



News Release

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COELIAC UK LAUNCHES CELEBRITY GLUTEN FREE RECIPE CALENDAR AHEAD OF ITS 50TH ANNIVERSARY CELEBRATIONS

Coeliac UK, the largest independent charity for people who need to live gluten free, will be celebrating its 50th Anniversary in 2018 and to kick off the celebrations it has produced a gluten free recipe calendar with the help of some of its celebrity supporters.

The special edition calendar is packed with exclusive gluten free recipes from the likes of the charity's Patron Caroline Quentin, Food Ambassador Phil Vickery, BBC MasterChef winner Jane Devonshire as well as Paralympic gold medallist Craig MacLean MBE, TV presenter Lorraine Pascale and country singer and TV personality Megan McKenna. Each month features a tear off recipe card to keep and use again.

The calendar is available to order www.coeliac.org.uk/RecipeCalendar and costs £10 which includes delivery to all UK addresses. At least £5 from the sale of every calendar will contribute to the charity's work to improve the lives of everyone who needs to live gluten free.

There is a mixture of sweet and savoury gluten free dishes including Nasi Goreng, beer battered fish and chips as well as a chocolate mousse with honeycomb and a celebration cake in honour of the 50th Anniversary.

Sarah Sleet, chief executive of Coeliac UK said: "50 years ago little was known about coeliac disease and the gluten free diet, bread used to come in a tin and people wrongly thought children would grow out of the autoimmune disease. Fast forward to today and both the disease and the diet are firmly on the worldwide map and 150,000 diagnosed people in the UK now live a better way of life thanks to improved recognition and diagnosis."

"However, half a million people remain undiagnosed and we need more support to help them get diagnosed and managing their condition with a gluten free diet. But, we also know that there needs to be a more permanent solution to this complex disease so we will be pushing harder to boost our research efforts next year," Ms Sleet said.

“We are so grateful to all our celebrity friends and supporters who have been involved in providing recipes for our exclusive calendar. Not only is it an ideal Christmas present but by purchasing it you will be supporting the work of the charity. There are only a limited number so make sure you order yours today.”

Coeliac UK is the national charity for people who need to live without gluten, whether due to coeliac disease or another medical condition requiring a gluten free diet. Coeliac disease is a serious autoimmune condition caused by a reaction to gluten, a protein found in wheat, barley and rye. People diagnosed with coeliac disease must maintain a strict gluten free diet for the rest of their life if they are to avoid very serious complications such as osteoporosis, infertility and although rare, small bowel cancer.

Diary Date: **Coeliac UK's Awareness Week Monday 14 – 20 May 2018**

Ends

Notes to editor

- All recipes are copyright and cannot be reproduced.
- Coeliac disease is a serious illness where the body's immune system reacts to gluten found in food, making the body attack itself.
- 1 in 100 people in the UK has coeliac disease
- Average time to diagnosis is 13 years.
- 1 in 4 people diagnosed with coeliac disease had previously been diagnosed with IBS.
- Gluten is a protein found in wheat (including spelt), rye and barley. Some people are also sensitive to oats. Obvious sources of gluten include breads, pastas, flours, cereals, cakes and biscuits. It is often used as an ingredient in many favourite foods such as fish fingers, sausages, gravies, sauces and soy sauce.
- Coeliac UK has a Helpline on 0333 332 2033 and further information can be found at www.coeliac.org.uk