

The Coeliac Society



Who are we?

What do we do?



**The Coeliac Society
of Australia Inc**

www.coeliac.org.au

The Australian Coeliac Society

The Coeliac Society of Australia Inc was formed in 1975 to provide a forum to promote the national welfare and uniformity of purpose and objectives of the state coeliac societies throughout Australia.

The society's vision is –

To enhance the quality of life of people requiring a gluten free diet for life and to encourage and support research towards a cure or other ethical forms of treatment.

The only members of the Australian society are each state society.

What do the State Coeliac Societies do?

The state societies give information and support to those who are medically diagnosed with coeliac disease and their families, sufferers of dermatitis herpetiformis and those medically diagnosed as requiring a gluten free diet.

Information is available to members about the gluten free diet, ingredients, where to buy, recipes and cooking, eating out, overseas travel, educational material, as well as research information. Activities such as information sessions, cooking demonstrations, shopping tours, children's events etc are held during the year. Support groups have been set up throughout each state and territory where members can meet together to give support and exchange ideas and information.

The combined membership of state societies stands at over 17,000.

Member Handbook and Recipe Book

The Coeliac Society of Australia Handbook provides comprehensive information about coeliac disease, dermatitis herpetiformis and the gluten free diet.

It covers gluten free food selection and label reading; a guide to eating a healthy and balanced gluten free diet; gluten free cooking; eating away from home; travelling and much more. It includes information which is relevant to both adults and children with coeliac disease.

The Gluten Free Recipe Book provides over 100 gluten free recipes along with cooking hints, information on gluten free baking ingredients and flour mixes.

The handbook and recipe book are available to all members.

Our Magazine

The Australian Coeliac is a full colour magazine produced four times a year. It provides members with information, updates, articles of interest, members' stories, research articles, new recipes, answers to questions, travel and dining out information and news from around Australia.



Each state society produces a quarterly insert giving updates and advising of coming events and activities.

Ingredient List

Because of constant product and ingredient changes, the coeliac society, some years ago made the change from advice on commercial products to advice on ingredients. We encourage all our members to become ingredient aware and expert label readers.

The society produces an Ingredient List booklet which details the ingredients and additives used in Australian foods indicating whether they are safe for inclusion in a gluten free diet. This booklet is a useful guide to selecting gluten free foods. By becoming

The video and the DVD also includes an explanation of how to buy gluten free food. It is ideal for the newly diagnosed, their families and friends and for education and awareness.

Diabetes/Coeliac Booklet

This booklet was developed in conjunction with Diabetes Australia to assist people with, and parents of children with both type 1 (insulin dependent) diabetes mellitus and coeliac disease. The booklet can also be modified to guide adults who develop both coeliac disease and type 2 (non-insulin dependent) diabetes mellitus.

Travel Information

The society has put together information and tips for members travelling overseas. This includes information on overseas coeliac societies, availability of gluten free products and warns about the differing food standards in other countries. Also available is the society ID card translated into many languages (these cards advise the requirements of a gluten free diet and give basic information on the diet).

Each state society also has information for interstate travellers.

Educational Information

Pamphlets, fact sheets and articles are available for those undertaking studies which include coeliac disease, dermatitis herpetiformis and the gluten free diet.

Food Standards and Labelling Laws

A comprehensive review of all food standards and harmonisation with New Zealand has been undertaken by Food Standards Australia New Zealand. The society has had representation (continuing) in this decision making process.

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The standards for labelling of gluten free foods in Australia are:

n Foods labelled as gluten free must contain no detectable gluten and no oats or malted gluten containing cereals or their products.

n Foods labelled as low gluten must not contain more than 0.02% gluten. Low gluten foods are rarely seen in Australia.

The mandatory labelling food standard makes it compulsory for ingredients likely to cause an adverse reaction to always be declared on food labels with no lower limit. This means that along with other common allergens, gluten-containing grains (wheat, rye, barley and oats), and their derivatives must always be declared.

Food Industry Guide to Allergen Management and Labelling

The society worked with the Australian Food and Grocery Council to develop the Food Industry Guide to Allergen Management and Labelling. This guide covers allergen management, training and supervision, raw material processing, manufacturing and labelling.

The society is pleased to work with manufacturers and peak representative groups on issues of mutual interest.

Pharmaceuticals

The standard for gluten labelling of pharmaceuticals has now been brought into line with food labelling. This means gluten free will mean no detectable gluten and ingredients derived from gluten containing grains will have to be declared on pharmaceutical labels. Again the society has had representation in this process. Further information on ingredients in prescription medications is included in the 'Consumer Medicine Information' (CMI) available from pharmacies.

Logo

The Coeliac Society of Australia Inc has registered trademark to two logos (the crossed grain both in the map of Australia and within a circle). The society undertakes the endorsement of gluten free food products. Manufacturers can approach the society for use of these logos.



Awareness of Coeliac Disease and the Gluten Free Diet

Coeliac Awareness Week is held each year from 13 to 20 March. This is a time when the society instigates publicity, events and programs which will generate more awareness regarding coeliac disease and the gluten free diet. We target those within and connected to the medical and dietary profession, the food and hospitality industry and the general public.

Although a concentrated effort is made during Coeliac Awareness Week, the society does not limit awareness efforts to this week alone. It is a year round project.

Medical, Dietary and Other Professionals

Each state society has a panel of professionals working with the society for the exchange of information and to allow the society to keep up to date with any changes, research etc.

Research

The society is keen to encourage research regarding coeliac disease, dermatitis herpetiformis, the gluten free diet and any associated conditions. We actively support and have representation on the Australian and New Zealand Coeliac Research Fund (ANZCRF) which has been formed to work towards a cure and other ethical forms of treatment of coeliac disease.

Contact details

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State Societies

If you would like to become a member or would like any further information, please contact your state society.

New South Wales
PO Box 703 Chatswood 2057
1/306 Victoria Avenue Chatswood 2067
Phone: (02) 9411 4100 Fax: (02) 9413 1296
www.nswcoeliac.org.au

Victoria
PO Box 89 Holmesglen 3148
11 Barlyn Road, Mt Waverley 3149
Phone: (03) 9808 5566 Fax: (03) 9808 9922
www.vic.coeliac.org.au

Queensland
PO Box 2110 Fortitude Valley BC 4006
Level 1 Local Government House
25 Evelyn Street Newstead 4006
Phone: (07) 3854 0123 Fax: (07) 3854 0121
www.qld.coeliac.org.au

South Australia
Unit 5, 88 Glynburn Road Hectorville 5073
Phone: (08) 8365 1488 or (08) 8336 1476
Fax: (08) 8365 1265
www.sa.coeliac.org.au

Western Australia
PO Box 1344 East Victoria Park WA 6981
931 Albany Highway East Victoria Park 6101
Phone: (08) 9470 4122 Fax: (08) 9470 4166
www.wa.coeliac.org.au

Tasmania
PO Box 159 Launceston 7250
Phone: (03) 6427 2844 Fax: (03) 6344 4284
www.tas.coeliac.org.au

Northern Territory
Contact South Australia
Australian Capital Territory
Contact New South Wales

The Coeliac Society of Australia Inc is not a medical organisation. Information is of a general nature only and should not be relied upon.

