

CANADA TRAVEL GUIDE

Travelling to a foreign country whether for business or pleasure should be an enjoyable time. However we are very aware that travelling when you have coeliac disease can cause a great deal of concern.

This local food guide aims to identify where to find gluten free products and venues (should they be available), to help you maintain a healthy gluten free diet throughout your visit.

Retail outlets

Products can be bought in either the frozen food or health food section of large supermarkets. Gluten free food may also be ordered online and can be delivered to your specified address in Canada.

Try www.glutenfree.com

Gluten free brands

Barkat, Enjoy Life, Glutino, Nature's Path, O'Doughs, Schar, El Peto, Glutano, Midel, Nutrimix and Orgran.

Online mail order

- www.rosiesglutenfree.com
- www.suesglutenfreeproducts.com
- www.kinnikinnick.com

Hotels and restaurants

Contact the Canadian coeliac organisation and visit the local groups' pages called 'Chapters', they may be able to help with restaurants and hotel recommendations.

'The Celiac Scene' provides specific restaurant information for Canada and the USA.

Allergen labelling

Canadian labelling only permits a gluten free label if no derivative of the grain contains gluten. Allergens should be displayed on the labels.

Awareness

It is important to ensure that you are well prepared before you travel.

Coeliac organisations

The Canadian Celiac Association

5025 Orbitor Drive, Building 1 – Suite 400, Mississauga, ON L4W 4Y5 Canada

Web: www.celiac.ca

Email: info@celiac.ca

The Celiac Scene

892 Woodhall Drive, Victoria, BC, CANADA V8X 3L8

Contact: Ellen Bayens

Web: www.theceliacscene.com

Email: ellen@theceliacscene.com

Phone: 250-727-6275

Fax: 250-727-1574





Useful phrases

I have coeliac disease, an autoimmune disease caused by intolerance to gluten.

I need to completely avoid gluten. Even a single crumb from food containing gluten can be enough to make me ill, so please be sure to check ingredient lists and be wary of cross contamination.

Please ask me if you have any questions. Coeliac disease can be easy to manage so long as my requirements are understood by all staff. Thank you.

Manage cross contamination by:

- wiping down surfaces after use to avoid gluten contamination
- cleaning pots and pans with soap and water before using for gluten free food
- using separate bread boards to keep gluten free and gluten containing breads separate
- using a separate toaster for gluten free bread
- using different utensils when using butter and other condiments.

Disclaimer: This travel leaflet has been produced in good faith. Coeliac UK is not a medical or professional body and the information in this guide should not be treated as a substitute for medical advice. Every endeavour has been made to ensure that the information in this guide is accurate and up to date at the time of printing. However, Coeliac UK is not in a position to guarantee the accuracy or currency of such information and does not accept responsibility for its use or misuse. If relying on the information contained in this guide when you are overseas, we recommend that you first make contact with the relevant foreign coeliac organisation, contact details for which are listed where available.

Visit www.coeliac.org.uk
or call us on **0333 332 2033**
for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



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