

# Celiac Support Group NEWSLETTER



SUMMER 2025

We hope this newsletter finds you well and hope you are enjoying Summer!

Please enjoy this edition of the newsletter, and reach out to us at [celiacsupport@childrenswi.org](mailto: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.

## Celiac Support Group Updates

### Save the date for our upcoming events!

#### Celiac Support Group outing at the WI Timber Rattlers Baseball Game

Appleton, WI on Sunday, **July 13<sup>th</sup>** at 1:10pm

This year, we'll enjoy a Gluten Free buffet at the Timber Rattler's Party Deck during the game! RSVPs due June 26<sup>th</sup>! Please email us if you have any questions!



#### Rainbow Day Camp

Fredonia, WI on Wednesday, **August 20<sup>th</sup>**. Registration information was sent out on June 18<sup>th</sup>. RSVPs are due on August 1<sup>st</sup>.

#### Children's Wisconsin Celiac Awareness Walk

Slinger, WI the afternoon of Saturday, **September 20<sup>th</sup>**. Registration information will be sent out this summer.

## Ask the Experts

### Is a scope really necessary to diagnose celiac disease?

The European guidelines indicate that the diagnosis of celiac disease can be made with elevated celiac serologies >10x normal and a positive anti-endomysial IgA antibody (EMA). NASPGHAN (North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition) recognized the European criteria without affirming it, citing

celiac disease as a lifelong diagnosis with associated disorders, such as H. pylori and eosinophilic esophagitis, that can be diagnosed on biopsy. We offer both options to our patients and discuss the pros/cons of each.

### **Do I need to look for eggs and meat from animals that were not fed gluten?**

Animals that are fed gluten-containing grains, like wheat or barley, still produce gluten-free meat or eggs! We know that through the biology of animal digestion and growth, gluten is not stored in muscle or passed into eggs. In fact, a 2017 study verified that beef from cattle who were fed grains tested below the detection level of 5 parts per million (ppm) which makes them gluten-free(1).

While these foods are naturally gluten free, always be aware of possible cross-contact in preparation methods, such as cooking surfaces shared with gluten-containing foods. Some restaurants may also add flour or other gluten-containing ingredients to eggs to make them fluffier. Be curious about how your food is prepared!

1. McNeill SH, Cifelli AM, Roseland JM, Belk KE, Woerner DR, Gehring KB, Savell JW, Brooks JC, Thompson LD. A Research Communication Brief: Gluten Analysis in Beef Samples Collected Using a Rigorous, Nationally Representative Sampling Protocol Confirms That Grain-Finished Beef Is Naturally Gluten-Free. *Nutrients*. 2017; 9(9):936. <https://doi.org/10.3390/nu9090936>

## **Patient Perspectives**

**Earlier this month, we asked the group on Facebook what their favorite local GF food trucks are. Here are the responses:**

- Tot's on the Street
- Everything Arepa
- Clean Cuisine
- Auntie M's (most often in MN, but tours WI too!)
- Trouble Makers Cocina

## **New Products/Recalls**

### **NEW!**

Brazi Bites waffles

Sweet Loren's breakfast biscuits

Lotus Foods Rice Ramen Noodle Soup



Alec's Culture Cups  
 Daiya Mac & Cheese  
 Caulipower Dill Pickle Pizza  
 Once Again graham sandwiches  
 Feel Good Foods crispy chicken bites



## RECALLS:

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

- **Madeline's Patisserie** croissants/buns with undeclared wheat. Learn more [here](#)
- **New Grains Gluten Free Bakery** is recalling a variety of products, including breads, bagels, cookies, and croutons, because they may contain undeclared eggs, tree nuts, soy, and milk. [Check the list of recalled products.](#)

## Recipe

### Garlic Shrimp and Sausage Skillet

#### Ingredients

- 1 package (7oz) turkey sausage links
- 1 pound raw shrimp, peeled and deveined
- 1 medium green zucchini, sliced
- 1 medium yellow zucchini, sliced
- 1 small onion, chopped
- 1 small red bell pepper, chopped into chunks
- 2 Tbsp olive oil, divided
- 1 Tbsp garlic powder
- 1 Tbsp mild paprika
- 2 Tbsp fresh parsley, chopped
- Salt and pepper to taste



#### Instructions

1. Place shrimp in small bowl and mix in one tablespoon olive oil, salt, pepper and paprika.
2. Add shrimp to a large skillet over medium heat. Cook 2-3 minutes on each side. Remove shrimp and set aside.

3. Using the same skillet, add one tablespoon of oil, turkey sausage, and onions. Toss together for about two minutes.
4. Add bell pepper, zucchini, parsley, garlic powder, salt, and pepper to taste. Cook for three minutes until zucchini is tender and cooked through.
5. Add cooked shrimp back in. Toss for another two minutes.
6. Garnish with fresh parsley and serve. Enjoy!

## Celiac Clinical Trials

If you are interested in joining a celiac disease clinical trial, here are a few resources:

The **Celiac Disease Foundation** posts trials they are recruiting for on this site:

<https://celiac.org/icureceliac/participate-in-research/>

**Beyond Celiac** has a clinical trial matching tool to find celiac and non-celiac gluten sensitivity trials and studies:

<https://www.beyondceliac.org/research/clinical-trials/>

You can also search for celiac disease trials in your state on the **ClinicalTrials.gov** site:

<https://www.clinicaltrials.gov/>

## Educational Opportunities

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

### **Celiac School Support Sessions – July 2<sup>nd</sup> & August 6<sup>th</sup> 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.

### **Living with Celiac- Thursday, June 26<sup>th</sup> and July 17<sup>th</sup> at 12 pm**

Join the Celiac Disease Foundation and experts in the community for our monthly “Living with Celiac Virtual Meet-Up.” During this one-hour session, you’ll gain valuable insights from celiac experts who will provide practical tips, resources, and guidance on thriving with your diagnosis. And you’ll meet others who are navigating the gluten-free diet, share your experiences, questions, and triumphs in a supportive and understanding environment. Topics will vary by month. Register [here](#).

### **ROCK Taco Tuesday for ages 13-18 on June 24<sup>th</sup> at 6pm**

Hey teens! Looking for a chill way to connect, share your thoughts, and maybe even show off your awesome taco creation? Grab your guac and get ready for our Virtual Teen Talk Taco Tuesday!

Don’t miss out on this unique opportunity to connect, share, and enjoy some virtual company!  
[Register here.](#)



## ROCK virtual Trivia Night for ages 6-12 on June 26th at 6pm

Calling all young thinkers, problem-solvers, and trivia enthusiasts! Get ready for an evening of fun, friendly competition, and brain-teasing questions from the comfort of your own home.

This isn't just any trivia – it's an interactive experience designed specifically for kids aged 6-12 that promises laughter, learning, and a chance to show off their amazing knowledge. [Register here.](#)



We will continue to share information on our 2024 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](mailto:celiacsupport@childrenswi.org) if you need instructions on joining our Facebook group!

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>

In past newsletters, we have shared information on the GIG Cares monthly gift box program. This program provides a free monthly care package full of gluten free products for those who are struggling to afford the high cost of gluten free foods. At this time, the program is unfortunately not accepting new families as the demand is higher than they anticipated. You can complete the application to be considered for the waitlist. If you would like to learn more about this program or would like to consider donating to the program, please visit their website: <https://www.gigcares.org/>.

## 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 Summer!