

Celiac Support Group NEWSLETTER



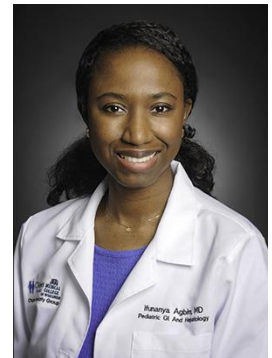
FALL 2025

We hope this newsletter finds you well and hope you are enjoying Fall! We hope you're all having a great start to the new school year! We had a fantastic event this month, our 2nd annual Celiac Awareness Walk in Slinger, Wisconsin! Thank you to all who joined us and made it such a great event! Please enjoy this edition of the newsletter, and 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'd like to share tips, advice, or a favorite recipe with the support group.

Celiac Support Group Updates

Welcome, Dr. Ify Agbim to Children's Wisconsin Celiac Team!

Dr. Agbim is a pediatric gastroenterologist who works primarily at Children's Milwaukee campus and Children's New Berlin clinics with an interest in general pediatric digestive conditions, Celiac disease, and general nutritional optimization. One of her major interests is in educating patients and families about the pathophysiology of their child's condition and discussing all aspects of treatment in detail. In her free time, she loves cooking, relaxing with close family and friends, and traveling both nationally and internationally.



Save the Date!

Children's Wisconsin Gluten Free Holiday Party & Treat Exchange December 4th

Join us for our annual holiday event and gluten-free treat exchange. This event includes a catered GF dinner (free of charge), treat exchange for those who want to participate, annual research/celiac program update, activities, and time for families to socialize and connect with one another! Invite will be sent in the coming weeks!

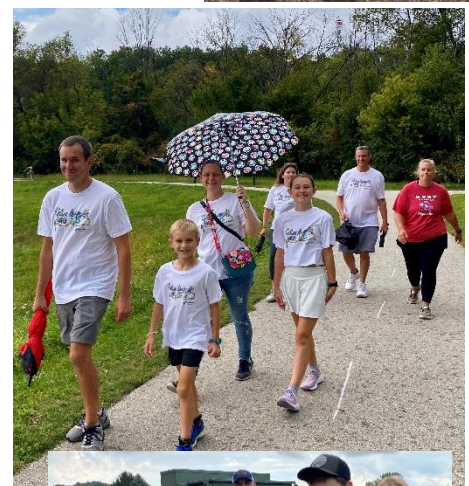
Event Summary

Celiac Awareness Walk on Sept. 20th

THANK YOU to all who joined us for our second annual celiac awareness walk this year! We had over 200 people in attendance and raised \$1500 for our Celiac Program/Support Group through donations and the celiac bracelet fundraiser! We enjoyed having Skinny Vic's, Devour Gluten Free, and Chick-fil-A join this year. There was lots of playground fun and kids had the chance to spray paint Dr. Chugh and Dr. Zabrowski's hair green! Thank you to Flower City Printing for donating event signs this year!

Congratulations to our 3 contest winners:

- **Biggest team** – “Aint nothing but a gluten free thing” had 33 people!
- **Most creative team name** – “Chugh-ing Along”
- **T-shirt design contest** – Lillian Grach



Ask the Expert

RD Question: Is buckwheat safe to eat on a gluten free diet?

Despite its name, buckwheat isn't related to wheat at all. It is a seed from a flowering plant in the same family as rhubarb. That means it's naturally gluten-free, making it a GREAT choice for people with celiac disease.

With its nutty flavor and impressive nutrient profile, buckwheat as an ingredient is far more than just a gluten-free substitute. It's a nutrient-dense food with benefits including:

- High-quality plant protein
- Rich in fiber
- Packed with antioxidants
- Low glycemic index

How to Use Buckwheat in Your Cooking

Buckwheat comes in many forms including groats, flour, and noodles. Here's some information on each type and suggestions for use:

- Buckwheat groats: Hulled seeds that cook up like rice or quinoa for side dishes, breakfast bowls, or salads.
- Buckwheat flour: Great for gluten-free baking. Use in pancakes, muffins, crepes, or breads. Blending with other gluten-free flours can improve the overall texture.
- Soba noodles: Look for 100% buckwheat soba for an hearty pasta alternative.
- Hot cereal: Simmer groats in milk or plant-based milk for a warm, filling breakfast.

Recipe Ideas to Try

- Warm Buckwheat Breakfast Bowl: Cook groats in almond milk and top with berries, cinnamon, and honey.
- Gluten-Free Buckwheat Pancakes: Fluffy with a subtle nuttiness; serve with fresh fruit and maple syrup.
- Buckwheat and Roasted Vegetable Salad: Combine cooked groats with roasted sweet potatoes, kale, and lemon-tahini dressing.
- 100% Buckwheat Soba Noodle Stir-Fry: Toss noodles with vegetables and a gluten-free tamari-ginger sauce.

Adapted from the Celiac Disease Foundation

MD Question: Do I have to look for gluten outside of food and beverages?

When you think of a dietary restriction, it's obvious to examine the foods you eat. But it's important to consider whether or not a product is gluten free, even if it's not typically thought of as food. If you can ingest it, you need to check it. This applies to

chapstick/lipstick, medications, vitamins and mineral supplements, toothpaste, mouthwash, Play-Doh™ and other products that curious kids may be tempted to put in their mouth.

Patient Perspectives

National Celiac Association – Celiac Chat

Celiac Chat is a cost-free mentorship program for kids and teens newly diagnosed with Celiac disease. This provides a virtual safe space for young Celiacs as they navigate everyday living, with resources and support, a place to share personal stories, and discuss the challenges and fears faced while celebrating the triumphs we conquer.



Learn more about Celiac Chat here: <https://www.celiacchat.org/>

Program Updates

Interested Volunteers

Are you interested in volunteering at Celiac Support Group events throughout the year? We'd appreciate help setting up event spaces, stuffing goodie bags, handing out t-shirts, checking in attendees, and other small jobs before/during/after events. If you are interested, please email Lori at familypartners@childrenswi.org.

Looking for a Volunteer to share their Celiac Journey

If you are interested in learning more about an opportunity to share your Celiac journey (diagnosis, care received at Children's Wisconsin, etc) please email us at CeliacSupport@childrenswi.org.

Interested in donating to the Children's Wisconsin Celiac Program?

Please use this [link](#) or search: ChildrensWI.org/donate. Make sure you select "Other" under gift designation and type "Celiac Program." Scan the QR code to also take you to this site. Donations will be used to continue to support the Bonnie Lynn Mechanic Celiac Disease Clinic and our Children's Wisconsin Celiac Support Group. Thank you for your consideration.



New Products/Recalls

NEW!

- Trader Joe's GF Pumpkin donut holes
- Rudi's Sandos with peanut butter (also some nut-free)
- Franz GF sourdough
- Coming soon! Gluten Free Cheez-Its expected 2026
- Reese's Oreo
- Bettergoods salsa verde hashbrown breakfast sandwich (Walmart)
- Promise Gluten Free (learn more [here!](#))
- MANY MORE new and suprising products from Gluten Free With Casey's [recent blog](#)
- Veggies Made Great pumpkin cranberry muffins
- Amylu Maple Chicken Patties



xx/xx/2026

RECALLS:

Hans Kissle Red Potato Bliss Salad recalled due to undeclared wheat. More info [here](#)

Friendly's Cookies and Cream Ice Cream recalled due to undeclared soy/wheat. More info [here](#)

More information on recalls can be found here:

<https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>

<https://www.fsis.usda.gov/recalls>

<https://nationalceliac.org/product-alerts-and-recalls/>

Recipe



Easy Teriyaki Chicken Wings

Gluten-free, Dairy-free, Egg-free, Nut-free
Serves 8

Ingredients

GF nonstick cooking spray
½ cup GF teriyaki sauce
½ cup honey
3 pounds chicken wing drumettes
2 teaspoons toasted sesame seeds

Instructions

- Preheat oven to 475 degrees. Line 2 rimmed baking sheets with foil. Spray with cooking spray.
- Combine the teriyaki sauce with the honey. Pour half the mixture into a large mixing bowl, add the chicken wings, and toss to coat. Place the chicken wings on the prepared baking sheets, skin side down, and bake for 20 minutes. Discard any leftover marinade.
- Remove 2 tablespoons from the remaining teriyaki and honey mixture. Pour the remaining sauce into a small serving bowl. Turn the chicken wings over, brush with the 2 tablespoons of sauce and cook for another 2 minutes or until chicken wings register 165 degrees on an instant-read thermometer. Sprinkle the wings with the sesame seeds and serve with the reserved sauce for dipping.

2026 Teen Summit

Camp Blue Ridge – Clayton, GA – August 2nd thru 6th, 2026

- Registration is now open through June 30th (or when full).
- If you are between 12 and 18, this is for you! The 2026 *Better Than Camp* Teen Summit is going *all in* with five full days of fun, friendship, and zero stress. This in-person event is a chance to connect with other gluten-free teens who truly get you.
- Learn more here: <https://www.gigcares.org/teen-summit>

Educational Opportunities

Children's Wisconsin Celiac Disease and the Gluten Free Diet Education Module is 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 online education course or share with family, friends, teachers, and caregivers!

School Support Session with Celiac Disease Foundation



Wednesday, October 1st at 2:30pm

These monthly sessions are open to all parents of a child with celiac disease in the United States. Each session will be led by an expert on setting up 504 plans specific to celiac and will cover federal laws and

regulations that govern this autoimmune disease, the appropriate type of plan to set up, reasonable accommodations, and how to get individual support for your family. This meeting is appropriate for families with a child of any age including early childhood through college. [Register here!](#)

Beyond the Diagnosis: Ensuring Long-Term Health in Celiac Disease through Follow-Up Care *Tuesday, October 15 at 2pm*

Join us for an insightful webinar on the importance of follow-up care in managing celiac disease. We will discuss the critical role of regular medical monitoring, and explore how to maximize nutrition while addressing long-term complications and adherence to the gluten-free diet. Whether you're a healthcare provider, caregiver, or patient, this session will provide valuable guidance to support long-term health and well-being. [Register here!](#)



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/>

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/what-we-do>

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