

HOLIDAY *survival guide*



*Tips
to stay safe
&
gluten free
throughout
the
holidays*

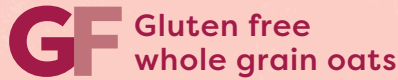


REAL CROWD-PLEASERS

Baked in Scotland, with whole grain oats and less sugar than you'd expect, our gluten free Oat Cookies are available in three delicious flavours. Perfect for on the go snacking (they come in individually wrapped portion-packs of four), crumbled on top of yogurt or enjoying with your favourite hot drink! Try this super easy no-bake cookie bars recipe for the perfect indulgent treat.



Baked in
Scotland



Up to 40%
less sugar

No Bake Cookie Bars

Prep time: 10 mins **Difficulty:** Easy **Servings:** 16

Ingredients:

- 2 Box of Nairn's Gluten Free Dark Chocolate Oat Cookies
- 150g of Spread (works better than a hard block of butter)
- 300g of Icing Sugar
- 2 tbsp Cocoa Powder
- 500g your favourite chocolate

Method:

1. Put the spread, icing sugar and & cocoa powder into a bowl and mix until completely smooth with an electric whisk or wooden spoon to create your buttercream.
2. Take 2 x Nairn's biscuits. Spread 1 tbsp of the buttercream on the underside of one biscuit and then sandwich the other biscuit on top. Repeat for all your biscuits. To get the signature 'sandwich' look, don't spread your buttercream to the very edge of the biscuit, leaving half a cm gap around the outside.

3. Carefully melt half of your chocolate by heating around 1 inch of water in a large pan until simmering, not boiling. Place a bowl on top of the pan (make sure the base of the bowl isn't touching the water) and add your chocolate to the bowl in small squares. Once the chocolate is almost melted, remove the bowl from the heat and stir until fully melted.
4. Dip the sides of each biscuit sandwich into the chocolate. Place on a wire rack and put into the fridge for 10 mins to set.
5. Meanwhile, melt the rest of your chocolate. Then, once the biscuits have set, dip the top and bottom of each biscuit sandwiches into the melted chocolate.
6. Place fully coated biscuits on the wire rack and into the fridge until set.

Eat and enjoy!



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Happy Holidays



DEPOSIT PHOTO

The holidays have arrived! Step confidently into the season with us as your guide. In this issue check out our budget suggestions to help reduce food costs over the holidays, choose from an incredible selection of delicious holiday recipes as well as drinks to serve your guests at every stage of your celebrations! Read on to learn how our staff and volunteers have shifted their focus to provide the community with information and resources to better assist the Canadian Food Bank in helping our gluten-free community. Finally, lose the guilt and reduce your chances of cheating with our Top 10 Craving Cures.

CHRISTMAS – THE BIG SOCIAL EVENT

For many, December is the busiest social season of the year! Holiday work parties are booked, drinks with neighbors are shared, and dinner with family and friends are a regular activity. These events may feel stressful for those living with celiac disease or another gluten related disorder, as you may not be in control of the food that is provided to you. Rest assured you are not alone. We have many resources to help you navigate these social situations safely and comfortably. Always remember, you are worth it! Advocate for yourself, without guilt or self judgement. Your health is important every day of the year.

We hope you enjoy our Holiday Guide and find tools, resources and recipes that will make your season a little easier and even more magical.

From our family to yours – Happy Holidays!
Melissa Secord and team at CCA

OH NUTS!

Safely snack this holiday season

There has been a lot of confusion about the safety of nuts and nut products!

We have done our homework when it comes to nut research and have found that unlike lentils and oats which are frequently cross contaminated with gluten-containing grains during seeding, harvest, transportation and milling; nuts do not pose the same risk level.

Thousands of foods, including nuts and nut products are produced in dedicated GF facilities or shared production facilities with items containing gluten ingredients. Food manufacturers are required to identify allergen/gluten-related risks and implement preventive control measures for prepackaged foods sold in Canada. This means you can trust the label. When purchasing nuts, if there are no gluten-containing ingredients, a contains or may contain statement for BROW ingredients, then it is safe for your consumption.

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**What are BROW ingredients?
Barley, rye, regular
oats and wheat**



DEPOSIT PHOTO

Follow these practices:

- Look at the label to see if there's any gluten-containing ingredients listed (wheat, barley, rye, regular oats).
- If gluten-containing ingredients are NOT listed on the label, they are considered safe to consume, even without a GF claim.
- However, if gluten-containing ingredients ARE listed in the ingredients list or in a precautionary statement, they should be avoided.
- Be extra cautious of nuts with added seasonings or flavorings as these may include gluten-containing ingredients or have a precautionary statement for gluten-containing ingredients.

Bottom line: Always read the labels to ensure nuts and nut products do not include gluten ingredients in the ingredient list or in a precautionary statement for gluten ingredients.

Also, nuts and nut products with a GF certification or GF claim can provide an added level of confidence as the product must meet Health Canada's GF requirements to be under 20 ppm.

[Search our GFCP Product Finder for safe nuts.](#)



Let's raise a glass of cheer!

Alcohol is a common question among the GF community as not all alcohol is gluten free. We want to provide you with some tips to ensure your festive drink(s) are safe. Manufacturers (except beer) must state the presence of gluten on the product label. It can be declared within the ingredient list or, if no ingredient list is provided, it must be stated within a "Contains" statement.

Distilled alcohols are safe for people with celiac disease. When distilled, the gluten protein from the gluten-containing grains cannot be passed through and the final product does not contain gluten. Types of distilled alcohol: rum, rye, gin, tequila, and vodka.

Wine is naturally gluten free and safe for people with celiac disease.

Pre-mixed drinks are made with vodka or gin are safe while other malt-based mixed drinks are not. Some beverages may also have added flavors. For mixed drinks, it's import-



DEPOSIT PHOTOS

ant to be cautious and read the label carefully as the GF version can look very similar to the gluten-containing version. Typically, it will state it on the front of the label. As always, when in doubt, go without!

A Bit About Beer: GF beer is made from GF grains such as millet, sorghum, buckwheat, amaranth, rice or quinoa. When made from a GF grain, these beers are permitted to state 'GF' on the label.

Note: Gluten-reduced beers are NOT the same as GF beers. It is important when you are choosing a beer product, you choose one with a GF claim to ensure it is safe for consumption for people with celiac disease. By the end of 2022, regular beers will soon have to list ingredients on their labels.

For more information on alcohol and gluten [check out the resource on our website.](#)



Spice it up!

Spices and seasonings are common to include in holiday recipes. Plain spices and seasonings like cinnamon, nutmeg, and ginger are naturally gluten free. However, it is always important to read the labels to ensure the spices are safe and free of any gluten-containing ingredients before consuming. If gluten is present it must be declared on the label. First, look at the ingredients list, then the "Contain" or "May contains" statements. For seasoning mixes, some contain wheat flour, wheat starch or wheat crumbs. Your host may not have thought to read the ingredients, since spices and seasonings aren't the most obvious sources of gluten so it's always important to double check with your host. For more information [check out the food labelling guidelines on our website.](#) ♦

MOMENTS OF INSPIRATION

Our award-winning, fabulously flavourful flatbreads are baked in Scotland with all the goodness of whole grain oats. They're the perfect partner to your favourite toppings, a delicious dipper for hummus or guacamole, and will be right at home beside a soup or salad as an alternative to bread! This holiday season, why not try them alongside a baked camembert - a really easy crowd pleaser!



Baked in
Scotland



Award winning



Whole grain
oats



Baked Camembert

Prep time: 5 mins Cook: 20 mins Servings: 4-6

Ingredients:

- 250g camembert or brie, or other similar cheese
- 1 tbsp vermouth, or dry white wine, or kirsch
- 2 thyme sprigs
- 1 tbsp red onion chutney
- Nairn's Oat Flatbreads

Method:

1. Heat oven to 200C/400F.
2. Unwrap 250g camembert and place in an oven proof dish.
3. Slash the cheese a few times and top with 1 tbsp vermouth, dry white wine or kirsch, 2 thyme sprigs and a pinch of dried chilli flakes.
4. Bake on a baking tray for 20 mins until gooey. Serve with Nairn's Oat Flatbreads for dipping.



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GF TREATS WORTH SHARING

HOLIDAY RECIPES

Some delicious GF recipes that are a great treat to bring to any holiday gathering or get together! Click on the pictures below to get the full recipes.



Anne's Christmas fruitcake



Christine's shortbread squares



Egg nog



Spring rolls



Red holiday sangria



Hearty vegetable casserole



Traditional sage stung



German pickled vegetable beef soup



Sue's sugar cookies

Food insecurity

Join the fight against food insecurity with our gluten-free food bank program



DEPOSIT PHOTO

BY JESSICA DANFORD

When COVID-19 arrived in Canada in 2020, our staff and volunteers pivoted to support the community with information and resources. What became a major issue across Canada was the issue of food insecurity. Lay-offs were mounting, businesses closing and a surge on food bank visits.

While many well-intentioned individuals and companies in the gluten-free community were pitching in with their GF donations, we know that many of these food donations don't get to the people who need it. As the pandemic worsened, food banks were forced

to change their business models and pre-assemble food donations and hand them to clients instead of clients selecting the food on their own. The dangers of this change are that people with celiac disease would potentially have to go hungry or live in pain by eating food that is not gluten free.

Our Food Security Committee came up with the idea of pre-assembled gluten-free kits. While at first, we were unsuccessful in attracting attention from major grocers, we decided to plan to 'disrupt' the system by asking the gluten-free community to make our own gluten-free food kits. SAVE ME

FOR GLUTEN FREE was born.

"Who knows better than our community to assemble an assortment of gluten-free pantry items?" says Melissa Secord, CCA National Executive Director. "We quickly created a simple bold graphic and a message that could accompany the food donation that would alert the food bank volunteers that this bag has been specially curated for someone who needs gluten free." We hope that this program, with more industry and individual support, will become a year-round effort to support the most vulnerable in our community.

CONTINUED ON THE NEXT PAGE

Join us to help fight hunger one gluten-free bag at a time



IT'S EASY TO HELP! FOLLOW THESE 4 STEPS:

Step 1: Find the *'SAVE ME FOR GLUTEN FREE'* decal [here](#).



Step 2: Purchase non-perishable gluten-free food items from your local or online grocery retailer. Look for foods that carry our Gluten-free Certification Program mark.

Step 3: Put your donations in a grocery paper bag and securely tape the decal onto the outside of the bag.

Step 4: Take to your local food bank or put in your grocery retailer collection bin.

SHARE!

Snap a photo of your labelled bag or purchases and share on social using hashtag *#SaveMe-4GlutenFree* and tag *@CCAceliac* so we can thank you for your advocacy efforts to raise awareness.

FOOD INSECURE?

Check out our online resources for a list of food banks across Canada who offer gluten-free food and tips on how to self-advocate and get access to safe gluten-free food.

Reach out to your local chapter or support group for help. *You can find a listing here.* ♦

UH OH! I GOT GLUTENED

The pain of accidental glutening is no joke. Other than waiting it out, is there anything that helps?

It's bound to happen at some point: you get three bites into your meal at a restaurant before realizing that the waiter mixed up your order. Accidental glutening is no joke, and when the pain, nausea and diarrhea get started, it's normal to start wondering if there might be something – anything! – that might make you feel better faster.

There are all kinds of myths, anecdotes and remedies out there, but what actually works when you've been exposed to gluten? We asked two experts on our Professional Advisory Council – a doctor and a registered dietitian.

CONTINUED ON THE NEXT PAGE



DEPOSIT PHOTO

Our two experts suggest what actually works

DR. KIMBERLEY BENDER

The bad news: in general, if we ingest gluten by accident in celiac disease, the only thing that really affects resolution of symptoms is time, rest and avoidance of further gluten. Hydration with water is important to avoid dehydration, especially if the symptoms that are experienced are digestive in nature (i.e., vomiting/diarrhea). Gravol (either orally or rectally) does help with symptoms of nausea and vomiting, but it has sedative effects, causing fatigue and lethargy. It has been suggested that activated charcoal may help by binding gluten and therefore relieving symptoms; however, studies show that this is not the case and, in fact, it can cause side effects including constipation and black stool. Probiotics may help with symptoms, although evidence is not strong.

The good news: if gluten is only ingested rarely, there are no long-term implications and symptoms generally resolve fairly quickly within one to three days, with severe symptoms settling within six to 12 hours.

Dr. Kimberley Bender, Medical Director - Restorative Care Unit - St Peter's Hospital, Family Physician/Hospitalist/Care of the Elderly

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... when the pain, nausea and diarrhea get started, it's normal to start wondering if there might be something – anything! – that might make you feel better faster

DAYNA WEITEN, REGISTERED DIETITIAN

If you have unintentionally eaten gluten, there is no single remedy that will help to ease the symptoms you may have. Each person may find that different suggestions work best for them. Drinking more water than usual is one strategy that could be helpful. You may have lost fluids if you have diarrhea, so ensuring you are well hydrated is important. Other suggestions which may be helpful, but are not guaranteed to work for everyone include:

- 1. Peppermint or ginger tea:** These may have a relaxing effect on your intestine. Peppermint is also known to aggravate reflux, however, so if you have that as a symptom, avoid peppermint.
- 2. Limit or avoid caffeine:** Caffeine is a gut irritant, so if you are already having gastrointestinal upset, caffeine can make it worse. Once your symptoms have resolved you can reintroduce caffeine. The general recommendation for everyone is to limit caffeinated beverages to less than 400 mg per day or the equivalent of 3 - 8-ounce (240 mL) cups of coffee.
- 3. Limit or avoid lactose:** Particularly if you have diarrhea, you may temporarily lose your lactase enzyme, so limit or avoid lactose for 1-2 weeks. Reintroduce lactose after this time if you normally tolerate it.
- 4. Use heat to relieve pain:** Try a hot water bottle or a warm bath to ease pain and help you to relax.
- 5. Practice self-care:** Get adequate rest, use meditation, deep breathing or yoga. Take time for yourself to read a book or call a friend. Finally, having small meals more often and going for walks are both helpful for digestion and may improve symptoms.

Dayna Weiten, Registered Dietitian, Food for You Nutrition Consulting ♦

TEMPTED TO CHEAT

Dealing with cravings

Goodies only available at Christmas time can be a powerful trigger



DEPOSIT PHOTO

A food craving for something that contains gluten is a common problem for people diagnosed with celiac disease or gluten sensitivity. Cravings can come unexpectedly. Sometimes the trigger is just the sight or smell of a particular food, sometimes by just seeing an item on television or hearing about it in a discussion. Goodies that are only available at Christmas time can be a powerful trigger for cravings. How do you deal with it? It's not like a craving for an unhealthy food that you might be able to eat occasionally or in a small quantity. We know that the maximum amount of safe gluten for someone with celiac disease is measured in milligrams, not bites. *CONTINUED ON THE NEXT PAGE*

TEMPTED TO CHEAT

Here is a collection of tips that may help

- 1. Have a drink of water.** Water seems to help almost every craving.
- 2. Distract yourself.** The more you dwell on the food, the harder it may be to resist the craving. If you are in a social situation, talk to someone about anything else.
- 3. Move yourself away from the food in question,** if possible. Research shows that resisting a craving for about 20 minutes is generally sufficient to eliminate it.
- 4.** If this happens often in social situations, consider **a special treat** that you only eat in those situations. I find that a Skor bar will diffuse a craving for virtually any dessert I see and it fits easily in my purse or pocket. Figure out what your “ideal treat” to satisfy your cravings and bring it with you to a party.
- 5. Brush your teeth.** Whether it is the physical stimulation in your mouth or the “I’m done eating” association with the act of brushing your teeth, it seems to work well for many people.
- 6. Try not to arrive hungry,** even if you have to have a snack before you go to a dinner at a place that you know will offer tempting foods.
- 7. Try to figure out what it is that you are craving** – is it the feel of the product in your mouth, the crunch it

makes when you chew, the salty or sweet taste, the effect of chocolate? If possible, substitute a food that matches the sensation you are craving. [Note - you may not want to try to figure out the exact component of the food you are craving at the point where you are acutely craving that food.]

- 8. Don’t get mad at yourself** that you are craving this food. It is not a sign of a weak character.
 - 9.** Recognize that not giving in to your cravings is **the right thing to do** in both the short term and the long term. By avoiding the food, you not only skip the negative health consequences in the next few hours or days, but you actually reduce the likelihood of complications in the future.
 - 10. Remember that you are not alone** in your cravings. Tell your family or friends that you are in the midst of a huge craving and ask for their support.
- Most importantly, don’t cheat.** Your friends will wonder why you worry about crumbs from croutons in a salad or possible wheat in the vegetable seasoning in a restaurant if you then willingly go ahead and eat a cookie or a piece of cake. Cheating on your GF diet is a great way to lose all your credibility with them. ♦





8 tips to start your fiscal year out strong

The higher cost of gluten-free foods is an economic burden to our community

A gluten-free diet (GFD) is a medically required diet for those living with celiac disease. On average the cost of gluten-free products is 183% higher than their gluten-containing counterparts. This is a persistent economic burden for those living with celiac disease and other gluten related disorders. Here are some tips and tricks on how to save money while maintaining your dietary needs. *CONTINUED ON THE NEXT PAGE*

How to save money and maintain your dietary needs

1. Utilize coupons. Many people feel that couponing takes a lot of time and effort, but it can be easy. You can tear coupon pads in stores, print off internet coupons, visit company sites (ensure they can be used in Canada) and check your local paper for flyers. Did you know that some companies will even mail you coupons if you write and ask? The small amount of time you devote to coupons is going to benefit you and your family in the long run.

2. Shop the perimeter of the grocery store. Many of us tend to do most of our shopping in the centre aisles when we really should focus our time shopping on the perimeter of the store. This is where you'll find the freshest foods, including produce, meat, and dairy. This is also where you will save money. By choosing fresh foods more often you will be able to avoid the costs of prepackaged food items.

3. Shop seasonally and locally. In today's world, many fruits and vegetables are available year-round, however this can come at a cost. If you shift to eating more seasonally it can be a big money saver. Fruits and vegetables are more abundant in their peak season, subsequently costing less for farmers and distributors to supply to stores. This can result in lower prices for the consumer. As a nice addition, fruits and vegetables that are in season and local can often taste better than those out of season.

4. Find alternatives to gluten-free processed foods. Pre-packaged gluten-free foods can be expensive. For example, cereals and bread can run on average from \$6.00-\$9.00 for a box or loaf. To cut down on these costs try mixing your cereal with seasonal fruits or yogurt. You may also wish to try gluten-free corn tortillas instead of bread.

5. Eat more plant-based foods. Eating a more plant-based diet almost always helps to save money. Beans, lentils, and whole grains are a great way to get in lots of

protein and fiber without breaking the bank. Try some hummus and gluten-free crackers as a snack, or a corn tortilla with cheese and refried beans for dinner. Plant based eating is delicious and budget friendly. We do suggest that legumes and pulses be purchased with gluten-free label. [For more information, please see our label reading guide.](#)

6. Purchase large quantities and buy in bulk. Purchasing larger items of food when on sale or from a warehouse club is another way to save money. At warehouse clubs, you can purchase deeply discounted items when you pay a minimal annual fee.

7. Get involved with cooking and baking. Cooking and baking your own food is one of the best ways to save money and can be fun. Cooking and baking means being less dependent on going to bakeries and purchasing prepared frozen foods that tend to be more expensive. You can also save some time and cook larger batches on the weekend and freeze meals to heat up throughout the week.



8. Join our Facebook page and group. Join our online Facebook group to learn tips and tricks from other members on how to save money and still eat delicious foods. Our Facebook group is a closed group where you can 'open up' and ask your questions, share your latest finds, and get some friendly advice. It is moderated by our trained volunteers. Watch for online Facebook events, resources and more. [Click here to request to join.](#)

[Get more on this topic!](#) ♦

A TEALISH-IOUS PAIRING

Discover the full Nairn's range and you could win a Tealish gift set - the perfect accompaniment for cosying up with some Nairn's cookies! To celebrate the launch of our NEW Chunky Oat Cookies, we have a gorgeous giveaway for you! Simply visit nairns.com/CCA for your chance to win a Tealish bundle packed full with 3 special blends of tea and matching mugs, alongside the brand new, gluten free Nairn's Chunky Oat Cookies range!



Baked in
Scotland



Gluten free



Whole grain
oats



WIN!

It's a Nairn's giveaway...
To win our cosy bundle this winter
please visit nairns.com/CCA
or scan the QR code below!



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