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**MEALS**   
**ON WHEELS**

*More than just a meal.*

## **Meals on Wheels SA Launches Gluten Free Meals**

Leading supplier of home delivered meals, Meals on Wheels SA (MoWSA) has launched a range of gluten free meals for those in the community who have coeliac disease and have already sought professional healthcare advice and guidance on appropriate diets and lifestyle management.

### **What is Coeliac Disease?**

People with coeliac disease have an immune system which reacts abnormally to gluten (a protein found in wheat, rye, barley and oats), causing small bowel damage. A number of serious health consequences can result if the condition is not diagnosed and treated properly.

### **Who gets Coeliac Disease?**

People are born with the genetic predisposition to develop coeliac disease. Environmental factors play an important role in triggering coeliac disease in infancy, childhood or later in life.

### **How common is it?**

Coeliac disease affects approximately 1 in 100 Australians. However 75% currently remain undiagnosed. This means that approximately 160,000 Australians have coeliac disease but don't yet know it.

### **Is there a cure/what can I do?**

People with coeliac disease remain sensitive to gluten throughout their life, so effectively there is no cure. However a gluten free diet does allow the condition to be managed effectively. A **lifelong gluten free diet** is the only recognised treatment for coeliac disease. By removing the cause of the disease, a gluten free diet allows the small bowel lining to heal and symptoms to resolve. As long as the gluten free diet is strictly adhered to, problems arising from coeliac disease should not return.

### **Where is gluten found?**

The most obvious sources of gluten include normal bread, biscuits, cakes, pastry, pizza, pasta, batter and breadcrumbs. Ingredients within packaged foods can also come from a gluten source. To become ingredient aware is essential!

### **What can I eat?**

There are 4 groups of food that are suitable for those on a gluten free diet:

- Naturally gluten free foods. For example: Fresh fruit and vegetables, fresh meats, eggs, nuts and legumes, milk, fats and oils and gluten free grains e.g. rice and corn.
- Products labelled 'gluten free' - You can be confident that products displaying the 'gluten free' label are safe.
- Products that use the 'Crossed grain logo' - Products displaying the crossed grain logo are endorsed by Coeliac Australia and are safe.
- Products that are gluten free by ingredient - If any ingredient in a product is derived from wheat, rye, barley or oats, then this must be declared.

*MoWSA has taken this and other important information into account to produce a range of meal options already prepared and ready for you to heat and serve!*

### **How can Meals on Wheels SA Help?**

In association with professionals in the area of diet and nutrition for people with coeliac issues, MoWSA has developed special facilities to ensure that the effects of airborne particles are not introduced into the production of gluten free meals. **See more information over...**

In our range of gluten free meals we have retained all the nutrition and goodness without the effects of gluten. In this way people with coeliac disease can enjoy delicious pre prepared meals, safe in the knowledge that they are gluten free!

### ***What sort of meals do MoWSA prepare and offer?***

We understand that preparation of gluten free meals for yourself or someone you know can be a hassle, even if you get into a routine. Sometimes you need a break and the convenience of a meal that's all ready to heat and eat.

We offer convenience with the assurance that the meals are prepared under conditions of complete safety with no transference of gluten. The soup, main course and dessert are available frozen. They can then be simply defrosted and heated with the assurance that the meal is not only gluten free but tasty, delicious and nutritious.

### ***What about Choice?***

MoWSA will offer Gluten free meals on rotating menu of main meals, with desserts less frequent. Those dealing with gluten intolerance will already know about gluten and dessert preparation issues!

This means that boredom should not be an issue with our meals.

### ***How do I order these MoWSA Gluten Free meals?***

*It's easy!...*

A free call to 1800 854 453, puts you in touch with one of our client service team members, who will be able to go through your needs with you and discuss the finer details over the phone.

Presentation of a Coeliac Australia (SA/NT) membership card or a medical referral is all that is required for us to provide delicious three course meals ready for people to heat and eat!

Alternatively, you can go to [www.mealsonwheelssa.org.au](http://www.mealsonwheelssa.org.au) and take a look at the information provided and follow the links there to complete the order form online.

### ***How do I get the meals I order?***

*It's even easier! They can be delivered to you home by the local MoWSA branch, or you can arrange to pick up your pre ordered meals from your nearest branch. You can find our branch locations on our website at this link... [www.mealsonwheelssa.org.au/index.php/kitchbranchlocat](http://www.mealsonwheelssa.org.au/index.php/kitchbranchlocat)*

### ***I would like to talk to someone.***

Sure, you can free call us on 1800 854 453. Or, you may like some more specific information on the topic of coeliac disease and gluten free diets, so see the following;

### ***What if I need to get more information or seek help with gluten issues?***

We recommend that you discuss any concerns with a gluten allergy with a health care professional.

- There is a great deal of information available on the Coeliac Australia Website... [www.coeliac.org.au](http://www.coeliac.org.au)
- In South Australia you can contact The Coeliac Centre, which provides assistance and advice on all matters relating to coeliac disease. Additionally, the Centre sells a range of gluten free foods including bread mixes, pasta, breakfast cereal and specialty products.
- The Centre is located at: Unit 5, 88 Glynburn Road, Hectorville, South Australia SA 5073. And is open from: Monday to Friday 10:00 am to 4:00 pm, Saturday 10:00 am to 2:00 pm.
- Office contact details Telephone: (08) 8336 1476 Email: [sant@coeliac.org.au](mailto:sant@coeliac.org.au) and shop details telephone: (08) 8365 1488 Fax: (08) 8365 1265

Information was correct as at March 2012, was sourced from the Coeliac Australia Website [www.coeliac.org.au](http://www.coeliac.org.au) and other professional sources. Information is of a general nature and you should speak to Coeliac SA or healthcare professional if more advice is needed.