



Celiac Support Group

NEWSLETTER



FALL 2023

We hope this newsletter finds you well and hope you are enjoying the start to fall! We are so excited to announce the newest addition to our celiac dietitian team Katelyn Wick. Katelyn is a dietitian currently working in the diabetes clinic in the Northeast region. She already works closely with some children with celiac disease when providing care within the diabetes clinic. We are looking forward to her joining the team!

We hope you enjoy this edition of the newsletter, and please reach out to us at celiacsupport@childrenswi.org if there is anything else you would like to see in future editions!

National Celiac Awareness Day

September 13th was National Celiac Awareness Day

Here are a few facts you can share with your friends and family members to help them learn a little more about celiac disease:

- Celiac disease is estimated to affect 1 in 100 people worldwide
- About 80% of the people with celiac disease are undiagnosed
- People who have a first degree relative with celiac disease have a 1 in 10 chance of developing celiac disease themselves
- There are over 200 known symptoms of celiac disease

Celiac Support Group Updates and Upcoming Events

Upcoming Support Group Events

- Saturday, December 2nd: Milwaukee Bucks Celiac Awareness Night at Fiserv Forum
 - Will also include a presentation by Dr. Stefano Guandalini and a Q&A panel (plan to have a virtual component to this)
 - More information to come!
- Thursday, December 7th from 6-8pm: Annual Holiday Meal and Gluten Free Cookie Exchange in Milwaukee
 - More information to come!



July and September Support Group Event Summaries

Our July Family Meet Up was a potluck at a park in Elm Grove. We had a great time sampling all the yummy foods that were brought and playing outside. The families were also able to engage in conversation about gluten free living. Special thank you to Allison Steinhafel from our advisory board for helping to plan this event!

The September Family Meet Up was at The Bar in Appleton and was our first family meet up in the Northeast. The group enjoyed fun and informative conversations about gluten free living while playing on the volleyball courts and eating some yummy gluten free appetizers! Special thank you to Missy Tate from our advisory board for helping to plan this meet up.

Rainbow Camp Summary

On Friday, August 18th many of you attended Rainbow Camp along with patients from the Children's Wisconsin genetics and rheumatology clinics. A total of 42 celiac patients/siblings attended! Activities included archery, rock climbing, swimming, arts and crafts, and kickball. We had a great time supporting our celiac group throughout the day and we hope to see you at camp again next year!





We received this feedback from Shannon and her daughter Taylor about Rainbow Camp: “The excitement my daughter and I had hearing rainbow camp was happening this year was huge!!! We were so happy that the event could finally take place and we could trust an actual day camp where she could eat safely!!! She had so much fun. She loved the craft with the yarn and the glass jar, she has that displayed on her desk now. She had so much fun meeting other campers with celiac disease and knowing many others were in her shoes as well. Swimming and playing outside were just some of the highlights she told me about. As a parent I was just so happy for her. When you have a child with celiac disease you often feel they get left out and then when a camp like this is offered it is just overwhelming!! I so appreciate the time and effort that was put into this and we can’t wait to go again next year!!”

Ask the Expert

Is it okay to use mobile scanner apps that tell you if a food is gluten free?

We do not recommend relying solely on mobile scanner apps to determine if a product is gluten free. The app may not have the most up-to-date information or the product on the shelf may have different ingredients than the product listed in the app. This could result in accidental gluten exposure or unnecessary avoidance of the food leading to further diet restriction. Using a scanner app may be helpful when you’re still getting familiar with label reading or if an extended family member or caregiver is trying to purchase gluten free foods. In these situations we recommend using the scanner app only as an initial quick check; if the app reports that the product is gluten free, double check by reading through the label to verify. Using your own label reading knowledge (and using your dietitian as a resource if needed) to determine if a product is gluten free is best!

If you have a question you would like answered in a future Ask the Expert section submit it to celiacsupport@childrenswi.org



Patient Perspectives

As few weeks ago we asked you all what your favorite gluten free lunch and snack ideas are for the school year. Here is a summary of the answers we received:

Lunch:

- Wraps with vegetables, meat, and cheese
- Pasta salad
- Tacos
- Homemade panini with black beans, chips, and madras lentils
- Build your own pizza on a pita with pizza sauce, pepperoni and cheese

Snack:

- Popcorners
- Mini Kind Bars
- Muffins from Trader Joe's
- Clio mini Greek yogurt bars
- Made Good chocolate drizzled crunchy oat bites
- Pretzel filled with almond butter/peanut butter
- Live G Free sweet chili chips

If you have any tips/tricks or advice to share with the support group, please email us at celiacsupport@childrenswi.org to discuss writing a future section of this newsletter.

New Products/Recalls

Tama Corp. Cachapas de Maiz Paisa

Tama Corp. Cachapas de Maiz Paisa 24 oz packages are being recalled because they may contain wheat and soy. The product was distributed nationwide. [Click here for more information.](#)

Stonewall Kitchen of York, Maine Peanut Butter Maltballs

Stonewall Kitchen of York, Maine is recalling their Peanut Butter Maltballs in 6 oz packages because they may contain wheat, peanuts and soy. The product was distributed in ME, NH, MA and CT. [Click here for more information.](#)

Doritos Nacho Cheese Flavored Tortilla Chips

Frito-Lay has recalled their Doritos Nacho Cheese Flavored Tortilla Chips sold in 14.5 and 1 oz packaged because they may contain wheat and soy from spice sweet chili tortilla chips. [Click here for more information.](#)

Van's Gluten Free Original Waffles

Van's has recalled certain packages of Van's Gluten Free Original Waffles because they may contain wheat. The product was distributed in AZ, CA, FL, GA, IL, NC, & WA. [Click here for more information.](#)

Kirkland Signature Chicken Tortilla Soup with White Chicken Meat

The U.S. Department of Agriculture's Food Safety and Inspection Service has issued a public safety alert for ready-to-eat Kirkland Signature Chicken Tortilla Soup due to misbranding. The label falsely declares the product as gluten free. The product was shipped to retail locations in AK, CA, ID, MT, NV, OR, UT and WA. [Click here for more information.](#)

Recipe

Gluten Free Apple Crisp

Prep time: 25 minutes

Cook time: 60 minutes

Serves 10

Ingredients

Crisp Topping

- ½ cups (210 g) all purpose gluten free flour blend
- ¾ teaspoon xanthan gum (omit if your flour blend already contains it)
- ½ cup (50 g) certified gluten free old-fashioned rolled oats
- ⅓ cup (67 g) granulated sugar
- 1 tablespoon ground cinnamon
- ½ teaspoon freshly grated nutmeg, optional
- ¼ teaspoon kosher salt
- ½ cup (109 g) packed light brown sugar
- 12 tablespoons (168 g) unsalted butter, melted and cooled

Apple Filling

- 2 tablespoons (18 g) gum-free gluten free flour blend



1 teaspoon ground cinnamon
1/8 teaspoon kosher salt
1/3 cup (100 g) packed light brown sugar
3 pounds (about 6 large apples) Granny Smith apples (or other tart and firm apple) peeled, cored and chopped into 3/4-inch cubes
1/4 cup (2 fluid ounces) lukewarm water
1 teaspoon pure vanilla extract

Instructions

1. Preheat your oven to 350°F. Grease a 13 x 9-inch baking dish and set it aside.

Prepare the topping

1. In a medium-sized bowl, place the flour, xanthan gum, oats, granulated sugar, cinnamon, optional nutmeg and salt, and mix to combine. Add the brown sugar, and mix again, working out any lumps.
2. Add the melted butter, and mix to combine well. The mixture will be thick. Chill only briefly if at all loose or warm. Set the topping aside.

Prepare the filling

1. In a large bowl, place flour, cinnamon, salt, and brown sugar, and toss to combine well, breaking up any lumps in the brown sugar. Add the apples, and toss to coat the apples completely.
2. Transfer the filling to the prepared baking dish, add the 1/4 cup lukewarm water and vanilla extract, and stir to combine again. Spread the apple chunks into an even layer.
3. Place the baking dish on a rimmed baking sheet, cover the dish with aluminum foil, and place it in the oven to begin to soften the apples. Bake for 15 minutes, then remove and uncover the dish to stir the apples. Cover again, return to the oven, and continue to bake for another 15 minutes.
4. Remove the baking dish from the oven and place on a heatproof surface. Remove the foil, stir the apples and spread them again into an even layer.
5. Scatter the crisp topping evenly on top, breaking up any larger clumps of topping, and press gently on top to help the topping adhere to the apples.
6. Return the dish to the oven and bake, uncovered, until the topping is golden brown (about 25 minutes). Remove from the oven and allow to cool for 15 minutes before serving warm, topped with the optional vanilla ice cream.

Recipe from: <https://glutenfreeonashoestring.com/gluten-free-apple-crisp/>

Educational Opportunities

We will continue to share information on our 2023 support group events with you by email. We also want you to be aware of educational opportunities that are being held by other celiac disease centers, as we do not want to recreate something that others are already doing. We will be sharing these educational opportunities on our private Facebook group (Celiac Support Group of Wisconsin). Please reach out to us at celiacsupport@childrenswi.org if you need instructions on joining our Facebook group!

The National Celiac Association (NCA) offers virtual events every month geared towards elementary aged children, middle schoolers, and higher schoolers. If you are interested in attending one of these events here is the calendar of upcoming events: <https://nationalceliac.org/nca-events/>

GIG Cares Monthly Gift Box Program

Are you struggling to afford the high cost of gluten free foods?

If so, you may qualify for free monthly gift boxes of gluten free foods through the GIG Cares Cutting Costs program. The Cutting Costs program helps to offset costs associated with purchasing gluten free foods by providing a monthly care package full of gluten free products. Check out the website to see if you qualify and to apply for the program: <https://www.gigcares.org/what-we-do>.

Everyone at The Bonnie Lynn Mechanic Celiac Disease Clinic at Children's Wisconsin wishes you a great fall!

