



13 May 2016

Weekend Sun, Tauranga Bay of Plenty

Section: General News • Article type : News Item • Classification : Community  
Audience : 64,660 • Page: 31 • Printed Size: 232.00cm<sup>2</sup> • Market: NZ  
Country: New Zealand • Words: 310 • Item ID: 593603729

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# Spreading the word on coeliac

Coeliac Awareness Week is Coeliac New Zealand's major annual campaign in May. The week from May 16-22 aims to shine a light on coeliac disease by spreading the word about getting tested and eating well.

CNZ do this by providing information about food and ingredients, and general awareness about coeliac disease and what that means for those diagnosed and their support people.

The focus for this year is on assuring that food labelled 'gluten-free' is actually gluten-free and safe for people living with coeliac disease to eat.

Coeliac NZ actively promote its crossed grain logo on manufactured food assuring you the food with the label has been independently tested and meet's NZ gluten-free standards. Crossed grain logo products can be found at [www.coeliac.org.nz/eating-gluten-free/crossed-grain-gf-shopping-guide](http://www.coeliac.org.nz/eating-gluten-free/crossed-grain-gf-shopping-guide)

Dining out is something many coeliacs

dread. It's a bit like playing Russian roulette with our health. Some food outlets are awesome and demonstrate understanding about coeliac disease and gluten-free best practice as well as offering many tasty GF options on their menu. However, many food outlets don't.

This Coeliac Awareness Week, CNZ is launching

its Gluten Free Accreditation 'Dining Out Programme' for cafes, restaurants and other food outlets. Businesses will only become accredited after successfully completing a training programme and independent

audit. CNZ aims to open up the gluten-free dining out experiences for coeliacs by providing this extra level of assurance that food offered is safe to eat.

Don't forget, as the consumer you have the right to ask the food vendor to explain how they can guarantee the food is gluten-free. CNZ says if the vendor can't, or won't, explain this, you can report them to the Commerce Commission.

Visit the CNZ Facebook page for offers, competitions and daily updates. Check out [www.coeliac.org.nz](http://www.coeliac.org.nz) for further information and a calendar of events, and download the 2016 CAW Poster to put up around your community.

