



EDMONTON

# Celiac

CIRCULAR

## New Website!

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## Meet Celiac Warrior Denison

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WE ARE SEEKING  
**VOLUNTEERS!**

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The Celiac Circular is a quarterly publication of Celiac Edmonton. Celiac Canada is the national voice for people who are adversely affected by gluten and is dedicated to improving diagnosis and quality of life.

## The Gluten Problem: Found. Treated. Cured.

Board meetings are held monthly, online. Meetings are open to all members interested in the management of the Edmonton Chapter, including the planning of events. Check the calendar of events for meeting dates.

*Have a question? Need some guidance? We're here to help!*


The Edmonton Chapter is committed to building a strong celiac community through events, awareness, and education. Our volunteers are trained to offer assistance with the gluten free diet and resources available. You can reach us by:


 780.485.2949

 [info@celiacedmonton.ca](mailto:info@celiacedmonton.ca)


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

 Edmonton Chapter –  
Canadian Celiac Association

 @edmontonceliac

 @celiacyeg

Or you can send mail to:

 CCA - Edmonton Chapter  
9, 12122 68 Street  
Edmonton, AB T5B 1R1



### 2024 BOARD MEMBERS

The board of directors and committees are made up of dedicated volunteers committed to contributing to the celiac community. New volunteers are always welcome.

If you'd like to contribute to the work we do, consider volunteering for the board or serving on a committee. Contact us for more information.

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Vacant

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## ONLINE SUPPORT GROUPS

Did you know that there are many online celiac support groups to help you?

### NATIONAL GROUP

- The CCA National body (now Celiac Canada) has a Facebook group “Celiac Canada Support Group” which has over 22,000 members representing celiacs from coast to coast.

### LOCAL GROUPS

There are many online local support groups and the ones listed below are not associated with Celiac Canada.

- [Gluten Free Edmonton Support Group](#) 
- [Edmonton Celiac Family Support Group](#) 
- [St. Albert Gluten Free Community](#) 
- [Gluten Free Fort Saskatchewan](#) 

if you interested in connecting with a local group, please email [info@celiacedmonton.ca](mailto:info@celiacedmonton.ca) or call 780-485-2949

## ANNUAL SUBSCRIPTION RATES

\$25/year for non members. Printed copy upon request.

**Edmonton Chapter Members**  
Free electronic copy for Lifetime members (Lifetime membership costs \$20)

The spring issue ad deadline is May 1, 2025 and will reach inboxes and mailboxes in June.

### INTERESTED IN ADVERTISING?

Do you own a business and would like to advertise with the Edmonton Celiac Circular? We offer competitive quarterly and annual rates for our advertisers.

For more information, please contact our advertising coordinator by phone on 780.485.2949 or via email to [coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca)

### Edmonton Chapter Office Hours

Our chapter office is open:

Tuesday-Friday 12:00pm-3:00pm

We are located in the Jerry Forbes Centre for Community Spirit.

**Please call our office at 780.485.2949 to book an appointment.**

### NATIONAL OFFICE

Want to get in touch with the CC National office?

Phone: 1.800.363.7296

Fax: 1.905.507.4673

E-mail: [info@celiac.ca](mailto:info@celiac.ca)

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

*Please do not expect our office staff to recommend a doctor, dietitian, a gastroenterologist or medications.*

*Our staff are trained to offer help with the gluten free diet. They are not trained medical practitioners and cannot offer medical advice.*

*Your pharmacist should be able to help you with advice about medications.*

*To find a physician go to [www.cpsa.ab.ca](http://www.cpsa.ab.ca). Physician search is on our home page.*

# President's Message

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*Seán is new to Celiac Edmonton as the President, and to the board. Two of Seán's immediate family members have celiac disease and he lives in a gluten-free household.*

*He is well-versed in the challenges facing the celiac community. Seán's family has found the information and support provided by Celiac Edmonton to be very helpful in managing their celiac disease, and he is joining the board as a way of giving back and supporting others with this disease. Seán is recently retired from the Alberta Public Service and has experience on several professional and volunteer boards in the Edmonton area.*

**HAPPY NEW YEAR EVERYONE!**

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Happy New Year everyone! 2025 looks to be a year of change and opportunity for Celiac Edmonton. I hope all of you will join us to help further us along our journey this year and to help build and connect the celiac community in Edmonton and Northern Alberta.

## **CHANGES TO OUR BOARD**

There are several changes to our Board table for 2025 - 2026. I'd like to welcome Breanna Romain, Danielle McLennan, Jillian MacDonald, and Wynter Giorgi to the Celiac Edmonton Board. Gary Marcellus, who was previously a Director-at-Large, has been appointed to the position of Vice President. We also have several departing Board members, Vic Mitchell, Patricia Amer, Chris Kluthe, Michelle James, and Dani Harrigan, for their commitment and service on behalf of the celiac community. Thank you to all of our new and former board members, for stepping up to bring their experience and expertise to help guide Celiac Edmonton in its service to the celiac community.

## **NEW ADMINISTRATIVE STAFF**

Kate Van Driel joined Celiac Edmonton in early January as our new, part-time, administrative support. Kate will be supporting Rafiat Ahmed in our office and supporting the Board. Kate brings expertise in administration, social media and marketing. Welcome to Kate!

## **WE NEED YOUR HELP**

Celiac Edmonton is renewing its committee structure. We are calling for volunteers to participate on several committees, to support the work of the Chapter, our events, and our members. The intent of these committees is to create opportunities to engage members in the work of the Chapter, to bring new ideas and perspectives to our work, and to help share the workload. As a charity, we operate with limited resources, which, in turn, limits our ability to provide support and services to our members. Your time, skills, and expertise will be very helpful in the continuation of the programs and services we provide to our members. Committees will include opportunities to support Celiac Edmonton events, education opportunities, communications, planning, and upcoming bylaws and policy work. If you are interested in volunteering on one or more of the committees, please reach out to Rafiat in our office, at: [rafiat@celiacedmonton.ca](mailto:rafiat@celiacedmonton.ca).

Seán Murphy,  
President, Edmonton Chapter  
Celiac Canada

# 2025 CALENDAR OF EVENTS

## FEBRUARY

- Feb 2 - 3 - Starlight Casino Fundraiser
- Feb 8 - Celiac Kids Connect Baking Class
- Feb 24 - Gluten Free Living 101: Grocery Store Edition (Community Natural Foods)

## MARCH

- Mar 22 - 40th Anniversary Celebration and Awards Ceremony - Honouring 3 local recipients of the King Charles Coronation Medal

## APRIL

- Apr 5 Virtual Celiac Kids Connect Program
- Apr 14- Gluten Free Living 101: Grocery Store Edition - (P.F. Changs')

We are seeking

**Volunteers**

**3**

**Ways to get involved:**

- ★ Assist during events
- ★ Contribute to the digital magazine
- ★ Join a committee:
  - Events
  - Education/Awareness
  - Volunteer Recognition
  - Communications

For more information or to get started,  
contact Rafiat Ahmed  
[coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca)

**CHECK  
IT OUT**



**NEW WEBSITE LAUNCH**

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



# Celiac Membership

## BENEFIT PROGRAM



### ARE YOU TAKING ADVANTAGE OF YOUR BENEFITS?

- Members save 15% off regular priced **Kinnikinnick** products on the first Tuesday of each month (in store only promotion).
- Members save 10% off regular priced gluten free desserts from **WOW Factor Desserts** every day (two store locations).
- Members save 10% off any gluten free supplements or food products (excluding bread and buns) at **Homegrown Foods** every day.
- Members save 10% off at **Continental Treat Fine Bistro - Jasper Ave**
- Members save 10% off your online purchase over \$30 (shipping is free if you spend \$75) from **Alkeme Gluten Free Bakery** every day. Contact the Chapter Office for your special discount code.
- Members save 10% off regular priced gluten free products at **six M&M Food Markets locations** each Friday (in store promotion only). Participating locations are Sherwood Park, Callingwood Market, Spruce Grove, two St. Albert Locations and Namao Centre
- Members save 10% off their purchase at **Celebrate Gluten Free Bakery** on the first Tuesday of each month (Wednesday if closed on that Tuesday).
- Members save \$20 off 6 or more meals and complimentary gluten free pasta upgrades for any of their pasta meals with **Simply Supper** until Dec 31, 2025. Contact the Chapter office for your special discount code.
- Members save 10% off their purchase at **Totally Gluten Free** on the first Tuesday of each month. In-store purchases only.
- Members save 15% off at **P.F. Chang's Edmonton**
- Members save 10% off a single food purchase at **MyFries**. Card carrier only.



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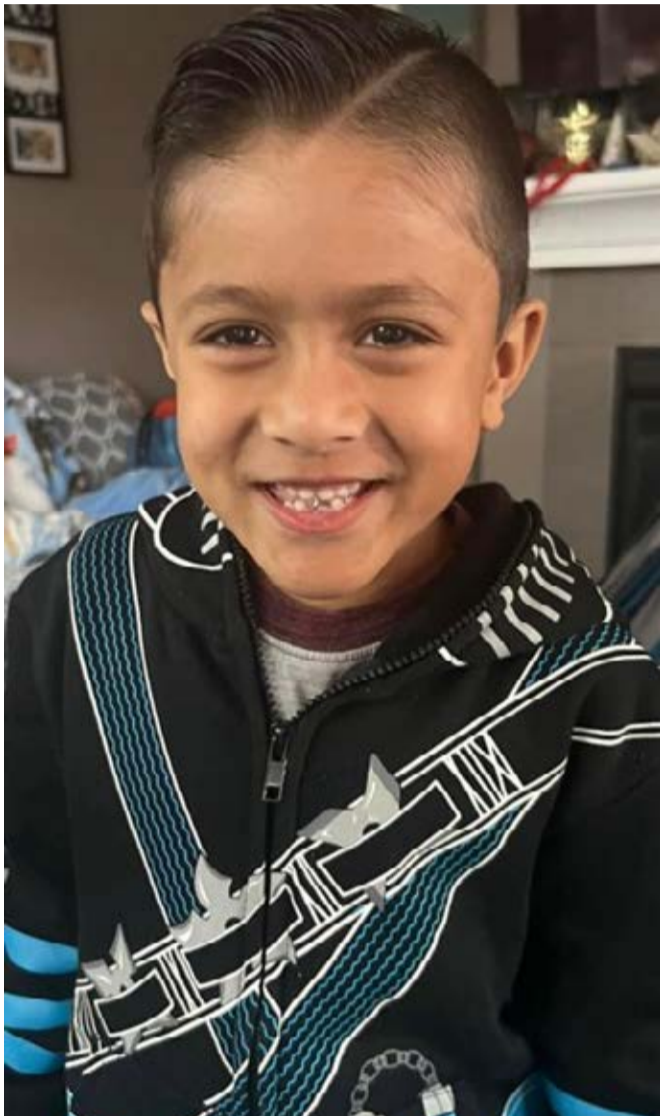
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# The Celiac Kids Connect Group: Meet Celiac Warrior Denison

By Rafiat Ahmed



In our ongoing series, “Celiac Warriors,” we shine a spotlight on kids living with celiac disease who have participated in our Celiac Kids Connect group. This season, we introduce you to the courageous Denison, age 7.

I had the pleasure of meeting Denison and his mom, Subrina, at the Magic in May event for Celiac Kids Connect. Subrina graciously shared their family’s journey with celiac disease and how it has shaped their lives.

## A JOURNEY TO DIAGNOSIS IN CULTURAL CONTEXT

Denison’s story began when he was just a baby, experiencing persistent stomach issues that left his family searching for answers. After visits to doctors and specialists, the diagnosis of celiac disease provided relief and clarity for the Mootilal family. Knowing the cause of Denison’s discomfort allowed them to take actionable steps towards managing his health. Subrina has always been thankful that Denison has been at ease in the face of the challenge of regular medical visits and blood tests.

At the time of his diagnosis, this Caribbean family, like many others, were introduced to a new concept and disease. Subrina joked that being Caribbean, when someone had stomach

issues they were given pepto bismol or some herbal tea. I chuckled understanding fully.

For many people of colour, digestive issues are not often associated with diseases therefore this diagnosis has been a whole family and community learning as well. At times, this is an uphill battle. Subrina shared their recent family vacation to Trinidad, where she brought much GF foods for Denison. She was saddened that throughout the trip, Denison was unable to eat any foods prepared by others. An experience which is indicative of the limited ability to try his cultural foods. Many gluten foods such as roti and doubles are integral to Trinidad cuisine.

## FAMILY INVOLVEMENT

Denison’s siblings, aged 7 and 9 at the time of his birth, were always involved in his care. Subrina described their adjustment to Denison’s diagnosis as a family affair. The boys learned about gluten-free living alongside their brother, fostering a supportive environment that continues to thrive today.

## NAVIGATING SOCIAL SITUATIONS

One of the challenges families with celiac disease face is navigating social settings. Subrina recounted experiences at birthday parties and family events where Subrina would bring snacks and cupcakes for Denison. Their family appreciates friends and relatives who make the effort to provide gluten-free options, enhancing Denison's social experiences. Notably, at a cousin's wedding, their family member ensured that Gluten-free options were available for him. Also at Denison's friend's birthday party when a GF pizza was brought to ensure he could enjoy the celebration without worry.

## BAKING AND CREATIVITY

Subrina's love for baking has always been a part of her life, but celiac disease introduced a new



dimension to her passion. I asked her if her interest in gluten-free baking was a recent development. With enthusiasm, she explained that while she has always loved baking, adapting recipes to suit Denison's needs has brought her joy. Creating gluten-free treats not only nourishes Denison but also strengthens their family bond.

(GF cake baked by Subrina for her birthday celebration in September. Subrina will always bake a separate cake, so that they can celebrate as a family.)

## THE IMPACT OF CELIAC KIDS CONNECT

As we discussed Denison's experiences in the Celiac Kids Connect group, Subrina shared that it has been a positive outlet for them. Denison enjoys interacting with other kids. He loves going to Kids Connect, and has lots of fun.



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## **A MOTHER'S PERSPECTIVE**

Reflecting on her journey through Denison's diagnosis and the adjustments that followed, Subrina expressed a mix of emotions. The road has been filled with learning curves, but the sense of community and understanding they found through family, friends, and programs like Celiac Kids Connect has made a difference.

She shared sentiments of frustration with GF restaurants, fast-food places and the challenge of a family road trip. She also mentioned that Denison now has an allergy to outdoor mold that has threatened how he can play outdoors, which he loves. She asks our community if anyone has noticed that their celiac children have developed other conditions. If that is also your child's experience and wish to connect to Subrina, please email Rafiat, [coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca).

Denison's story is one of resilience, family, and support. As he continues to grow and thrive, his journey serves as an inspiration to other families facing similar challenges. Together, we celebrate the spirit of Celiac Warriors like Denison, who remind us that courage and joy can be found even in the face of adversity.



Rafiat, (pronounced Ra-fi-at) is a multi-passionate creative, lover of the outdoors, qigong, mushroom foraging, and dancing! Rafiat lives in a household with 2 members who are gluten-sensitive. She has recently taken a leap of faith and relocated to Edmonton with her family from Toronto, Ontario.

Although, there were many reasons why, ultimately, following intuition, adventure, and a zest for life has led them here. Rafiat brings a wealth of knowledge and experience in community development and business as well as her personal passion for holistic wellbeing to her new role as your Program Coordinator. She believes with knowledge, understanding, and wisdom, we will continue to strengthen the celiac community.

## The Tax Burden: Financial Impact of Living with Celiac Disease

In Fall 2023, Celiac Canada launched a petition highlighting the financial burden of Celiac Disease (CD) and advocating for tax fairness. As an ally, I was intrigued—what is the tax process for those with Celiac Disease, and how does it impact their lives? Given that a strict gluten-free (GF) diet is the only medical treatment, I was shocked by the high costs and the complex, often disappointing, process of filing for a medical expense credit.

This series explores the tax implications of living with Celiac Disease. I hope you'll share it with allies, skeptics, and those unfamiliar with CD, helping them understand what it truly means to live on a GF diet. This first article features two personal stories to illustrate the broader impact. Join us in raising awareness and advocating for change.

For context, Celiac Disease is an autoimmune disorder where gluten triggers an attack on the small intestine's villi, leading to malabsorption of essential nutrients. It affects 1 in 100 Canadians, many still undiagnosed. The low diagnosis rate makes securing better tax support challenging. Policymakers must balance immediate needs with long-term planning, and with around 400,000 diagnosed Canadians in a population of 39 million, awareness is crucial. Not just for those suffering in silence, but for allies who can amplify their voices.

Currently, the incremental cost difference of gluten free food purchased is an eligible medical expense which can be included in a diagnosed celiac's federal medical expense claim. The non-refundable tax credit is calculated as the difference of all eligible medical expenses being claimed minus 3% of a tax payer's net-income up to 91,966.66 (for 2024 tax year). While this is better than in some countries, Canadians know we can do more.

As Program Coordinator, I hear countless stories of hope and resilience. Allow me to share a few with you. Please note, the opinions shared by our interviewees are their own and not those of Celiac Edmonton.

Meet Paul, a longtime Celiac Edmonton volunteer and Membership Chair who has lived with Celiac Disease since 2012. When I first spoke to him about the tax process, I was overwhelmed by its complexity. Paul, skilled in finance and data, made it clear why many don't attempt it—tracking every GF purchase is no small task. Paul manages this by reviewing receipts monthly, highlighting GF transactions, and logging the price difference between GF and non-GF items. This "incremental" tax benefit factors in inflation, sales, and mixed households but excludes dining out.

Despite filing for years with little return, Paul does it on principle—exercising his rights as a taxpayer. His key tips: Convert all weights to kilograms for consistency, set aside time monthly to track expenses, and include unique GF products like xanthan gum that lack non-GF equivalents.

Item	Number of Items Purchased	Average Cost of non-GF product	non GF product units in lbs	non GF product cost per kg	Average Cost of GF Product	GF products units in lbs	GF product cost per kg	non GF/GF cost difference /kg	cost difference per GF product	Date for GF item
bread (in the items you purchased here, i.e. bread)	(enter the total number of items you purchased this item)	(enter the average price of item)			(enter average price of item)					Calculated field - This column multiplies columns C by
2 bread	2	2.25	0.887	5.33	4.00	0.34	17.65	14.34	4.00	05/20
2 box animal crackers	2	2.49	0.243	10.24	4.50	0.22	20.90	10.49	2.51	4/23
Total: 1,626.41									This is the incremental cost of gluten free products that you may be able to claim on your income tax return as a medical expense.	

(Paul's Gluten Free Medical Expense Tracker)

Here's a few pro tips from a tax preparer:

- 1) Calculate the cost per gram for the gluten free item purchased. To be considered gluten free equivalent eligible the item must be labeled or certified Gluten Free. Gluten free (Price / grams).
- 2) Calculate the cost per gram for the gluten equivalent item for your area during the period using the Statistics Canada Data Visualization tool <https://www150.statcan.gc.ca/n1/pub/71-607-x/71-607-x2024005-eng.htm>, items like xanthan gum are 100% incremental difference. Categorize the GF purchases to best match the category outlined in the visualization tool for the gluten equivalent item. Gluten equivalent (Price / grams)
- 3) Calculate the incremental cost difference per gram between the GF and Gluten equivalent, note Statistic Canada at time of writing does not track the cost of GF. Gluten free (Price / grams) - Gluten equivalent (Price / grams.) = incremental cost difference
- 4) Calculate the GF grams purchased by step 3's result. This cumulative total over any 12 month period not previously claimed is the eligible medical expense claim amount. Incremental cost difference x quantity in grams purchased by celiac = eligible medical claim.

Now, let's meet Tamara, a single mother raising a teenage son—both diagnosed with Celiac Disease. Diagnosed two years ago, she called our office to share her tax-filing experience, hoping to help others.

Rather than tracking every receipt, Tamara used 20-30 to estimate her average spending, including retail and restaurant purchases. When asked to justify her claim, she submitted a heartfelt letter detailing the financial burden of a GF diet on her household. Her claim was accepted— a victory against a system that is often perceived as forcing people to justify their illnesses. Tamara hopes others with Celiac Disease find ways to cope and improve their lives. As an ally, I share that hope—raising awareness and nurturing empathy so we can go further together. In the next article, I'll explore the broader financial impact of Celiac Disease and Celiac Canada's advocacy efforts post-petition.

# Is Gluten Contributing to Your Seasonal Allergies?

(a summary - [click here for full article](#))

Seasonal allergies are uncomfortable, often leading to a cycle of sneezing, watery eyes, and drowsiness from antihistamines. Rather than just masking symptoms, it's important to address the root cause: an overburdened immune system. Allergies, like celiac disease, are autoimmune responses where the immune system wrongly reacts to harmless substances such as pollen, dust, or pet dander.

## **The main causes of an overtaxed immune system include:**

- Food sensitivities (gluten, dairy, sugar, and others)
- Infections (chronic gut imbalances like bacteria, yeast, or parasites)
- Toxins (chemicals, mold, heavy metals)
- Stress, which worsens allergies by further taxing the immune system

## **To reduce symptoms and improve health:**

- Identify food sensitivities with a Modified Elimination Diet
- Test for infections, toxins, and environmental chemicals
- Manage stress with exercise, better sleep, hydration, and a clean diet

## **Natural remedies for relief include:**

- Vitamin C (natural antihistamine)
- Vitamin D (immune regulator)
- Bromelain (anti-inflammatory)
- Quercetin (blocks histamine release)
- Omega-3s (reduce inflammation)
- Hista-Aid (fast-acting liquid for quick relief)

By addressing these stressors, you can reduce allergy symptoms and improve your overall health and immune function.





# Cooking Without Chemicals

(a summary - [click here for full article](#))

We often focus on avoiding harmful chemicals in our food, like glyphosate and pesticides, by buying organic, choosing restaurants with organic options, or growing our own produce. However, many overlook another source of toxins: cookware. Nonstick pans, especially those coated with Teflon, can release toxic chemicals when heated, which may leach into your food.

**Teflon** contains **PTFE** (polytetrafluoroethylene), which can break down under high heat. Before 2013, it also included PFOA, a chemical linked to cancer and other health risks. Both PTFE and PFOA are **types of PFAS, a group of "forever chemicals"** that persist in the environment and human bodies. While **PFOA has been phased out in the U.S.**, similar **PFAS chemicals are still in use** and can be found in products like **microwave popcorn bags, dental floss, stain-resistant fabrics, and even tap water** due to industrial contamination.

To minimize exposure, **choose cookware made from PFAS-free materials like stainless steel, cast iron, or ceramic.** Be cautious with ceramic options to ensure **they are not coated with PFAS-based nonstick materials.** Brands like **GreenPan** offer safer alternatives, using **Thermolon—a non-toxic coating made from a sand derivative.** Thermolon is **eco-friendly, durable, and reinforced with diamonds** for scratch resistance. GreenPan's "Levels" line is designed for compact, organized kitchens, offering stackable pans and lids while maintaining a **nonstick, chemical-free surface.**

**Switching to PFAS-free cookware is an effective way to protect your health, reduce your exposure to harmful chemicals, and enjoy safer cooking for years to come.**





*Deanna Mack is a Registered Dietitian in Edmonton and was diagnosed with celiac disease in 2014. She is passionate about nutrition, cooking, fitness and travelling, and strongly believes that you don't have to be an expert in the kitchen to enjoy great tasting food!*

*Deanna is the nutrition educator for Celiac Edmonton and is a member of the Board of Directors. She has been volunteering with the chapter since 2021. You can find her assisting with the Gluten Free Living 101 sessions, Celiac Kids Connect and other events throughout the year. She enjoys educating others about the gluten-free diet and what it means to live with celiac disease*

## 'Paving the Way for a Healthier Relationship with Food'

Being diagnosed with a gluten-related disorder like celiac disease can place a strain on your relationship with food. The learning curve after diagnosis can be daunting, often bringing up feelings like fear, being overwhelmed, isolated, and feeling left out. Being told you can no longer eat foods that were once considered a staple in your diet can be frustrating and restrictive. On top of that are the astonishing, yet unavoidable cost of gluten-free food, which can feel discouraging. As you focus all your time, attention and energy on finding safe gluten-free options, the emotional weight can take a toll on your relationship with food.

Your relationship with food matters. It affects your well-being, health and your relationships with others. Whether you were diagnosed with a gluten-related disorder a week ago or a decade ago, your relationship with food is inevitably impacted. While some of the initial burden of diagnosis can ease as you acquire the knowledge and learn necessary skills—like label reading and preventing cross-contamination—the emotional and psychological toll often continues. Finding safe gluten-free options requires extra effort, time and attention. Saying no to foods being offered to you simply because they are not gluten-free is emotionally draining and frustrating. It may become second nature to ask many questions and check food labels, but that doesn't mean the emotional burden goes away - it simply becomes part of the routine. These ongoing burdens can build up, leaving you feeling frustrated and isolated. That's why it's essential to develop strategies that can help you cope with these psychological and emotional burdens, ultimately helping you rebuild a healthier relationship with food.

### **Tip #: Be Prepared**

Ever find yourself in a situation where you suddenly realize you're starving and need to eat ASAP? For those who need to eat gluten-free, being prepared for moments like this can make all the difference. Having safe snacks on hand, especially when you're on the go, can take the stress and frustration out of the situation. Heading out to dinner with friends? Taking a few steps—like checking out the menu ahead of time, or calling to confirm the kitchen's cross-contamination protocols—can help you feel more at ease. If your child is attending a friend's birthday party and can't partake in the usual festivities like pizza and cake, sending them with their own gluten-free pizza and cupcake can ease some of the situational stress and burden. By putting in a little extra effort to plan ahead, you can better navigate the psychological and emotional burdens of eating gluten-free.

### **Tip #2: Challenge Your Mindset**

Your mindset can be a powerful tool, positive or negative. If you're dealing with an influx of negative thoughts around eating gluten-free and the challenges it brings, it can deeply affect your outlook and your relationship with food. Working to change the narrative in your mind can bring positive benefits to your psychological well-being.

Neuroplasticity is the idea that you can rewire the pathways in your brain, changing how you think and adapt to life. Taking small steps to introduce more positive thoughts can make way for big changes over time, helping you approach situations with a different perspective. One way to encourage neuroplasticity is through the habit of practicing gratitude. Whether it's keeping a daily gratitude journal and jotting down your thoughts, or repeating a phrase in moments of stress, lean into these small habits to help you cope with the psychological and emotional burdens of eating gluten-free. Despite the difficulties, there are always opportunities to practice gratitude. Perhaps it's the increased awareness of the food that you eat, the chance to connect with others on a similar journey (such as our community at Celiac Edmonton), or the development of your cooking and baking skills. Take a moment to reflect on how your gluten-free journey has shaped your relationship with food. By embracing gratitude, you can work toward building a healthier relationship with food.

While it's no surprise that following a gluten-free diet can feel burdensome, with the right preparation and a change in mindset, you can overcome the psychological and emotional burdens, paving the way for a healthier, more positive relationship with food. Remember that you are not alone on this gluten-free journey. Our Celiac Edmonton community is here to support you and we invite you to join us as we navigate living gluten-free together.





# GREY FOX BREWING

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## AWARD-WINNING TASTE



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# Gluten Free Flour: Monthly Spotlight

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Welcome to the first edition of Cinde's monthly flour spotlight, where Cinde shares insights based on your feedback! Today, we're focusing on four gluten-free flours from her 12-part blog series, *How To Use Gluten-Free Flour*. This series covers 21 ingredients for gluten-free cooking, with details on properties, uses, and potential downsides.



**Millet Flour:** Millet flour adds a delicate, cake-like crumb and works well in yeast breads. It's part of my everyday gluten-free blend, which I use in over 50 recipes. Try it in pastries, pancakes, or shortcakes. If you use a different blend, experiment with millet flour for a fresh twist.



**Quinoa Flour:** Quinoa flour is a protein-packed, grain-free option. It's great for brownies, cookies, and pizza dough. Use it on its own or in combination with potato flour, rice flour, or tapioca starch.



**Buckwheat Flour:** Despite the name, buckwheat is gluten-free. Its earthy flavor works well in pancakes and quick breads (try 25-50% buckwheat). It's also used in savory dishes like French crepes and Japanese soba noodles.



**Rice Flour:** Rice flour, available in white, brown, and sweet varieties, is versatile for gluten-free baking. My blog series dives into how to use it effectively.

# An Inside Look at Find Me Gluten Free: A Conversation with the Founder

By Rafiat Ahmed



Finding the right resources to navigate a gluten-free lifestyle can be a challenge! Fortunately, in today's digital era, we have dedicated individuals who aim to make life a little bit easier!

The **Find Me Gluten Free app** is one of the modern applications that are here to help! We recently had the chance to talk with Jason Elemore, the founder of the app, to learn about the story behind its inception, the people it serves, and what's on the horizon for 2025. Let's dive in!



**Q: What's your favorite thing about starting Find Me Gluten Free?**

My favorite thing about starting Find Me Gluten Free is that every day I get to work on improving the lives of the celiac and gluten-free communities.

**Q: Tell us about the origins of Find Me Gluten Free.**

The journey to creating Find Me Gluten Free started when I was in college. I struggled with stomach issues starting in high school and later brain fog, and eventually, my aunt and niece were diagnosed with celiac disease. I began to suspect I might be dealing with it too, and sure

enough, I was diagnosed at 24. At the time, I had just moved to Austin, and traveling and socializing became much more challenging due to the lack of gluten-free options. As a problem solver, I decided to start researching and manually curating a list of gluten-free friendly restaurants and bakeries. That's when the first version of Find Me Gluten Free was born!

**Q: Tell us about the people that you serve and why it's so important to you?**

We serve anyone who is looking to find gluten-free friendly restaurants and businesses. Most of our users are either celiac themselves or are using the app on behalf of a celiac child, family member, or friend.

**Q: What is something that you have learned over the years about bringing together the gluten-free and tech industries? Did you have a background in or passion for technology?**

I have a degree in computer science, so my passion for technology has always been a big part of my life. But what I've learned over the years is that the most challenging part of this project is the social/community aspect. Encouraging people to contribute to the community, whether by leaving reviews or becoming Premium members, is tricky. Building that sense of trust and engagement takes time, and we're constantly working to improve that.

**Q: What are you hoping to do more of in the new year with Find Me Gluten Free?**

We're really excited about some of the new features we'll be launching in 2025. We recently introduced a safety quiz/badge to help users identify members who are more knowledgeable about gluten-free safety and cross-contact. Moving forward, we want to make it easier for people to find these community experts and their reviews. We're also expanding our 'Guide' program, which empowers users to make a bigger impact on their local communities. Additionally, we're working on features to help people with travel planning, especially when it comes to international travel, which can be a huge challenge for those living gluten-free.

**Q: How do you manage the submissions (businesses and reviews) on the app?**

We have a full-time moderator on our team who oversees all new business listings. Additionally, we encourage the community to report any reviews or photos they believe are inaccurate or inappropriate. We also use custom automated monitoring to help keep everything in check. Moderating this amount of content is one of our biggest challenges, so it is something we are constantly working on improving.

**Q: What advice do you have for people who are interested in learning more about Find Me Gluten Free?**

I encourage anyone who wants to learn more about Find Me Gluten Free to download and sign up for the app. You will get a few educational emails about how and why to use Find Me Gluten Free. Also, please feel free to email me directly at [jason@findmeglutenfree.com](mailto:jason@findmeglutenfree.com)!

Find Me Gluten Free is more than just an app—it's a community-driven resource that helps individuals with celiac disease and gluten sensitivities navigate their daily lives with greater ease. A rewarding effort to help so many people live more safely and confidently. With exciting new features on the horizon for 2025, it's clear that the app will continue to make a meaningful impact on its users. If you haven't already, be sure to check it out and join the growing community of gluten-free advocates! You can download the app [here](#) or check out the web browser page [here](#).

# Caribbean Fish Curry

Dairy free & Gluten free



## Ingredients:

- 2 Tbsp. Coconut oil
- 1 medium yellow onion, halved and thinly sliced
- 2 garlic cloves, chopped
- 2 tsp. GF curry powder
- 1 tsp. GF ground cumin
- 1/2 tsp. GF red pepper flakes
- 15 oz. can diced tomatoes
- 13.5 oz. can coconut milk
- 1 red bell pepper, sliced
- 2 medium carrots, diced
- 2 cups sliced green cabbage ( about 2-inch wide strips)
- 1 large potato or sweet potato, peel and cut into small cubes
- 1 tsp. Sea salt
- 1 1/2 lb. cod or red snapper fillet, cut into large pieces
- Juice of 1 large lime
- Optional garnish, chopped fresh herbs such as parsley, cilantro, thyme

## Instructions:

- In a large saucepan sauté onions and garlic in coconut oil until translucent. About 5 minutes
- Stir in curry powder, cumin and pepper flakes
- Add tomatoes and coconut milk and bring to a gentle simmer, not boil
- Add bell pepper, carrots, cabbage, potatoes and salt. Cook over low heat until vegetables are tender. About 15 minutes
- Add fish and lime juice and cook for about 5 more minutes, until fish is cooked through

# Sweet and Sour Chicken

Dairy free & Gluten free



## Ingredients:

- 300g diced chicken breast
- 1 red pepper (roughly cut into chunks)
- 1 green pepper (roughly cut into chunks)
- 1 onion (roughly cut into chunks)
- 75g tinned pineapple chunks
- 1 litre vegetable oil (for frying)

### *For the batter:*

- 90g plain gluten free flour
- 25g cornflour
- 1 heaped tsp baking powder
- Pinch salt
- 1 large egg
- 130ml cold water

### *For the sauce:*

- 65g tomato ketchup
- 1 tbsp gluten free tamari
- 2 tbsp caster sugar
- 2 tbsp white rice vinegar
- 1 tsp chopped garlic
- 1 tbsp cornflour (mixed into 2 tbsp cold water)
- 100ml pineapple juice (drain from the tin of pineapple chunks)

## Instructions:

- In a large bowl or jug, mix gluten-free flour, cornflour, baking powder, and salt. Add the egg and cold water, whisking until smooth. Coat the chicken pieces in the batter and let it rest while you heat the oil.
- Heat oil in a large saucepan to 170°C (340°F), ensuring it's deep enough to submerge the chicken. Test with a small batter drop—if it sizzles, the oil is ready. Fry 4-5 chicken pieces at a time for 4-5 minutes until golden, then drain on kitchen towel. Repeat until all chicken is cooked.
- For the sauce, mix all ingredients in a bowl. In a hot wok or frying pan, stir-fry the peppers and onion for 2-3 minutes. Add the sauce and simmer until thickened. Stir in the chicken and pineapple, coat well, and serve immediately.



# Lemon Arancini Balls

Gluten free



## Ingredients:

- 2 tbsp olive oil (30 g)
- 1 tbsp butter (15 g)
- 1 small white onion - finely chopped (250 g)
- 1 clove garlic - minced (6 g)
- 1¾ cups Arborio rice - rinsed (350 g)
- ⅓ cup red wine (72 g)
- 5 cups vegetable stock (1200 g)
- 1½ cups grated parmesan cheese (150 g)
- 1 large lemon zested (7 g)
- 250 g mozzarella ball- divided

### ***Breading and Filling***

- 1 cup Kinnikinnick All Purpose Flour Blend (170 g)
- 3 large eggs - beaten (168 g)
- 2 cups Kinnikinnick Panko Bread Crumbs (220 g)

*Additional oil for deep frying*

*Optional: serve with Basil Tomato Pesto*

## Instructions:

### ***Lemon Risotto***

- Heat olive oil and butter in a pot over medium-low heat. Sauté onions for 5-7 minutes until translucent. Add garlic and rinsed rice, stir for 1 minute. Pour in red wine and cook until reduced by half (2-3 minutes). Slowly add vegetable stock, ½ cup at a time, stirring constantly until absorbed. Continue for 20-25 minutes until risotto is al dente and sticky. Stir in parmesan and lemon zest. Spread risotto on a parchment-lined tray to cool.

### ***Forming Lemon Arancini Balls***

- Divide mozzarella into 18 portions (for 3-inch balls) or 30 portions (for bite-sized balls). Flatten 1-2 tbsp of cooled risotto in your hand, place mozzarella in the center, and form risotto around it. Repeat with all portions. Refrigerate balls for 30 minutes.

### ***Assembly and Cooking***

- Preheat oil to 360°F (182°C). Set up three shallow dishes: flour, beaten eggs, and panko breadcrumbs. Dip Arancini Balls in flour, eggs, and breadcrumbs. Fry in batches for 4-5 minutes, until golden brown. Drain on paper towels. *Serve warm or cold with optional Basil Tomato Pesto.*

[Click here for the Nutrition Facts](#)

# Snackable Bento Box

Gluten free



## Ingredients:

### Mini Lemon Cranberry Muffins

- Muffin Batter
- 2 large eggs (112 g)
- ½ cup vegetable oil (109 g)
- ¾ cups granulated sugar (150 g)
- 1 cup warm water (237 g)
- 3 tsp fresh lemon juice (45 g)
- 1 large lemon - zested (7 g)
- 1 cup fresh cranberries or frozen - sliced (120 g)
- 2 cups [Kinnikinnick All Purpose Flour Blend](#) (416 g)
- 2 tsp baking powder (6 g)
- ½ tsp salt (3 g)
- Streusel Mixture (optional)
- ¼ cup [Kinnikinnick All Purpose Flour Blend](#) (40 g)
- 2 tbsp granulated sugar (24 g)
- 2 tbsp hard butter or margarine (28 g)

### Additional Items

- 3 individually wrapped cheese - variety (60 g)
- 6 crackers (gluten-free) (35 g)
- 1 small floret broccoli - cut into small pieces (28 g)
- ¼ small yellow bell pepper - thinly sliced (38 g)
- ½ pear - sliced (85 g)
- Raisins (30 g)

**Optional: favourite veggie dip (gluten-free)**

## Instructions:

### Muffin Batter

- Preheat oven to 350°F (176°C). Grease a 44-space muffin pan.
- Mix eggs, oil, sugar, lemon juice, and water. Add flour, salt, and baking powder; mix until smooth.
- Fold in cranberries and lemon zest.

### Optional Streusel

- Combine ¼ cup flour and sugar. Cut in cold butter until crumbly.

### Bake

- Scoop batter into the pan; top with streusel if desired.
- Bake for 17-20 mins. Cool on a rack.
- Store in an airtight container (3 days) or freeze (3 months).
- (Yields 44 mini muffins)

### Bento Box

- Add 3 muffins, cheese, crackers, veggies, fruit, and optional dip. Use liners or dividers as needed.

[Click here for the Nutrition Facts](#)



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