

CELIAC GROCERIES DEDUCTION

There's limits you likely didn't know about

If you have been diagnosed with Celiac Disease, you may be eligible to claim a portion of your gluten-free food costs as a medical expense tax credit on your Canadian income tax return.

What Can Be Claimed

The Canada Revenue Agency (CRA) allows you to claim **only the incremental cost** of gluten-free food products.

This means:

- You can claim the **difference in price** between a gluten-free product and its regular equivalent.
- you **cannot claim** the full cost of gluten-free groceries.

Examples:

- Regular bread: \$3
- GF bread: \$8
- Claimable amount: \$5

Requirements

To support this claim, CRA requires:

- Medical Documentation
 - A letter from a medical practitioner confirming a diagnosis of Celiac Disease
- Detailed Tracking
 - Receipts for gluten-free purchases
 - Documentation of comparable non-gluten-free prices
 - A calculation of the price difference



IMPORTANT CONSIDERATIONS - naturally gluten-free foods are **not eligible**, Claims must be reasonable and well-documented, this deduction is often **reviewed by the CRA**, so proper records are essential.

Recomendede Tracking Method

Tracking the required information manually can be time-consuming. To simplify this process, we recommend using the **Gluten-Free Cost Tracker** mobile app.

This app is designed specifically for Canadian taxpayers and allows you to:

- Track gluten-free purchases
- Record comparable regular prices
- automatically calculate the claimable difference
- Store receipts and export reports for tax filing



Using a dedicated tracking tool can significantly improve accuracy and reduce the risk of issues in the event of a CRA review.

This claim is included with your medical expenses and is subject to the standard medical expense threshold (the lesser of 3% of net income or the annual limit set by CRA).

If you plan to claim gluten-free food costs, we strongly encourage consistent tracking throughout the year.

Please contact our office if you would like assistance setting up a tracking system or determining whether this claim is worthwhile in your situation.

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Need assistance with your claim?
Contact us today (705) 713-0215