

Celiac Support Group NEWSLETTER



SPRING 2025

We hope this newsletter finds you well and hope you are enjoying the start of Spring! This newsletter is full of exciting updates from our Children's Wisconsin celiac program as well as other great information and opportunities to learn! We have been hard at work planning 2025's support group events and have dates solidified for both the Timber Rattles Game this summer and the Celiac Awareness Walk this fall. We are hoping to have the date for Rainbow Day Camp by next month (it will likely be mid to late August). Please enjoy this 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 want to share any tips, tricks, advice, or a favorite recipe with the support group.

March is National Nutrition Month

2025 Theme: "Food Connects Us"

National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Healthy, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health. Registered Dietitians play a critical role in helping people understand the connection between the foods individuals and communities eat and how these foods impact health throughout life.

Use this [link](#) or search eatright.org/national-nutrition-month to find 50 ways to celebrate and get involved this year!



23 and Me Files for Bankruptcy

The genetic testing company 23andMe, best known for allowing people to trace their ancestry with an at-home kit, has filed for bankruptcy. We are sharing this as some of our group has used this test to see if you carry the gene for celiac disease. In filing for bankruptcy the company insists customers' information is protected. But if you would like to opt out entirely, check out [this article](#) that shares information on how to delete your genetic data from 23andMe.

Celiac Support Group Updates

2025 Goals and Plans

The Family Advisory Board met in January to discuss program goals and plan 2025 support group events. We reviewed the end of the year survey results and learned that many of you would love to participate in some favorite events, such as the Timber Rattlers baseball game, Rainbow Day Camp, Celiac Awareness Walk, and the annual holiday dinner and treat exchange. Some barriers for families to attend events included location, schedule conflicts for weeknights, and teens reluctant to attend. A majority of responses came from families living closer to Milwaukee campus (75%) and kids ages 6-14 years old. Based on the feedback we received we have decided to focus on offering our larger events this year and will provide dates each event as soon as possible. Thank you so much to those who completed the survey!

Are you or your teenager age 16 and up interested in volunteering? There will be opportunities for parents and teens to help out at our support group events in various ways throughout this year. Please send an email to CeliacSupport@childrenswi.org to learn more!

Save the dates!

Celiac Family Education Day

Our first Children's WI Celiac Support Family Education Day is on **April 27th** from 9:30am-1:30pm in Milwaukee. Please register by April 9th on [this site](#) if you are able to join us!

Celiac Support Group outing at the WI Timber Rattlers Baseball Game

Appleton, WI on Sunday, **July 13th** at 1:10pm

This year, we'll enjoy a Gluten Free buffet at the Timber Rattler's Party Deck during the game! Registration will be sent out in the coming months!



Rainbow Day Camp

Fredonia, WI – Date TBD (likely mid to late August)

Children's Wisconsin Celiac Awareness Walk

Slinger, WI the afternoon of Saturday, **September 20th**

Milwaukee Admirals Charity Game

Thank you everyone who came out to the Milwaukee Admirals Charity Game benefiting Children's Wisconsin earlier this month. We had several patients participate in the event. Here's a few fun photos from the high five tunnel!



Celiac Summer Camps

2025 Midwest Gluten Free Summer Camps

Michigan (YMCA Camp Copneconic):

Dates: August 10-15, 2025

Ages entering 4th-11th grade

Location: Fenton, MI

Registration: Open now

For more information: <https://www.campcopneconic.org/overnight-camps/overnight-camps-2019/>

Minnesota (Camp R.O.C.K):

Dates: July 13-18, 2025

Ages 8-17

Location: Maple Lake, MN

Registration: Open now

For more information: <https://twincitiesrock.org/camp/>

For additional camps check out this website: <https://nationalceliac.org/summer-camps-for-children-with-celiac-disease/>

Notes:

- Spots for most of these camps fill up quickly. Registration typically occurs in early Spring.
- Children's Wisconsin is not affiliated with any of these camps so please contact them directly with any questions.

Packers Tailgate Tour

The fan-favorite Green Bay Packers Tailgate Tour will be concluding at a fundraising event for Children's Wisconsin **on Saturday, April 12, at the EPIC Event Center in Ashwaubenon**. This is a chance to support the kids and families of Wisconsin while cheering on our beloved Green and Gold! Visit [this site](#) for more information and to purchase tickets.



Ask the Expert

What are some tips for saving money on the gluten-free diet?

The gluten free diet can be expensive and research is showing that there are disparities in the ability of many to afford gluten-free foods. Here are some tips to save money when purchasing gluten free (GF) foods:

- Stick to naturally GF foods, which tend to be more affordable than GF alternatives
 - Beans, rice, fruits, vegetables, and eggs are all naturally GF. Canned beans are affordable, fast, and easy to add to soups, stews, and salads.
 - Buy produce when it's in season or check out canned and frozen options
 - Watch for sales and buy in bulk
- Find recipes that help you stretch your food items. Casseroles, soups and stews are a great way to do so!
- Sometimes cooking from scratch can be more affordable than purchasing pre made GF items.

- Compare store prices or shop at discount stores like Aldi and Walmart (or consider Costco and Sam's Club).
- Use coupons!
- Let your healthcare team know you're having trouble affording the diet and they may be able to connect you with resources.
- To find more tips, check out *Gluten-Free on a Budget* by Chandice Probst and Tana Besendorfer (book available on [Amazon](https://www.amazon.com/dp/1681770000) or check your local library!)
- See more online resources from *Beyond Celiac* [here](https://www.beyondceliac.com)

Patient Perspectives

Are you interested in sharing your child/family's Celiac diagnosis story? To learn more about an opportunity to share, please email CeliacSupport@childrenswi.org

College scholarships for students with celiac disease

There are various scholarships for students with celiac disease, such as the Beyond Celiac and Celiac Disease Foundation yearly scholarships for high school seniors heading into college. Students can also utilize scholarship databases like Fastweb, Scholarship.com and Apply to look for specific scholarship opportunities. Keep in mind that some scholarships may be local or regional, so don't forget to look in your specific area or state. It's also worth reaching out to the financial aid offices of colleges you're interested in, as they may have information about more specific or lesser-known scholarships. Remember, you may also qualify for more general scholarships for students with chronic disease, so be sure to broaden your search to include these possibilities.



New Products/Recalls

NEW!

Jovial Foods Brown Rice Stelline (star pasta!)

Siete Spicy Dill Pickle Chips

CrunchMasters Pimento Cheese crackers and Mexican Street Corn crackers

Veggies Made Great Omelette Rounds

Tom Yum Rice Ramen Noodle Soup cups! (Walmart, Target)

Three Bridges Potato Bakes

Skinny Pop Popcorn Avocado Lime

Milton's Zesty Ranch and Jalapeno GF crackers

Kirkland Garlic Butter Shrimp (Costco)



NEW! Dedicated Gluten Free Store: Devour Gluten Free

1302 Milwaukee Avenue, South Milwaukee, WI 53172



In November, Devour had their grand opening of their 100% gluten free and nut-free store! Their baking mixes are sourced from GF and nut-free suppliers and are hand crafted the in small batches. Other places to find Devour products include: Oak Creek Farmers Market, Pop's Pantry (Muskego), Locally Inspired Store (Port Washington), Frannie's Market (Cedarburg), Farmers Market To GO (Brookfield) and the Cambridge Market.

Kaeli Cakes

Check out these gluten free desserts made by a patient with Celiac disease! She makes a variety of GF treats available for pick up in Greenville, WI (near Appleton). Search Kaeli Cakes on Facebook to see what's available!



RECALLS:

To stay updated with recalls you can visit [this site](#) at any time.

Keogh's Irish Potato Chips Guinness flavor

Gluten Free Watchdog issued a product alert for this product. It is not labeled gluten free but states "This seasoning is made with dried Guinness stout which contains traces of roasted barley. The gluten contained within the barley is so minimal that it complies with USA gluten-free labeling regulations." This is not true, and the manufacturer has stated that it will eventually be updated to say "This seasoning is made with dried Guinness stout which contains traces of roasted barley." [Click here to learn more.](#)

Zee Zees Fava Bean Crisps Buffalo Ranch Flavor

Gluten Free Watchdog issued a product alert for this product that is labeled gluten free but lists "malt vinegar (from barley)" in the ingredients. This product was reported to the FDA by Gluten Free Watchdog on October 1, 2024 but remains on store shelves. [Click here to learn more.](#)

Ulker Brand snack rolls, biscuits, and wafers

Lots of six varieties of Ulker Brand snack rolls, biscuits, and wafers due to undeclared wheat, egg and/or milk in the Ingredient List and/or Contains Statement on the product labels. [Click here to learn more.](#)

Berry Buddies, Berries & Pancakes

Naturipe Value Added Fresh LLC. of Alma, GA, is recalling its 2.1 oz./60 gram packages of "Berry Buddies, Berries & Pancakes" bento box snack packs because they contain undeclared wheat and eggs. The products were distributed at Kroger and Meijer stores in several states. [Click here to learn more.](#)

Feel Good Foods Three Cheese Mac & Cheese Bites

This product, with a best by date of June 19, 2026, is being recalled due to possible presence of metal bits. [Click here to learn more.](#)

Monkey Spit BBQ Sauce

Monkey Spit Atomic Mop BBQ Sauce is being recalled because it may contain undeclared milk and wheat. [Click here to learn more.](#)

Dierbregs Markets Premium Home-Style Mashed Potatoes

Dierbregs is recalling all 16oz Premium Home-Style Mashed Potatoes This product contains macaroni and cheese instead of mashed potatoes and contains wheat as an undeclared allergen. [Click here to learn more.](#)

Recipe

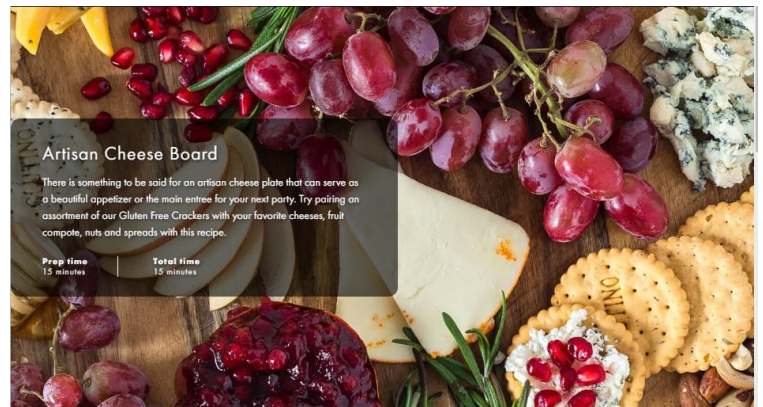
Artisan Cheese Board

Ingredients

- 1 package Glutino multigrain crackers
- 1 package Glutino original crackers
- 1 package Glutino vegetable crackers
- 4 oz jalapeno cheddar cheese
- 4 oz muenster cheese
- 4 oz soft goat cheese
- ½ cup fruit compote
- 2 apples, thinly sliced
- 1 large bunch seedless red grapes
- ½ cup dry roasted mixed nuts

Instructions

On your favorite cheese board, place your crackers and toppings for guests to enjoy! The combinations of crackers, cheeses, fruits, nuts and spreads are endless!



Educational Opportunities

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, etc!

Celiac School Support Sessions

April 2nd 2:30pm

Opportunity through the Celiac Disease Foundation
Register [here](#) or check out CDF website for more!



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 disease 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.

April 16th 7pm

The Society for the Study of Celiac Disease and the Celiac Disease Foundation invite you to the 2025 College Summit on Wednesday, April 16th at 7pm. It will feature expert speakers from several institutions. This annual event, designed for high school seniors and college students with celiac disease, offers practical strategies and insights to help you navigate college life while managing celiac disease and adhering to the gluten free diet. Register [here](#).

Celiac Teen Talk – May 4th 6:00pm

Opportunity through the Celiac Disease Foundation
Register [here](#) or check out CDF website for more!



Are you a teen with celiac disease living the gluten-free life? Join our vibrant community and be part of the Celiac Teen Talk club, where your voice matters, and your favorite gluten-free products take center stage! Forge connections with like-minded teens who understand the ins and outs of navigating the gluten-free world. Share your experiences, tips, and hacks! Each month engage in fun and interactive virtual meetups where we dive into the latest and greatest in the gluten-free world. From taste tests to sharing recipes, every month is a new adventure!

Note: Sessions are designed for teens ages 13-17 to engage and provide peer-to-peer support. We ask that parents and guardians step aside and let their teens attend on their own.

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 2025 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). Please reach out to us at celiacsupport@childrenswi.org if you need instructions on joining our Facebook group!

Gluten Free Care Packages

If you're having trouble affording the gluten free diet, please reach out to your GI provider or dietitian on MyChart or email at CeliacSupport@childrenswi.org if you are in need of assistance.

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>

Donation Opportunity

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!



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