



# Welcome!

**So you've been diagnosed with Celiac Disease or Non Celiac Gluten Sensitivity.....  
We are here to help.**

We are glad to see that you have taken this step to find out more about Celiac Disease and other associated disorders that require you to eat a gluten free diet.

The Vancouver Chapter of the Canadian Celiac Association is a non-profit charity that supports people who are adversely affected by gluten, dermatitis herpetiformis, and other gluten-related conditions.

We know that there are many adjustments to make when changing to a Gluten-Free lifestyle....and it can feel like a lot of work to get started....you might have the same questions that many of us have had, like:

- How and what do I eat now? (what has gluten in it?)
- Where can I buy the foods that I can eat? Where are the best ones? (for everyday and treats) Where are they cheapest?
- What do I need to do in my kitchen to be GF (Gluten-free)?
- How do I explain this to my family/friends? How can they help me?
- Are there restaurants that I can go to in my neighbourhood that are safe? How will I know?
- What do I do when I want to travel?
- Who can I talk to when I'm frustrated or out of ideas?
- How can I continue to be up-to-date about what's going on in the GF world?
- What do I need to do to become, and stay healthy? What should I talk to my doctor about?

Don't panic! You will be able to answer all of these questions – and more....by taking advantage of the following:

1. Check out our web site at [www.vancouverceliac.ca](http://www.vancouverceliac.ca) for lots of ongoing and updated information (including recipes, research, places to shop for gluten-free food, support groups (under Events on the website)and events)
2. Come out to our regular social or educational events - or drop in to one of the many regular support groups in your local area (listed on the web site)
3. Become a member of the National Canadian Celiac Association- [www.celiac.ca](http://www.celiac.ca) (which then means you're a member of our local chapter)...membership supports awareness for celiac disease, research and national initiatives (e.g. changing the Food Allergen & Labelling Laws) and you will receive a New-Members Kit, along with both a regular national newsletter, and a local bi-monthly newsletter to continue to keep you linked to all the changes and developments in the lower mainland (Application available on our web site or call 1-800-363-7296)
4. Contact us at: [info@vancouverceliac.ca](mailto:info@vancouverceliac.ca), or feel free to call our chapter phone number to leave a question or message, at (604) 736-2229 or 1-877-736-2240. (Please note that our office is not staffed, but messages are picked up daily)
5. Sign up free of charge to receive periodic updates from the CCA that may be of



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interest to you (product recalls, food labeling, research developments). Join “The LOOP” at [www.celaic.ca/?page\\_id+2216](http://www.celaic.ca/?page_id+2216).

6. Jessica Pirnak, RD is our resident dietitian and will answer questions members may have regarding their diet questions. This does not replace working with a dietitian directly, but if you have questions on-going, Jess would be happy to help you out. She can be reached at [nutrition@vancouverceliac.ca](mailto:nutrition@vancouverceliac.ca).

Some information about our Chapter: Our mailing address is 360-1385 West 8<sup>th</sup> Ave. Vancouver, B.C. V6H 3V9. This is a mailing address only. You are not able to visit us at this location. It is another business where we have arranged for mail and packages to be sent and retrieved.

The “Vancouver Chapter Celiac News” newsletter is now in electronic format and older versions can be viewed on this website.

***GLUTEN PROBLEM: FOUND. TREATED. CURED***