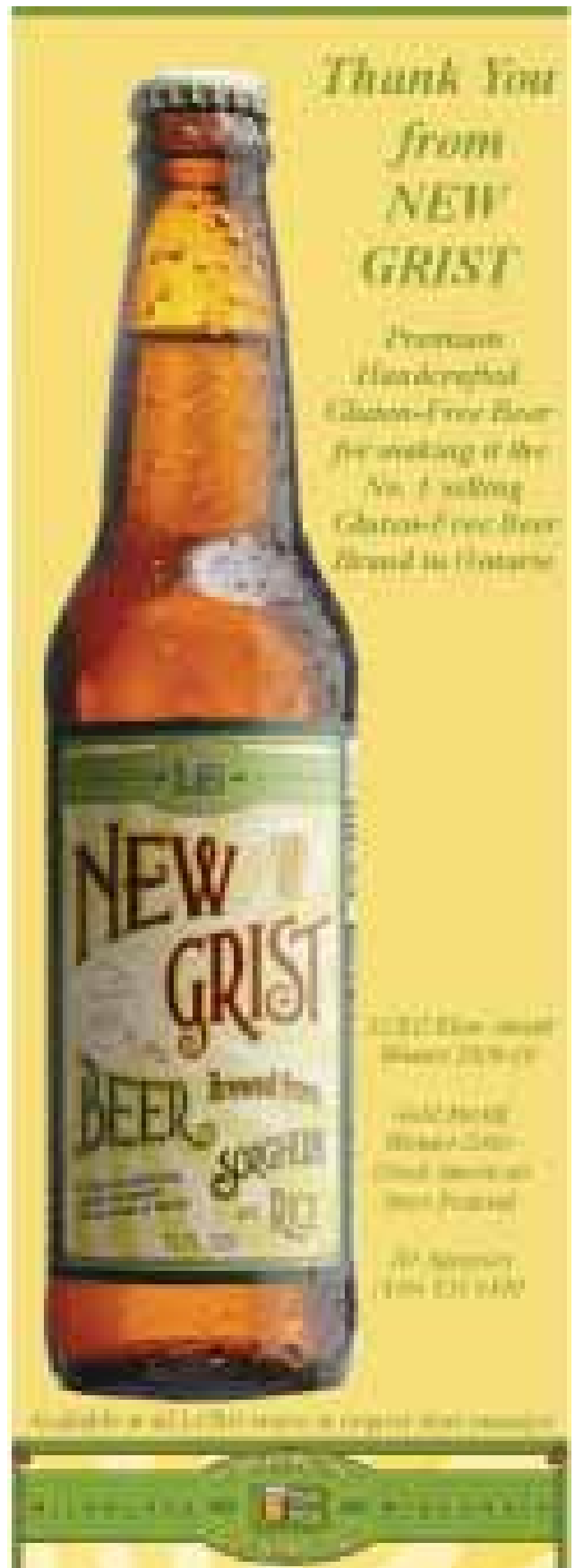
Hope to see you at the Christmas Party!

***Deb Paris, President***

## **Dinner Club**

Everyone who attended September's Dinner Club enjoyed a wonderful dinner. Charlene Callianteras of *Melizana Mediterranean Cuisine* was a wonderful hostess. She was very knowledgeable about the ingredients in the meals and what she was unsure of, she found out. Since we called ahead to let her know of our dietary needs, she was able to get another local businesswoman, Catharine Bower to bring in gluten free dinner rolls and brownies. The entire meal from start to finish was mouthwatering. Everyone in attendance did confirm that it was indeed a gluten free meal and we would definitely go back. I'm already looking forward to the next Dinner Club. It is so nice to gather over a delicious meal and share stories and experiences; not to mention the laughter!

If anyone is interested in joining us for Dinner Club, please e-mail JoAnne at [patmontgomery@shaw.ca](mailto:patmontgomery@shaw.ca) or call 623-2134. We meet the 4<sup>th</sup> Wednesday of the month.



## A Fine Fit Catering & Consulting

A new company is now in business that caters to special diets, particularly the Gluten free diet! *A Fine Fit Catering & Consulting*, a specialty catering company with a Gluten Free menu! Owner and cook Rhonda Bill believes that those who live Gluten Free should enjoy the same food quality and convenience that others enjoy.



Rhonda grew up in Northern BC, receiving her Professional Cook's certification and gained experience cooking in restaurants, resorts and planting camps. Growing up with a mother with Celiac Disease and a vegan father, along with a range of cooking experience, has taught her the necessary skills to cook for special diets. Since moving from BC, Rhonda and her husband Steven have spent several years overseas teaching and doing humanitarian work. Since moving to Thunder Bay two years ago to raise their now 16 month old, Rhonda has fallen in love with this beautiful northern city. As a qualified professional cook and teacher with a passion for those with special dietary needs, she has decided to start a business that not only offers specialty meals but also teaches those with special diets the cooking skills needed to be successful cooking for themselves!

Her new business endeavour, *A Fine Fit Catering & Consulting* will combine specialty delivered meals, event catering, and cooking classes. Rhonda is committed to using whole foods cooked from scratch, will seek to avoid preservatives and overly processed foods, and will feature local products in each dish. Her kitchen has been approved by the Health Unit and will soon have a dedicated area allotted for Gluten Free cooking and storage. All entrees come complete with ingredient lists and nutritional panels, approved by a registered Dietician. They are packaged and quick-frozen as soon as they are cooked to maintain freshness and are perfect to pull out for a convenient dinner option when time is scarce. These specialty meals are available now, with a promotional offer of free delivery (within city limits) for all orders placed before the New Year! Find more information on the new website, [www.afinefitcatering.ca](http://www.afinefitcatering.ca), including the full Gluten Free menu. You can also find *A Fine Fit* at Journey to Wellness Health Spa, as the in-house event caterer. See the full menu at [www.journeytowellness.ca](http://www.journeytowellness.ca). Cooking classes geared to the Gluten Free diet will be offered every six months or so. See below for the class coming up!

### Gluten Free Cooking Class

Tuesday, November 23 from 6:00—8:00 PM

Journey to Wellness, 239 West Amelia Street

Do you or anyone in your family have Celiac Disease or a gluten intolerance? Come out and learn how to cook a meal that is both delicious and gluten free. Improve your cooking techniques with the help of a professional cook. Interactive class is complete with a full-course dinner and take home materials.

#### Menu:

Wild rice penne and sweet pepper salad

Pesto roasted chicken Florentine

Quinoa fennel pilaf

Mocha cream puffs with dark chocolate drizzle

**To register, call Rhonda at 708-3509**

**Cost: \$39.00**

**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 authentic hops, leaving a delicate, woody taste on the tongue.

[www.messagere.ca](http://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](http://www.PamelasProducts.com)





THE NAME YOU CAN TRUST FOR ALL YOUR GLUTEN-FREE NEEDS.

GLUTINO FOOD GROUP

www.glutino.com



## 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.

## Bits & Bites GF Info to Share

I have enjoyed baking gluten free for many years, but I chose to use gf mixes that I knew were successful. At the National Conference this year, we were given free samples of **Pamela's Baking and Pancake Mix**. The pancakes are amazing. While checking their website, I discovered many recipes using this blend. I made the chocolate chip cookies and turned the sour cream coffee cake into muffins. They were both absolutely delicious!! It is a convenient way to use a great flour blend.

It has been reported that Lucerne Ice Cream in the 2 litre carton states on the ingredients list— "MAY CONTAIN NUTS- PEANUTS- SOY- AND WHEAT; however the 4 litre tubs simply states "MAY CONTAIN NUTS- PEANUTS and NUTS"



### Celiac Christmas Party

The Thunder Bay Chapter of the CCA will once again be hosting a Gluten Free Family Christmas Party for CCA members and their families.

Date: **Sunday, December 5, 2010**

Time: **4:00 p.m. to 7:00 p.m.**

Location: **Deluca's Family Restaurant**  
55 Cumberland Street

Price: Adults \$32 each  
Children 12 and under - \$15  
Children under 3 - n/c

Due to limited space, we will be selling tickets to the first 60 paid people. For tickets or further information please contact JoAnne at 623-2134 or [patmontgomery@shaw.ca](mailto:patmontgomery@shaw.ca).

The tentative menu is: Salad; Corn Pasta; Meatballs; Chicken Florentine; Potatoes with Peppers; Mixed Veggies; Gluten Free bread/buns; Dessert; Coffee & Tea; Cash Bar available at \$4/drink. Dinner will be served family style.



### Need a Christmas Gift Idea?

How about a GF Cookbook? The following cookbooks are available for purchase at general meetings ranging in price from \$10 to \$15.

- Gluten Free By The Sea
- Gluten Free By The Sea-Silver Anniversary
- 25 Years and Growing (Together We Are Better For Life)
- Entertaining Gluten Free
- Growing Up Celiac



**The Bean Fiend** on Algoma Street has gluten-free treats; some are vegan and gluten free, and their coffee is excellent.

On a recent purchase of *Campbell's Gardennay Red Pepper Black Bean Soup*, I was happy to notice the term "**Gluten-Free**" on the package. Thanks Campbell's for making my grocery shopping easier.



### CALLING ALL MEMBERS

Have you had a good GF vacation or meal at a restaurant recently? Why not write a story about it for our newsletter? Submit your stories, tips or recipes to the editor at [bmknott@tbaytel.net](mailto:bmknott@tbaytel.net) we can all learn from others' experiences.

## Canadian Food Inspection Agency Food Recalls Due to Allergen Gluten

The Canadian Food Inspection Agency has issued several recalls recently relating to gluten contamination. The October recalls are listed below. For more information and other gluten-related recalls, go to the Canadian Food Inspection Agency [website](#).

KING SOBA ORGANIC 100% BUCKWHEAT NOODLES WHEAT & GLUTEN FREE; (250 gram) UPC: 6 19286 60800 0

KING SOBA ORGANIC SWEET POTATO & BUCKWHEAT NOODLES WHEAT & GLUTEN FREE (250 gram) UPC: 6 19286 60901

KING SOBA ORGANIC SWEET POTATO & BUCKWHEAT NOODLES WHEAT & GLUTEN FREE (250 gram) UPC: 6 19286 60901 4

KING SOBA ORGANIC 100% BUCKWHEAT NOODLES WHEAT & GLUTEN FREE (250 gram) UPC: 6 19286 60800 0



FOOD FOR LIFE WHEAT & GLUTEN FREE BROWN RICE TORTILLAS (340 gram) UPC: 0 73472 00369 5 / K565 and K1981

## Kelly's nutrition centre & juice bar

**Thunder Bay's Largest Health Food Store!**

- ◆ Wheat & gluten free products (*rice pastas & crackers & chips, Ezekiel & other gluten free breads, tortillas, waffles, pizza crusts, pies, muffins, cookies, snacks, salad dressings, soup bases, baking mixes, puddings, flours, cereals, gluten free cookbooks, and more!*)
- ◆ Largest selection of premium quality vitamins and natural food products
- ◆ Detox & diet products
- ◆ Sugar-free, yeast free & salt free items, too!
- ◆ Non-diary & soy products (*desserts, cheeses, sour cream, butter & yogurts*)
- ◆ Rice, soy & almond milks, natural juices
- ◆ All types of bulk flours, grains, nuts, spices & baking supplies
- ◆ Fresh ground peanut butter & natural honey, maple syrup & sweeteners
- ◆ Organic produce and meats
- ◆ 10 % seniors discount everyday
- ◆ **10 % discount to current CCA Members—show your membership card with every purchase**



**Mon to Fri  
9 am to 9:30 pm  
Sat 9 am to 7 pm  
Sun 11-5 pm**

## Recipes

### Crustless Pumpkin Pie

4 eggs  
 1/2 cup honey  
 1 tsp cinnamon  
 1/2 tsp ginger  
 1/2 tsp nutmeg  
 1/2 tsp salt  
 398 ml can Stokely pumpkin  
 1 cup evaporated milk



Spray a 9 inch pie plate with Pam. Beat eggs in bowl. Stir in next 6 ingredients; add milk and mix well. Bake at 350°F for 55 to 60 minutes until set.

### Gluten Free Chicken Fingers

3 Skinless chicken breasts  
 1/2 cup GF All Purpose Flour Mix (use your favorite)  
 1/2 tsp. salt  
 1/8 tsp. pepper  
 1 tsp Italian Herb Seasoning Blend or Garlic Powder (or combination of)  
 1 cup crushed GF Rice Chex Cereal  
 1/2 cup grated parmesan cheese  
 1/4 cup olive oil plus 1/4 cup canola oil for pan frying.



Take partially frozen chicken breast, place on parchment paper and roll with rolling pin to thin a bit. Cut into chicken fingers, then put in fridge to finish thawing.

Have ready 3 - 8" shallow baking dishes

In 1<sup>st</sup> dish, combine flour, salt, pepper & seasoning

In 2<sup>nd</sup> dish, combine egg & olive oil (whisk to combine)

In 3<sup>rd</sup> dish, combine crushed cereal and parmesan cheese

Coat each strip in flour mixture, then dip in oil/egg mixture and last - evenly coat with cereal/cheese mix.

Place on parchment covered tray - refrigerate 30 minutes before frying.

In a Large heavy skillet, heat oil mixture over medium-high heat.

Add chicken and cook until golden about 4 or so minutes, then turn each piece and cook other side.

Serve with your favourite dip, like a mayo, honey, dill sauce for dipping - yum.

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](http://www.odoughs.com)

## Oh My Goodness! Vegan and Gluten Free!



It's time to give into that sweet tooth. **Oh My Goodness!** offers sweet treats made with wholesome whole grains and nature's sugars. We are proud to be vegan (free from the use of animal products) and allergy-conscious, offering a variety of gluten-free products.

All our treats are filled with all natural, wholesome ingredients. Wheat in traditional baking recipes is the norm, however we found a need to break free from this! We use a variety of other flours, including Brown Rice Flour, Tapioca Flour, and Garbanzo Bean Flour. We believe it is important to be inclusive of all diets and would like everyone to enjoy our creations. Our menu of goodies includes the following nutritious gluten-free goodies: Coconut Chocolate Chip Cookies, Chippewa Chewies (Carob Chip Bars), Orange Chocolate Chip Biscotti, Peppermint Chip Biscotti, Shortbread Jammies, and Chocolate Cranberry Scones, just to name a few! We are constantly expanding our menu with new creations. Our

products are sold locally at Bonobo's Foods (located at the corner of Oliver Road and Ray Boulevard). Also, find us on Facebook for our complete menu, and to place an order.

*Who We Are:* The girls of **Oh My Goodness!** are three friends who share a love of baking, and a love of animals. For this reason, we made a commitment to create sweet treats that don't compromise on taste while avoiding the use of animal products. Our goal is to keep your sweet tooth happy by baking up treats with love for people's health and love for animals too!

**Find us locally at 285-5913 or [my.goodness3@gmail.com](mailto:my.goodness3@gmail.com)**

**Looking for Holiday Cookies? With the Holiday season quickly** approaching, Oh My Goodness! will be offering custom made gift baskets. Let us know what cookies you would like us to bake up for your basket, and we will **fill it to the brim with your favourite Oh My Goodness! treats.**

**Try some samples from Oh My Goodness! at our next general membership meeting on Monday, November 29, 2010.**

**FOR SOMEONE WITH CELIAC DISEASE  
THIS BREAD IS DEADLY**



**ASK YOUR DOCTOR FOR  
THE CELIAC SCREENING TEST  
CELIAC.CA**

## Urgent action needed: Food label legislation may die

By Gwen Smith, Editor—Allergic Living Magazine—Your help is urgently needed. We need your voice to tell the Government of Canada that it must pass the food label legislation that it promised 2 years ago. This legislation would require all food package labels to be clearly and thoroughly list the top 10 priority allergens [...]

See further information on the food label regulations and this campaign here:

<http://kelownaceliac.org/2010/10/30/urgent-action-needed-food-allergen-label-law/>

## Dinner Club

October dinner club brought us to the **Port Side Dining Room in the Prince Arthur Hotel**. Not a place I would normally go, but it was suggested and I'm usually open to try anything new or different.

It was really nice to see some new faces around the table. We were offered a number of gf menu choices which included; Pasta Primavera, Linguini Alfredo, a chicken stir-fry served on a bed of rice, steak with potato, and a chicken breast dish served with a mushroom sauce. I had the Pasta Primavera, which came with a delicious piece of GF garlic toast. The toast was so good, I had to find out what kind of bread they used. It was **El Peto Gourmet Bread**, which I had never had before, but will go buy some now. They advised us that they normally try to keep a loaf of the GF bread on hand, but if you call a day ahead, they will make sure they have some. A special salad was made just for us which was served with an oil/balsamic vinaigrette/orange dressing. It seems more and more, restaurants are becoming a lot more accommodating to the GF diet. You may have to plan a bit ahead & ask a few questions, but dining out does not have to be a plain baked potato, salad with oil and vinegar, and a piece of grilled plain fish or chicken.

If anyone is interested in joining us for Dinner Club, please e-mail JoAnne at [patmontgomery@shaw.ca](mailto:patmontgomery@shaw.ca) or call 623-2134. We meet the 4<sup>th</sup> Wednesday of the month. Good Friends, Good Food, Good Times.

## Membership Has Benefits for All!

Your membership fees help run the National Office, help pay for your Regional Director's expenses, a portion is returned to our Chapter, and a portion is allocated to research.

Your \$40 renewal fee is allocated as follows (new member fee \$50.00):

National Office \$24.00

Regional Director's Expenses \$ 3.00

Thunder Bay Chapter \$10.00

J.A. Campbell Research Fund \$ 3.00

- Our Chapter publishes a newsletter 4 times per year and the National Office's *Celiac News* is published 3 times per year
- General Meetings are held 4 times per year
- Free Counselling is offered to newly diagnosed members