



# Celiac Support Group

## NEWSLETTER



SUMMER 2023

We hope this newsletter finds you well and hope you are enjoying the nice weather! We are so excited we are able to bring back Rainbow Camp this year (see email sent last week) and are looking forward to the other support group events we have planned for the rest of the year. We hope you enjoy this edition of the newsletter, and please reach out to us at [celiacsupport@childrenswi.org](mailto:celiacsupport@childrenswi.org) if there is anything else you would like to see in future editions!

## Celiac Support Group Updates and Upcoming Events

### In search of a NEW parent leader/co-chair for our support group

We are looking for a volunteer to fill the role of parent leader/co-chair for our celiac support group. The co-chair would:

- Work with Children's staff to help plan support group meetings. This may include writing the agenda or meeting minutes/notes, setting up a room/location for events, and coordinating speaker needs if there is a presenter
- Have to complete support parent training through Parent to Parent of Wisconsin
- Have to meet all of the Children's Wisconsin volunteer requirements (immunizations, flu shot, HIPAA)

Please email us at [celiacsupport@childrenswi.org](mailto:celiacsupport@childrenswi.org) if you are interested or have any questions about this opportunity!

### May Support Group Event Summary

We had a great support group meeting in May. We were able to discuss many different topics with the families that attended. One topic that we discussed in detail was the ASK celiac screening. ASK (auto-immunity screening for kids) is a free screening that can be used to detect type 1 diabetes or celiac disease in children (ages 1-17). The goals of the ASK screening are to:

- Find early signs of diabetes or celiac in children—before they get very sick
- Offer close monitoring, education and early treatment, when needed



- Offer participation in studies of new interventions that might stop or slow progression of disease
- Increase public awareness of type 1 diabetes and celiac disease

For more information about ASK screening or to request an at home screening kit visit this website: <https://www.askhealth.org/for-parents>

## June Support Group Event

Thank you to everyone that came to the Timber Rattlers game on June 4<sup>th</sup>. It was a beautiful afternoon at the ballpark, and two of our members had the opportunity to throw the first pitch! We hope everyone had a great time!

## Upcoming Support Group Events

- July 9<sup>th</sup>: gluten free potluck in Elm Grove
- August 18<sup>th</sup>: Rainbow Camp in Fredonia
- September (date TBD): family meet up in Oshkosh
- October (date TBD): Q&A with Dr. Stefano Guandalini in Milwaukee but will also have a virtual component to this
- December (date TBD): annual holiday meal and gluten-free cookie exchange in Milwaukee

We are working to finalize the dates for the rest of the meetings this year and will send out more information when we have it!

# Ask the Expert

## What are some tips for adding fiber to the gluten-free diet?

Including fiber in your diet is important to improve bowel function, and high fiber foods provide many important nutrients. Here are some ways to include high fiber foods in your diet:

- Have legumes (beans, peas, lentils) as a side dish with your meal
- Include plenty of fruits and vegetables every day (raspberries, pears, apples with the skin, oranges, blueberries, strawberries, bananas, green peas, Brussels sprouts, sweet potatoes and potatoes with the skin, corn, broccoli, cauliflower)
- Try brown rice, wild rice, quinoa, buckwheat or millet
- Add rice bran or dried fruit to homemade muffins or pancakes, or add it on top of cereal or yogurt
- Snack on nuts and seeds or popcorn

See below for a delicious recipe using lentils, brown rice and quinoa!



If you have a question you would like answered in a future Ask the Expert section submit it to [celiacsupport@childrenswi.org](mailto:celiacsupport@childrenswi.org).

## Patient Perspectives

**As few weeks ago we asked you all what your favorite local gluten-free restaurant is. Here is a summary of the answers we received:**

- Red Robin (Greenfield)
- Happy Bellies (Appleton)
  - Breakfast pizza, quiche, doughnuts, scones
- Archives (Burlington)- most items on the menu are gluten free
  - Cheese curds, chicken tenders
- Pops' Pizzeria (Waterford)
- Hey, Soup Sister (De Pere)- everything is gluten free
- Mimosa (Brookfield)
- Wauwatiki (Wauwatosa)- entire menu is gluten free
- Zisters (Elm Grove)
  - Has gluten-free pancakes
- David Alan Alan's Smokehouse and Saloon (Mukwonago)
  - All breaded chicken is gluten free
- Graystone Ale House (De Pere)
- Old Germantown (Germantown)
  - Has a separate oven for gluten-free pizza
- Tofte's Table (Waukesha)
- The Bar (Fox Valley)
  - Cheese curds, mozzarella sticks, and wings
- Mark's East Side (Appleton)
- Outboards Bar and Grill (Tomahawk)
- Belair Cantina (several locations in the Milwaukee area)
- Black Honey Hashery (De Pere)
  - Great breakfast place

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

## New Products/Recalls

**NEW! Schar Brioche Burger Buns**



## OnYums Onion Flavored Rings

OnYums Onion Flavored Rings in 3oz packages are being recalled because they may contain undeclared wheat. [Click here for more information.](#)

## Tillamook Ice Cream

Tillamook County Creamery Association is recalling a limited quantity of family-size 1.5qt cartons of Tillamook Waffle Cone Swirl ice cream mistakenly packaged in a Tillamook Chocolate Peanut Butter ice cream carton. The Waffle Cone Swirl ice cream contains wheat and soy, which was not declared on the Chocolate Peanut Butter label. [Click here for more information.](#)

# Recipe

## Copycat Costco Quinoa Salad

*Prep time: 15 minutes*

*Cook time: 0 minutes*

*Serves 6*

### Ingredients

#### Salad

- 1 cup cooked and cooled brown rice (~1/2 cup uncooked)
- 1 cup cooked and cooled brown lentils
- 2 cups cooked and cooled quinoa (~2/3 cup uncooked)
- 1 medium red bell pepper, diced
- 1 medium tomato, diced
- 1 medium cucumber, diced
- 1 cup baby kale, chopped
- ¼ cup cilantro, chopped (or parsley)

#### Dressing

- ¼ cup + 1 tablespoon extra virgin olive oil
- 1 tablespoon white wine vinegar or apple cider vinegar
- 2 tablespoons lemon juice (or more to taste)
- 1 tablespoon maple syrup
- ½ teaspoon sea salt (or more to taste)
- Freshly cracked black pepper, to taste

### Instructions



1. Dice the vegetables, and chop the cilantro (or parsley), and the baby kale.
2. Add all of the ingredients for the salad into a large mixing bowl- brown rice, lentils, quinoa, red pepper, tomato, cucumber, baby kale, and fresh herbs.
3. To a small bowl, add all of the ingredients for the dressing- olive oil, vinegar, lemon juice, maple syrup, salt, and black pepper. Mix until well combined. Taste and adjust the flavor as needed, adding more salt, black pepper, or lemon juice to taste.
4. If serving right away, pour the dressing over the salad and toss until everything is well coated. Serve at room temperature or refrigerate for 1-2 hours! If serving later, transfer the salad and the dressing to separate containers and refrigerate until ready to use. Combine before serving.

Recipe from: <https://watchlearneat.com/copycat-costco-quinoa-salad/>

## 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](mailto: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 summer!

