

Celiac Support Group NEWSLETTER



WINTER 2024

We hope this newsletter finds you well and hope you are enjoying the holiday season! Thank you to everyone who participated in the support group events in 2024. We look forward to seeing you at next year's events! 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'd like to see in future editions including a question you would like answered in the Ask the Experts section or if you want to share any tips, tricks, advice, or a favorite gluten free recipe with the support group.

Celiac Support Group Updates

A Year in Review: 2024 Events

- **March** Milwaukee Admirals Game with Children's Wisconsin
- **April** *Virtual* GI Psychologist Event
- **May** Bug and Goose Play Café
- **June** Timber Rattlers GF Tailgate and Baseball Game
- **July** Holey Mackerel Mini Golf
- **August** Rainbow Day Camp
- **October** Celiac Awareness Walk
- **November** *Virtual* Cooking Demo
- **December** Annual Holiday Dinner and Treat Exchange

Please complete our brief survey on this year's events:
<https://www.surveymonkey.com/r/WYBGXQG>

October Celiac Awareness 5K Walk

We want to extend a huge thank you to everyone who joined us for our first ever celiac awareness walk in October! We had over 200 people in attendance and raised over \$1000 for our Children's Wisconsin celiac program/support group! We loved seeing you all



and look forward to hosting this event again next year! Shout out to the following

teams that joined: Connor's Crew, Gluten Free Gals, Levi's Squad, Team CJ, My Buns are Gluten Free!, The Gluten Free Buns, Team Raelle, The Celiac Sea Turtles, Team Tingley, Cortexercisers, Noah's Biggest Fans, and more!



November Virtual Cooking Demo



Chef Michael Solovey from Sage Harvest Cooking School demonstrated cooking GF baked chicken wings, chicken tenders, and homemade Ranch virtually for our group. He shared a wealth of knowledge with us! Families who joined were able to either watch the demo or cook alongside him. See the attached recipe and view the recorded class [here!](#)

December Annual Holiday Dinner and Treat Exchange

Thank you to all who joined us for our annual holiday dinner and treat exchange this year! We had an excellent turn out with almost double the attendance from last year! Please see attached recipes from the exchange in the email!



Upcoming 2025 Support Group Events

Celiac Awareness Night at Milwaukee Bucks Game March 8th *(Not affiliated with Children's WI Celiac Support Group this year)*

Save the date! Children's WI Celiac Support Family Education Day on April 27th

We are planning some exciting events for next year! Please email us any ideas you have for events at celiacsupport@childrenswi.org.

CELIAC DISEASE AWARENESS

GROUP TICKET OFFER

Join us for our annual outing for Celiac Disease Awareness as the Milwaukee Bucks take on the Orlando Magic!

Part of the proceeds go towards the Celiac Disease Foundation.



MAR 8
7:00PM
FISERV FORUM



The first 150 to purchase will get a Bucks-themed insulated lunchbox.

The first 60 kids, ages 6-15 will get the chance to participate in one of our fan experiences!

**Details to be sent at a later date*



ORDER YOUR TICKETS AT
FEVO-ENTERPRISE.COM/EVENT/CDA25

ORDER DEADLINE: **FEBRUARY 8TH**

Ask the Expert

Question: Is wheat starch considered gluten free and safe to consume?

Wheat starch is simply a starch made from the processed endosperm of the wheat grain. It can be processed to remove gluten, which makes it an allowed ingredient in foods labeled gluten-free in the United States. Primarily it is used as a thickener in a variety of products including breads, noodles, pancakes, and cereals, but it can also improve the flavor and texture as well.

It is important to avoid wheat starch-containing foods that are NOT labeled gluten free. Also keep in mind that it is your decision whether or not to eat labeled gluten free foods containing wheat starch. Bottom line is that wheat starch is considered safe as long as it is labeled gluten free.

To learn more about the testing processes for this ingredient, check out this article from the Gluten Free Watch Dog:

<https://www.glutenfreewatchdog.org/news/wheat-starch-in-gluten-free-foods-in-2023-an-update-from-gluten-free-watchdog/>

Do you have a question you would like answered?

Please email CeliacSupport@childrenswi.org

Patient Perspectives

How to recover if you're accidentally 'glutened' at your holiday celebrations

Before you head to holiday gatherings, here are some tips to help you prepare ahead of time to avoid getting accidentally glutened:

- Eat a larger balanced meal before you go. Including protein, fiber, and fluids can help keep you full longer!
- Bring a dish that you've prepared yourself that you know is safe for you to consume.
- Stick to fresh, whole foods such as fruit or vegetable platters.
- If possible, talk to the host ahead of time and confirm what ingredients are used and how they have prepared foods that you think may be safe but aren't sure.
- Have a backup plan just in case you do not feel safe and might not be able to eat much at the party. Bring along snacks or safe foods just in case there are limited options.
- Consider using Gliadin X supplement before eating. This is recommended in times of increased risk of cross contact or accidental consumption of gluten in very small amounts. It can help digest gluten in the stomach before causing damage to the intestines. Available at gliadinx.com or Amazon.

If you do end up accidentally consuming gluten and begin to experience symptoms, try some of the following ways to alleviate discomfort and support your body's recovery:

- Stay hydrated
- Get plenty of rest
- Probiotics can help restore the balance of good bacteria in your gut. Look for foods like yogurt or fermented foods like sauerkraut, kimchi, or kombucha. Consider a high-quality gluten-free probiotic supplement
- Peppermint tea can help soothe digestive upset and reduce symptoms like nausea and abdominal pain
- Light exercise like walking or yoga can help stimulate digestion and reduce stress
- Use a warm compress or heating pad to your abdomen to help ease cramping or discomfort
- Talk to your doctor about any medications that may help with GI concerns like vomiting or changes in stooling pattern

New Products/Recalls

NEW!

- Schar Brownie Bites, Peanut Butter Blondie Bites, and Mini Grahams
- Goodles Gluten Free variety of pastas
- KIND Kids School Friendly bars
- JoJo's Dark Chocolate Peppermint Pretzel Bites
- Crunch Masters new flavors: Mexican Street Corn and Pimento Cheese
- Cup4Cup reformulated flour and all baking mixes to be Top 9 allergen free
- **Improved* BFree pita breads
- **Aldi's* Simply Nature French Fried Onions are *NO LONGER* Gluten-Free



Peanut Butter Blondie Bites



Chocolate Brownie Bites





RECALLS:

- Progresso Manhattan Clam Chowder (& possibly other flavors) – read more [here](#)
- Trader Joe's Gluten Free Rolled Oats 10/2024 – read more [here](#)
- Listeria [recall](#) on Meat/Poultry products and Frozen Waffles 10/2024 – includes many GF waffles from Nature's Path, Trader Joe's, Wild Harvest and more
- Organic Carrots with possible E.coli from Grimmway Farms 11/2024 – more [here](#)
- Fresh Gourmet Tortilla Strips Santa Fe Style [recalled](#) d/t undeclared wheat

Recipe

Cranberry Quinoa

Prep time: 10 minutes

Cook time: 15-20 minutes

Ingredients

- 2 cups water
- ½ cup dried cranberries
- ½ teaspoon salt
- 1 cup white quinoa, uncooked
- 3 Tablespoons thinly sliced green onions
- 1 Tablespoon vegetable oil
- 1 Tablespoon lemon juice



Instructions

1. Bring water, cranberries and salt to a boil in medium saucepan. Add quinoa; reduce heat to low. Cover and cook 15-20 minutes or until water is absorbed.
2. Stir in green onions, oil and lemon juice.

Educational Opportunities

- **Children's Wisconsin Celiac Disease and the Gluten Free Diet Education Module is now available on the [Celiac Disease Foundation's website!](#)**

- **Children's WI Celiac [Webpage](#)**

Browse the website to learn more about the Celiac Program, Frequently Asked Questions, Nutrition resources, the latest newsletter editions, and more!

- **Children's WI Electronic Education [Module and Resources](#)**

Review the electronic education course or share with family, friends, teachers, and caregivers!

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

We will continue to share information on our 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).

Gluten Free Care Packages

Festival Foods offers Gluten Free Care Packages: If your child was diagnosed with Celiac in the last 12 months and is interested in seeing what your local Festival Foods store has to offer for gluten free products, use this [link](#) to sign-up for a gluten free care package and possible tour of the store!

Nick's Snack Packs: If you have a child who is 12 years old or younger and diagnosed with Celiac, sign up using this [link](#) to request a free box of free gluten-free products from Nick's Snack Pack. They typically release 25 snack packs each month and are mailed on a first-come, first-serve basis. Learn more here: <https://www.nickssnackpack.com/>

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/cutting-costs-application>

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