

Celebrate Gluten-Free

an e-Magazine of the Gluten Intolerance Group



GLUTEN
INTOLERANCE
GROUP

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A magazine intended to educate and support individuals with celiac disease and other gluten-related disorders.

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BOOK REVIEW



RESEARCH



**S'MORES PUDDING
CUPS**



**MUFFIN IN
A MUG**



LUNCHBOX IDEAS



**COLLEGE
CHECKLIST**



**GLUTEN-FREE
SUMMER CAMP**



FUNNEL CAKE

Cold Summer Breakfasts



(that aren't cereal)

Start your day off on the right foot while keeping your cool. The best part? Most of these can and should be made the night before, so you can hit snooze once more...

Overnight oats: Combine gluten-free oats with your favorite milk (the same amount of liquid you'd use if making it hot) and any additional toppings like peanut butter, bananas, cinnamon, or dried fruit. Mix and pop in the fridge overnight for a healthy and satisfying breakfast that will keep you full all morning long.

Chia pudding: For a truly unique breakfast treat, mix 2 cups of your favorite milk with $\frac{1}{4}$ cup of chia seeds. Add honey or maple syrup, chopped nuts, and dates or your favorite dried fruit. It will look thin at first, but when you wake up, it will be double in size, and will be the consistency of tapioca pudding! For a smoother, classic pudding texture, blend ingredients in a blender prior to chilling. The fiber and protein will keep you going long after you start your day with this cool breakfast.

Deconstructed Smoothie Bowl: Make your favorite smoothie and pour it in a bowl instead of a glass. Top with nuts, seeds, and fruit. Somehow, eating a smoothie with a spoon just makes it more exciting!

Greek Yogurt Overnight Power Bowl: Mix one cup of Greek yogurt with gluten-free oats, peanut butter, banana, flax seeds, raisins, cinnamon and your favorite sweetener (optional). Add in pumpkin puree for an added nutritional boost! You will look forward to waking up when you know this breakfast is waiting for you!

Smoothie Popsicles: Because nothing sounds more fun than having a popsicle for breakfast! Make your favorite smoothie the night before and pour it into popsicle molds. Pop one out before you head out for your morning commute. Bonus: These are great for kids, too (and are a super sneaky way to get them to eat healthy)!

Protein Muffins: Bake up a batch of muffins for the week using Greek yogurt or protein powder. A quick Internet search will show you that there are countless recipes all over the Internet (yes, even gluten-free!) so you can get really creative. This one may not be cold per se, but a room temperature breakfast is better than hot eggs on a 95 degree morning.

Protein Shakes: The trick is finding your favorite gluten-free protein powder as your base. From there, add in bananas (keep frozen bananas on hand for the best texture), peanut butter, and any other fun additions you prefer. Throwing in blueberries and/or a handful of greens is a also great way to add some plant-based nutrition to the mix. This breakfast ensures you'll stay cool and stave off hunger throughout most of your day.



Healthy Eating for Back to School

As kids return to school, family routines become more structured – not just schedule-wise, but in relation to food and eating too. Not quite so much time for lazy breakfasts, and no access to the nearby kitchen for grabbing lunch or a quick snack. A bit more planning is called for. Just as you plan ahead so that needed school supplies and clothes are on hand, it's important to do some food planning too. After all, the foods our kids eat provide the energy and nutrients they need to function at their best, both mentally and physically.

What to Eat?

Here's a refresher on what your kids' (and the whole family's) overall diet ought to look like.





- Follow this guide and your kids will be on the right track to get the nutrition needed for optimal energy, staying healthy, and growing well too. Each group provides different nutrients the body needs. Choose different foods from within each group, from meal to meal and from day to day. Variety not only keeps meals and snacks interesting, but makes for better nutrition too.
- Filling half of every plate with fruits and vegetables gets everyone off to a great start. Include a wide variety of colors, and make fruits and vegetables a regular go-to food for snacking too.
- When it comes to grains, choose whole grains about 50 % of the time. These provide more fiber, vitamins, and minerals compared to their refined counterparts. More and more gluten-free products are made from whole grains now, including crackers, breads and pastas. Has your family tried millet or quinoa as a side dish yet? And don't forget about oatmeal (make sure it's certified gluten-free) and popcorn for whole grain goodness.
- Include some protein in most meals and snacks, for optimal staying power. Remember, its not just meats, fish and

chicken which provide this nutrient: nuts, seeds, beans, and dairy foods are good sources too.

Breakfast

Hmmm, sleep or breakfast...sleep or breakfast.... this may be an internal debate the kids in your household have, especially if there are teenagers involved. Sleeping in till the last possible minute might be highest priority for them, but making time for breakfast really is worth the little extra time it takes. It's hard to run well on empty until lunchtime, and kids are likely to feel and do better all day long if they've gotten started with a morning meal. If the usual choices are being met with a yawn of boredom, expend your family's breakfast horizons. Traditional breakfast in Japan often consists of fish and rice, while a Mexican morning meal may include beans and tortillas along with scrambled eggs: delicious. A great way to jazz up a breakfast routine and save time too is to have last night's leftovers for breakfast. So whether it's leftover stir-fry, fish, beans, or a standby bowl of cereal, getting fuel in the tank before heading out the door is a good routine to establish.

Lunch

Schools are doing more to cater to gluten-free kids these days, but packing a lunch is always a good option. Keep in mind the approximate proportions shown in "MyPlate" (see previous page) when packing lunches too. The protein and grain groups may be combined in a sandwich or wrap and the "plate" rounded out by items like carrot and bell pepper sticks and an apple. While standbys like sandwiches are a handy option, remember to branch out too. Use a thermos for taking chili, soup or pasta for lunch. Leftovers (if not eaten for breakfast!) can work great in a lunchbox too.

Planning and making lunches with your kids is a great opportunity for them to get actively involved in their gluten-free diet. Brainstorm options and let them take ownership of lunchtime planning. (Who knows, they may be cooking dinner for the whole family before long!)

Drinks

What we drink matters too. Make water the drink of choice throughout the day. Always available and refreshing, water doesn't load us up with unhealthy excess sugars, like many other types of drinks tend to do. Have your kids keep a water bottle in their backpack so it's always on hand. At mealtime, milk or water are generally the best options. For those who don't consume dairy, there are plenty of non-dairy "milk" drinks available to choose from, such as almond, rice, coconut, and soy milks. Try to choose low-fat cow's milk, and when having non-dairy milks, choose unsweetened or lower sugar versions.

Snacks

Sometimes just the word "snack" makes us think that nutrition isn't part of the equation.

After all, isn't that what meals are about? Well, that's only part of the story. Meals may be when we get most of our fuel, and sure it's okay to have snacks that are more focused on fun and flavor some of the time. Remember, though, that snacks are really just mini-meals and are great opportunities to top off the tank with good quality fuel to keep kids going strong until lunch or dinner. Who says that just because it's high quality fuel, it can't be fun and full of flavor too? To have the most fun while snacking AND in the activities they're fueling up for, here are a few ideas for working "higher octane" foods into kids' snacking routines:

- With crackers or chips, add strips of green pepper and cucumber slices, along with a few cheese slices. Or, add in veggie sticks and hummus.
- Accompany tortilla chips with a generous serving of salsa or hummus.
- If cookies are a favorite, go with the classic combo and have a glass of milk alongside. When possible, opt for more nutritious cookie varieties like oatmeal (made with certified GF oats) or peanut butter. Also, keep an eye out for higher protein cookies, which are becoming more and more available these days.
- You get the idea.... It's okay for kids to have some "lower octane" favorites; just have them add in a bit of higher octane fuel too, for great taste AND good staying power!

Talk to your kids about these guidelines, do some creative meal planning and food preparation together (it can be fun!), help them (if needed!) get up in time for breakfast, and always have healthy foods on hand in the household. They'll be off to a good start not only for this school year, but also for all their gluten-free years ahead.



Cucumber Roll Ups

Provided by NatureFresh™ Farms

Prep Time: 10 Minutes

Cook Time: N/A Minutes

Serving: 6

Ingredients

- 1 english cucumber
- 1 cup ricotta cheese
- 1 gala apple, diced finely
- 2 tsp. powdered sugar
- 1 tsp. lemon juice

Directions

- Using a mandolin or a vegetable peeler, thinly slice the cucumber lengthways into slices that are 1/16 inch thick. Place the slices on a paper towel while the filling is being prepared.
- Slice half the gala apple into slivers and set aside until it's time to roll up the cucumbers.

- Dice the remaining gala apple.
- In a medium bowl, add your diced apples and lemon juice and mix them together. Then combine the diced apples and lemon juice mix with the ricotta cheese and powdered sugar. Mix all the ingredients together.
- Place 1 tablespoon of the filling and the slivered apples on the closest end of each cucumber slice to you.
- Roll the cucumber slice away from you and use a toothpick to secure the roll together.
- Chill your cucumber roll ups in the fridge until you are ready to serve.

Chef's Tip: For a vegan option, you can use hummus and apples as filling instead of ricotta cheese.

For more healthy recipe ideas from NatureFresh™ Farms, please visit www.NatureFresh.ca



Fruit & Veggie Kebab

Provided by NatureFresh™ Farms

Prep Time: 10 Minutes

Cook Time: N/A Minutes

Serving: 6

Ingredients

10 wooden skewers

1 cup Greek vanilla yogurt

20 red grape tomatoes

10 strawberries

20 grapes

1 pineapple, peeled and cut into chunks

1 english cucumber, halved and chunks

Directions

- Thread the grape tomatoes, cucumber chunks, and at least 2 pieces of fruit on each skewer.
- Arrange the fruit and veggie skewers decoratively on a serving platter.
- Use the Greek vanilla yogurt as a dip.

Chef's Tip: You can also use any fruit your family enjoys.

For more healthy recipe ideas from NatureFresh™ Farms, please visit www.NatureFresh.ca

Fruit & Veggie Wrap

Provided by NatureFresh™ Farms

Prep Time: 10 Minutes

Cook Time: N/A Minutes

Serving: 6

Ingredients

- 1 celery stalk, chopped
- ½ cup carrots, peeled and chopped
- ½ cup tomato, cored, seeded, and diced
- 1 cup red bell pepper, cored seeded and diced
- 1 small fuji apple, cored and diced
- 1 tbsp. freshly squeezed lemon juice
- 1 tsp. extra-virgin olive oil
- 1 head bibb lettuce
- Sea salt and black pepper to taste

Directions

- In a bowl add all your ingredients except for the lettuce and mix well.
- To assemble a wrap, place 1 lettuce leaf on a clean work surface. Spread 1 to 2 tablespoons of the mixture on the closest end of each lettuce leaf to you. Make sure you leave a 1-inch border all around the lettuce leaf.
- Roll the lettuce leaf away from you.

Chef's Tip: You can add quinoa to the wrap for a little protein.

For more healthy recipe ideas from NatureFresh™ Farms, please visit www.NatureFresh.ca

Watermelon Dessert Pizza

Provided by NatureFresh™ Farms

Prep Time: 10 Minutes

Cook Time: N/A Minutes

Serving: 6

Ingredients

1/2 cup of ricotta cheese

1/4 cup of softened cream cheese

1 tbsp. honey

1/2 tsp. vanilla

1 watermelon slice, 1" thick

2 mini cumpers, thinly sliced

1/2 cup fresh blueberries

1 cup of bell peppers, seeded and diced

Directions

- In a small bowl, mix ricotta cheese, cream cheese, honey, and vanilla together until combined.
- Spread mixture onto watermelon slice and top it off with berries, cucumber slices, and diced bell peppers.
- Serve immediately.

Chef's Tip: You can top off the watermelon dessert pizza with any of your favorite fruits and veggies.

For more healthy recipe ideas from NatureFresh™ Farms, please visit www.NatureFresh.ca

Book Review and Generation GF

No Wheat, Barley, Rye or Oats

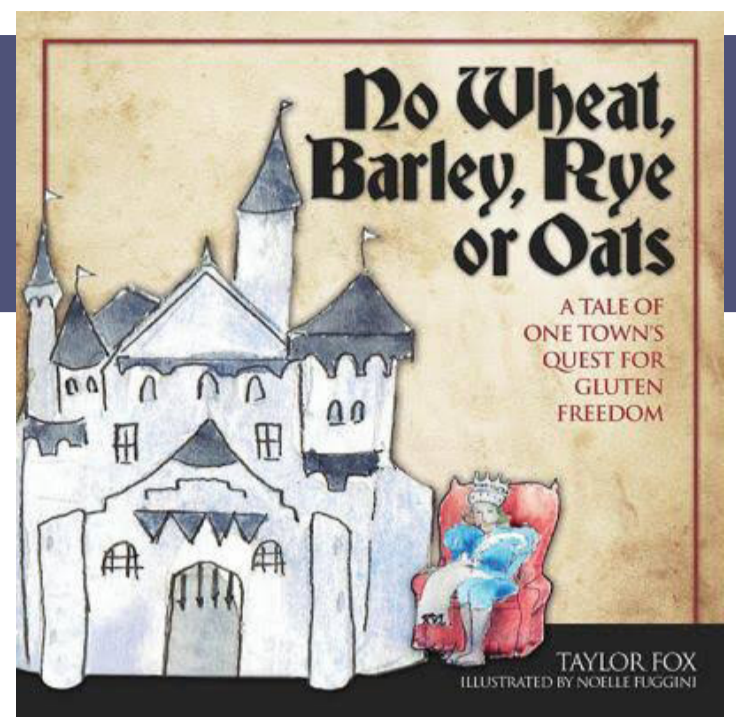
A Tale of One Town's Quest for Gluten Freedom

By Taylor Fox

Illustrated by Noelle Fuggini

Working out how to have a healthy as well as fulfilling lifestyle is bound to present challenges, at one time or another, to nearly everyone who needs to be gluten-free. When it comes to kids and teens, challenges may be even greater, and many of the issues faced are specific to this demographic group. Fortunately, more and more resources are becoming available for both parents/caretakers of these kids, as well as for the kids themselves. At the forefront of this movement is the Gluten Intolerance Group's "Generation GF Program," started in 2015. The program currently has 1286 members in 49 states and 4 countries, and there are 15 Generation GF support groups all over the country, where both kids and parents can come together to find many types of gluten-free support and information. For information on whether there is a Generation GF group near you, or about how to start one yourself, go to: www.gluten.org/community/local-branches/.

Books are another area where more resources can now be found that are geared towards gluten-free kids. Taylor Fox wrote *No Wheat, Barley, Rye or Oats* in 2015, when she was a high school senior. She was diagnosed with celiac disease at age 10 herself, and wrote this book to make the



disease less "scary" for kids. This charming picture book is geared towards younger kids, and provides a nice mix of education and entertainment. Colorful and plentiful illustrations add lots of appeal. The tale is set in the fanciful town of "No Wheat, Barley, Rye or Oats," * where all the residents have celiac disease, and have joined together in "gluten-free peace." But what happens when colonists arrive from the land of "Glutania"?! Alliances are formed, solutions are discovered, and battles with "Glutenbacks" include the threat of being "pummeled with chocolate chip cookies!"

Along with informative references to gluten-free living, the book includes tidbits of information about American history. First and foremost, though, it's an entertaining fairy tale-like story which younger gluten-free kids are sure to enjoy.

The forward is written by Peter Green, Director of the Celiac Disease Center at Columbia University, and proceeds from the sale of the book benefit the Center.

(*Oats are generally considered to be safe for a gluten-free diet, as long as they are not cross-contaminated and are certified gluten-free. Consult with your child's physician and/or dietitian before introducing oats.)

Intestinal cell damage and systemic immune activation in individuals reporting sensitivity to wheat in the absence of coeliac disease

Uhde M, et al. Gut 2016;0:1–8. doi:10.1136/gutjnl-2016-311964

Non-celiac gluten sensitivity has been acknowledged as a distinct condition by experts in the field since 2012. However, it is still poorly understood and there is no established bio-marker for the condition. Instead, the current method of diagnosis is the ruling out of other conditions (primarily celiac disease and wheat allergy) which could be responsible for symptoms, followed by improvement in symptoms when a gluten-free diet is followed. These researchers (from Columbia University Medical Center and the University of Bologna in Italy), set out to investigate whether sensitivity to wheat in the absence of celiac disease (also known as non-celiac wheat sensitivity, or NCWS) was associated with a systemic immune response which could be linked to diseased/damaged intestinal cells. While it is very well established that celiac disease is associated with both an immune response and damage to the intestine, this research investigated whether different types of both responses could be associated with non-celiac wheat/gluten sensitivity.

The research subjects consisted of 80 patients with non-celiac wheat sensitivity, 40 with celiac disease, and 40 healthy controls. Serum samples were taken and analyzed for markers of both intestinal cell damage, and of systemic immune response to microbial components. An increase in both types of markers was found in the NCWS patients, but not in the CD patients. The authors state that these observations

suggest that microbial products moved out of the GI tract and caused the immune response which occurred.

It was also found that levels of both immune activation and markers of cell damage in the NCWS group returned to normal levels after 6 months on a diet free of wheat and related grains (a gluten-free diet). In addition, patients reported corresponding improvements in their symptoms.

The authors state that their findings establish the presence of objective markers of systemic immune activation and epithelial cell damage in the affected individuals, and that these results suggest that a selected panel of these markers may have use in the future for identifying patients with NCWS, or at least a certain subset of these patients. Interestingly, they note that in HIV infection, where microbial translocation is linked to intestinal damage, increased immune system activation in response to the bacteria is associated with cognitive deficits. The authors suggest that a similar pathway may be at play in patients with NCWS who experience neurocognitive symptoms. In future studies, these researchers plan to investigate possible mechanisms of action responsible for causing intestinal damage and breakdown of intestinal barrier, and to try to learn more about the immune response which occurs in these patients.



The Company That Started It All

Someone always has to be the first one. They have to have the courage to do something that no one else before them has done. They have to have the vision to believe in the step that they are getting ready to make and be prepared for new results and consequences. For the Gluten Intolerance Group (GIG) and our food safety program, the Gluten-Free Certification Organization (GFCO), Enjoy Life Foods was that visionary company.

Enjoy Life was the first company to receive independent gluten-free certification from GFCO, and helped develop the gluten-free and larger free-from category. Enjoy Life was founded in 2001 by Scott Mandell with the mission to create great-tasting, allergy-friendly snacks. All Enjoy Life products are certified gluten-free and are also free from the 8 most common food allergens (NO: wheat, milk, peanuts, tree nuts, egg, soy, fish and shellfish) making them safe for over 100 million individuals who live with food intolerances. In addition, all products

are verified non-GMO and use no artificial ingredients. Today the product line has grown to over 40 unique foods including cookies, cereal, snack bars, seed and fruit mixes, chocolate bars, baking chocolate, and healthy lentil-based chips, all of which are sold in most retailers throughout the U.S. and Canada, as well as by specialty online retailers. “Enjoy Life Foods will always be a special relationship for us here at GFCO,” says Channon Quinn, VP of Food Safety for GIG. “They believed in our certification before it was so well known and their continued support of our program means so much to us.”

Today, Enjoy Life’s Mission is to deliver safe, better-for-you products free-from the top eight food allergens, but not free-from taste, so everyone can Enjoy Life to the Fullest. The company continues to grow exponentially, offering 46 free-from products with a team of more than 200 dedicated and highly trained food specialists. All products are made in the company’s allergen-friendly

facilities, which are dedicated nut-free and certified gluten-free by GFCO. All incoming ingredients are tested for allergens as they enter the facility and products are tested before they are shipped to customers to ensure quality and reduce the risk of cross-contamination. Every Enjoy Life product is certified gluten-free and tests down to five parts per million (ppm).

“Enjoy Life is committed to offering worry-free products that stand up to the highest certification standards,” said Joel Warady, Enjoy Life Foods’ Chief Sales and Marketing Officer. “We’re thrilled to be the first brand to claim Gluten-Free Certification under GFCO and are very confident in the certification process as it’s helped us strengthen our relationships with consumers and become a trusted option for those with gluten intolerances or sensitivities – all without sacrificing taste.”

In addition to delivering safe, better-for-you products free-from the top 8 food allergens, Enjoy Life partners with many national and regional organizations focused on research, education and ultimately a cure for food allergies. National partners include the Gluten Intolerance Group (GIG), FARE (Food Allergy Research & Education), KFA (Kids with Food Allergies), FAACT (Food Allergy & Anaphylaxis Connection Team), Generation Rescue, and Shriner’s Hospital. Regionally, Enjoy Life partners with many hospitals, celiac disease and food allergy Centers, and schools to provide quality, trusted and great-tasting foods for the more than 100 million individuals and families with food intolerances, celiac disease and food allergies.

Enjoy Life is constantly testing new recipes and recently launched a new line of functional Baking Mixes, complete with Pancake + Waffle Mix, Pizza Crust Mix,



gluten-free
foods you'll love



ALWAYS FREE-FROM:
gluten, wheat, dairy, peanuts,
tree nuts, egg, soy, fish & shellfish



find us in the
GLUTEN-FREE
aisle

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#eatfreely

Brownie Mix, Muffin Mix and All-Purpose Flour. These products use patented shelf-stable probiotics for added nutritional benefits and immune health that do not break down in the baking process. In February 2015, Enjoy Life was acquired by Mondelez International and while operating as a separate, wholly owned entity, they continue to grow and look for ways to expand their robust line of Free-From foods. Enjoy Life is available nationwide in natural food stores, conventional grocery stores and mass retailers throughout the United States and Canada, and is available at specialty online retailers and www.enjoylifefoods.com. To find a store, visit www.enjoylifefoods.com/where-to-buy/store-locator.



S'mores Pudding Cups

Provided by Enjoy Life Foods

Makes 4 pudding cups

Ingredients:

- 1 box Enjoy Life Foods Crunchy Vanilla Honey Graham Mini Cookies
- 1 box Enjoy Life Foods boomCHOCOboom Ricemilk Chocolate Bar

pudding

- 2 C. dairy-free milk + an additional 1/2 C. dairy-free milk
- 1/4 C. sugar
- 1/3 C. chickpea flour
- 1/4 C. tapioca starch
- 1 T. vanilla
- 1 C. Enjoy Life Mini Chips

Directions

Prepare pudding:

- Pour 2 C. dairy-free milk into a medium saucepan and whisk in the sugar. Bring to a simmer and stir until sugar is melted.
- In a small bowl whisk together the chickpea flour, additional 1/2 C. dairy-free milk and tapioca starch until thoroughly blended. Drizzle into the warmed milk and stir until thickened, keeping on low-medium heat. This mixture will continue to thicken as it cools, so don't worry if it doesn't look too thick.

- Remove from heat and pour into a glass bowl, then stir in the vanilla. Top with plastic wrap to prevent skin from forming. Put aside to chill.
- Stir the Mini Chips into the cooled pudding.
- To assemble the cups:
- Layer about 4 Crunchy Vanilla Honey Graham Mini Cookies in the bottom of fun glass jars or bowl and top with a few spoonfuls of the pudding. Continue layering until you have used all the pudding. Finish with some more cookies and a square of Ricemilk Chocolate.



Allergy-Friendly Muffin-in-a-Mug

Provided by Enjoy Life Foods

Ingredients:

- 1 T oil
- 3/4 C. Enjoy Life Foods Muffin Mix
- 1/2 C. water
- 1/4 C. blueberries

Directions:

- Add all ingredients to a microwave safe mug, stir
- Microwave for 3 minutes

*optional: top with chocolate chips, blueberries, banana, or Seed & Fruit Mix



4 Lunchbox Ideas Using Chewy Bars

- Top your favorite non-dairy yogurt with fresh fruit. Then take an Enjoy Life Foods Mixed Berry Baked Chewy Bar and crumble it into small pieces. The bars are so soft and will add a delicious granola/cookie like texture to your yogurt!

Pack it up for lunch in your favorite container with a good ice pack for your kiddos or for yourself! Packed with protein and fresh fruit, it's the perfect complement to your meal.

- Roll them into bite-sized dessert balls. Break the bar into four equal parts and roll into a ball gently with your hands. You can serve them as is for a bite-sized treat, or follow one of these yummy ideas to kick them up a notch!

For the Mixed Berry Bar, dip it in non-dairy strawberry yogurt and place each ball on parchment paper.

For the SunSeed Crunch Chewy Bar, dip

each ball into 3 tablespoons of melted Enjoy Life Foods Mini Chips (with a splash of oil of your choice) and place each on parchment paper.

Then put them into the freezer to harden. Ta-Da! Yummy Baked & Dipped Bar Balls. The chocolate dipped balls will hold up, thanks to the added oil, for the lunchbox. The yogurt ones will soften, those are best served as an at home lunch or snack, straight from the freezer.

- [Applewiches](#) are also a great go-to school lunch as a bread substitute. You can fill them with sunflower seed spread and raisins, Mini Chips, or Seed & Fruit Mix.
- Turn to Enjoy Life's Cocoa Loco Bars for a chocolate fix or a lunchbox dessert. Cut up a bar into four equal parts and gently flatten each piece with your hands. Cutting a banana on the bias, place one slice in the middle and sandwich them together. Press down on each piece slightly – don't worry, the moisture from the banana will hold them together – making these bite size banana bits perfect for snacks or as a dessert at lunchtime.

For more back to school tips & tricks from Enjoy Life Foods [click here](#).

GF COLLEGE CHECKLIST

Keep your dorm stocked with these gluten-free foods for study break snacks and between-class lifesavers.

SNACKS AND ON-THE-GO

- fresh fruit
- frozen burritos
- oatmeal cups and packets
- cereal bars
- nuts
- trail mix/dried fruit
- pretzels
- crackers
- cookies
- yogurt
- protein bars
- peanut butter and other nut butters (single serve packets provide added convenience)
- tea/coffee
- frozen bagels
- peanut butter and other nut butters
- butter/cream cheese/jelly labeled to avoid cross-contamination
- ketchup, mustard, and mayo in squeeze bottles to avoid cross-contamination

STAPLES

- quinoa
- rice
- Certified GF oats
- frozen bread

SUPPLIES

- gluten-free toaster and/or toaster bags
- Gluten-Free Labels (link ours)
- food storage containers with labels
- rice cooker (for rice and quinoa)
- labeled cutting board
- microwave and mini fridge if not supplied by university

Confirm gluten-free status of all items every time you shop.



the  **YMCA**
CAMP KANATA

From July 24th to July 30th, gluten-free kids, campers and counselor attended the Gluten Intolerance Group's (GIG) sponsored week at Camp Kanata. In conjunction with GIG's Generation GF program, Camp Kanata provided a place where these kids could enjoy the summer camp experience while not worrying about their food choices.

Camp Kanata, www.campkanata.org, is a traditional, coed, overnight summer camp for kids ages 6 – 15 located on 150 acres in central North Carolina, about an hour north of Raleigh. Camp Kanata offers traditional overnight camp activities, such as archery, hiking, swimming and creative arts, and water activities on their 15 acre lake. On the lake, campers can canoe and kayak or go feet-first down the 75-foot double waterslide. Camp Kanata and their Executive Director, Shane Brown, believe in nurturing the potential of every child to develop into confident, competent leaders and their best selves.

This year at Camp Kanata was filled with extra "water time" as the temperatures throughout the week soared above 95

degrees with 110 degree heat indexes. The above normal conditions did not slow down the campers, as their enthusiasm carried from Sunday check-in to their Saturday departure. Upon checking in, the gluten-free campers were directed to the Generation GF table in the dining hall to receive everything that they needed for the week. When stopping at the Generation GF table, campers found gluten-free cookies to snack on and each camper was provided with a Generation GF drawstring bag and water bottle to use. The campers were also provided a Generation GF Bunk Box that they could take to their cabins or send home for later consumption. These boxes were filled with Generation GF merchandise and gluten-free snacks, donated by sponsors to the Generation GF program such as Schar, Don't Go Nuts, Fresh Kids, Way Better Snacks, Milton's and Arrow Bar. In total, 1,950 campers at 28 camps in 21 states received the Generation GF Bunk Box this year.

Before leaving our Generation GF table to go to their cabins, campers were also instructed on how they would get their

gluten-free meals during breakfast, lunch and dinner. Throughout the week, staff members of GIG and volunteers prepared the gluten-free meals in a dedicated area of the camp kitchen, including dedicated ovens, preparation and storage spaces. Options on the menu that contained gluten were substituted with gluten-free offerings; an example being that all of the breakfast meats at Camp Kanata this year were generously donated by Generation GF sponsor, Jones Dairy Farm. At each meal, a separate gluten-free serving table was set up and staffed to accommodate kids coming up and getting their first, second and even third helpings. Meals included pasta, tacos, the camp cookout, pizza night and barbeque. No surprise that we always seemed to run out of dessert.

Checkout day is always bittersweet. The kids are happy to see their everyday families again but sad to leave their "Kanata" family. For gluten-free kids, it may be a little more difficult as they have spent a week together, seeing other kids like them who also need to follow a special diet. They have had a week of someone watching after their every meal and making sure that their experience has been a safe and enjoyable one. Our goal is to have them realize that they are not alone. They all left with happy memories and we're sure that some are already thinking about their week at Kanata next year.

Interested in sending a gluten-free camper or becoming a volunteer at Kanata next year? Let us know by e-mailing us at GenerationGF@gluten.org. Generation GF gave away over \$10,900 in scholarships to gluten-free kids this year and our goal is to continue to help families and allow these kids to have an awesome experience, either at Kanata or at any number of gluten-free camps around the country.





FUNNEL CAKE

This recipe was served at camp.

Ingredients

1/4 cup Sugar
2 cups Milk
3 2/3 cups Flour
1/2 tsp. Salt
2 tsp. Baking Powder
Oil to fry

Directions

- Mix all ingredients together.
- Place in a bag and pipe into oil.
- Fry until golden brown.
- Remove and dust with cinnamon and sugar, powdered sugar or your favorite toppings.



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