

GLUTEN FREE HIGH TEA EVENT TOOLKIT

COELIAC AWARENESS WEEK | 2020



Hosting A HIGH TEA



WELCOME

This year's theme for our June COELIAC AWARENESS WEEK is 'Follow your gut feeling'. Today is an opportunity to celebrate our annual Coeliac Awareness Week (June 14-20)

COELIAC NEW ZEALAND AND COELIAC DISEASE FACTS

Thank you for hosting a gluten free high tea!

Today is an opportunity to celebrate our annual Coeliac Awareness Week (June 14-20) and share with you some valuable facts about coeliac disease.

Coeliac Awareness Week

The theme of this year's Coeliac Awareness Week is

'Follow your gut feeling'

You will find out today that there is no need to sacrifice flavour or the treats associated with a high tea.

History

Coeliac New Zealand (CNZ) first began in 1973 to help Kiwis diagnosed with coeliac disease. As a not-for-profit organisation they rely on their members and the wider gluten-free community for support to strengthen the voice of coeliacs.

Our vision

People with Coeliac Disease live healthy lives every day.

Our mission

CNZ is relevant accessible organisation, that raises awareness, provides support, information and resources to people with coeliac disease, their whanau and the wider community. It supports research, education and initiatives for those working in the health sector and is an agent for change.

Please help!

It would be fabulous if you are able to donate to the CNZ Givealittle page to allow them to continue their valuable work

to support programmes that improve the diagnosis and enable management of the disease:

givealittle.co.nz/org/coeliacnz

As we know for those with coeliac disease it is all about the food so let's eat!!

If you have any questions give us a call on 09 414 7467.



THANKS

THANK YOU for hosting a gluten free 'high tea' and helping us raise awareness of coeliac disease. We have included some helpful tips on how to host a gluten free high tea party.

HELPFUL TIPS FOR A STRESS-FREE, GF HIGH TEA

Choose a date and time to hold your event and send out invitations. We have included a tea cup invitation and you could even include a tea bag with the invitation!

Planning a menu for a gluten free 'high tea' may seem daunting at first but it is really fairly simple, with these inspiring recipes from our food ambassadors Jan Bilton and Vanessa Baxter; and others from the Pure Food Kitchen photographed by Coeliac New Zealand member Nicole Percy.

Here are some tips to make it a stress-free event!

- Plan well in advance.
- When you get time, sit down, plan the menu and write a shopping list.
- Do any baking in advance and freeze it, for instance the carrot cakes and cheesecakes can be cooked ahead and frozen then defrosted overnight and iced or decorated before serving.
- Don't forget about naturally gluten free dishes such as meringues, fruit jellies, panna cotta and frozen ice cream desserts are great options that everyone can enjoy.
- A selection of delicious gluten free high tea recipes can be found on our website: coeliac.org.nz You could also get your guests to each bring their favourite gluten free baking/recipe.
- Brew some different tea in tea pots and one with coffee and decide what other beverages your guests may like. Alternatively provide tea bags for guests to brew their own tea. Lay out cups and saucers for your guests. If you want to liven up the high tea, serve some champagne!
- Adorn the table for your guests with a table cloth; a bunch of flowers from the garden or local florist in a vase. For a more relaxed feel set out paper plates and cups.
- Select platters and tiered stands to display the gluten free delights such as finger sandwiches, filled rice paper rolls,

tarts, tasty brownies or iced cupcakes.

- When your guests arrive welcome them and for a bit of fun have them take our CNZ coeliac disease quiz.
- Bring together your friends, family and colleagues to raise awareness for coeliac disease, make sure you share your photos on Facebook tag @coeliacnz and most importantly have fun!
- Encourage your guests to donate to Coeliac New Zealand. Our Givealittle page is an easy way for your guests to donate, even if they can't make your high tea but wish to support CNZ.

If you have any questions give us a call on 09 414 7467.



GLUTEN FREE HIGH TEA EVENT TOOLKIT

INVITE

Thank you for hosting a gluten free 'high tea' and helping us to raise awareness of coeliac disease.

—
If you have any questions give us a call on **09 414 7467**.

JOIN ME FOR A GLUTEN FREE 'HIGH TEA' AND HELP US TO RAISE
AWARENESS OF COELIAC DISEASE.

To: _____

Date: _____

Time: _____

Location: _____

RSVP: _____

Bring: A donation for Coeliac New Zealand



coeliac.org.nz

Supporting gluten free
for life every day.



coeliac.org.nz

Supporting gluten free
for life every day.



JOIN ME FOR A GLUTEN FREE 'HIGH TEA' AND HELP US TO RAISE AWARENESS OF COELIAC DISEASE.

To: _____
Date: _____
Time: _____
Location: _____
RSVP: _____
Bring: A donation for Coeliac New Zealand



coeliac.org.nz

Supporting gluten free
for life every day.



JOIN ME FOR A GLUTEN FREE 'HIGH TEA' AND HELP US TO RAISE AWARENESS OF COELIAC DISEASE.

To: _____
Date: _____
Time: _____
Location: _____
RSVP: _____
Bring: A donation for Coeliac New Zealand



coeliac.org.nz

Supporting gluten free
for life every day.



JOIN ME FOR A GLUTEN FREE 'HIGH TEA' AND HELP US TO RAISE AWARENESS OF COELIAC DISEASE.

To: _____
Date: _____
Time: _____
Location: _____
RSVP: _____
Bring: A donation for Coeliac New Zealand



coeliac.org.nz

Supporting gluten free
for life every day.



Gluten free / HIGH TEA INSPIRATION

RECIPE: PURE FOOD KITCHEN PHOTO: NICOLE PERCY



RECIPE: PURE FOOD KITCHEN PHOTO: NICOLE PERCY



RECIPES WE

LOVE

GET CREATIVE!

RECIPE: VANESSA BAXTER

This year's theme for our June COELIAC AWARENESS WEEK is 'Follow your gut feeling'. We want to spread the word and gather people around the table!

RECIPE: VANESSA BAXTER





RECIPE: PURE FOOD KITCHEN. PHOTO: NICOLE PERCY



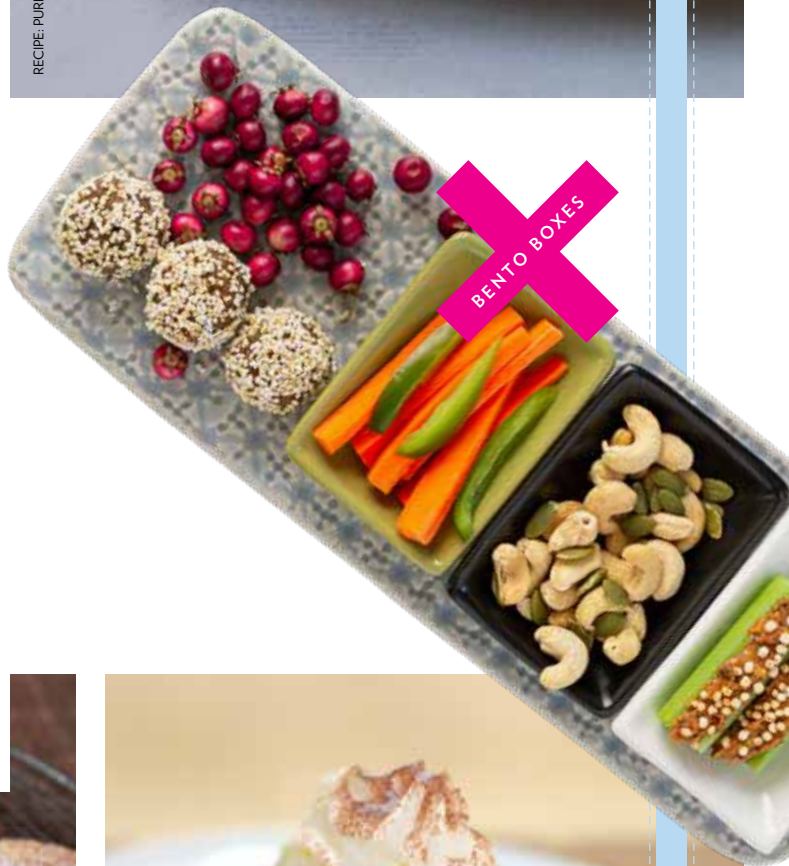
RECIPE: PURE FOOD KITCHEN. PHOTO: NICOLE PERCY



RECIPE: JAN BILTON

RECIPE: JAN BILTON

RECIPES
...
Visit coeliac.org.nz
for gluten free **HIGH**
TEA recipes and
menu notes.



COEELIAC awareness week is a pivotal time on our calendar. Our gluten free 'high tea' launch is inspired by a real drive to unite and expand. We're asking supporters to question how much they knew about coeliac disease before they were diagnosed and to educate people about the range of symptoms.



RECIPE: JAN BILTON



RECIPE: JAN BILTON

GLUTEN FREE HIGH TEA EVENT TOOLKIT

CELEBRATE COELIAC AWARENESS WEEK | 2020

The first 10 people to register for a gluten free high tea and share a favourite recipe will receive a gift pack from Bakels New Zealand to the value of \$23.

To enter the competition

- Confirm the date for the gluten free high tea get-together
- Tell us who you are inviting
- Send a recipe (and photo) to admin@coeliac.org.nz
- Share the event on Facebook, tag @coeliacnz

Winners will be drawn on June 10th. Terms and conditions apply.

Stay up to date during CAW:

[Facebook.com/Coeliac.NewZealand](https://www.facebook.com/Coeliac.NewZealand)



FUN FACTS QUIZ

1. How many New Zealanders have coeliac disease?
 - A. 5,000
 - B. 50,000
 - C. 70,000
 - D. 15,000
2. How many people have coeliac disease but remain undiagnosed so are unaware they have the condition?
 - A. Up to 30%
 - B. Up to 80%
 - C. Up to 10%
 - D. Up to 100%
3. What age is most common to be diagnosed with coeliac disease?
 - A. At birth
 - B. Before 21 years of age
 - C. In your 20's to 40's
 - D. In your 50's and 60's
 - E. Over 70+
 - F. All of the above
4. Once you have been diagnosed with coeliac disease how long do you have the disease?
 - a. One year
 - b. For life
 - c. 10 years
 - d. One week
5. What do those with coeliac disease need to eliminate from their diets?
 - A. Lollies
 - B. Wine
 - C. Gluten
 - D. Herbs
6. If a family member has coeliac disease is it worth getting tested?
 - A. Yes
 - B. No
7. What are some symptoms of coeliac disease?
 - A. Abdominal pain
 - B. Weight loss
 - C. Hair loss
 - D. Fatigue
8. Is there a known cure for coeliac disease?
 - A. Yes
 - B. No
9. People with coeliac disease are three times more likely to develop other auto-immune diseases. Which of the following are they likely to develop?
 - A. Diabetes
 - D. Thyroid disease
 - C. Osteoporosis
 - D. Lymphoma
 - E. All of the above
10. What is your favourite gluten free food or product?
11. Which Coeliac New Zealand logo is used to endorse gluten free food as being coeliac safe?

FOLLOW YOUR GUT FEELING

TAKE OUR
SELF-ASSESSMENT
TEST ONLINE

Persistent fatigue? Irritable bowel? Unexplained fertility issues?
Osteoporosis? Hair loss? *Could it be coeliac disease?*



COELIAC AWARENESS WEEK
JUNE 14-20 2020

CAW SUPPORTERS.



CNZ FUNDING PARTNERS. Community Organisation Grants Scheme, Pub Charity, The Southern Trust, Lotteries Grant Board, The Lion Foundation

coeliac.org.nz

Supporting gluten free
for life every day.

