

A Reality Check

Meeting Gluten-free Needs

Nutrition Services

Lincoln Public Schools,

Lincoln, NE

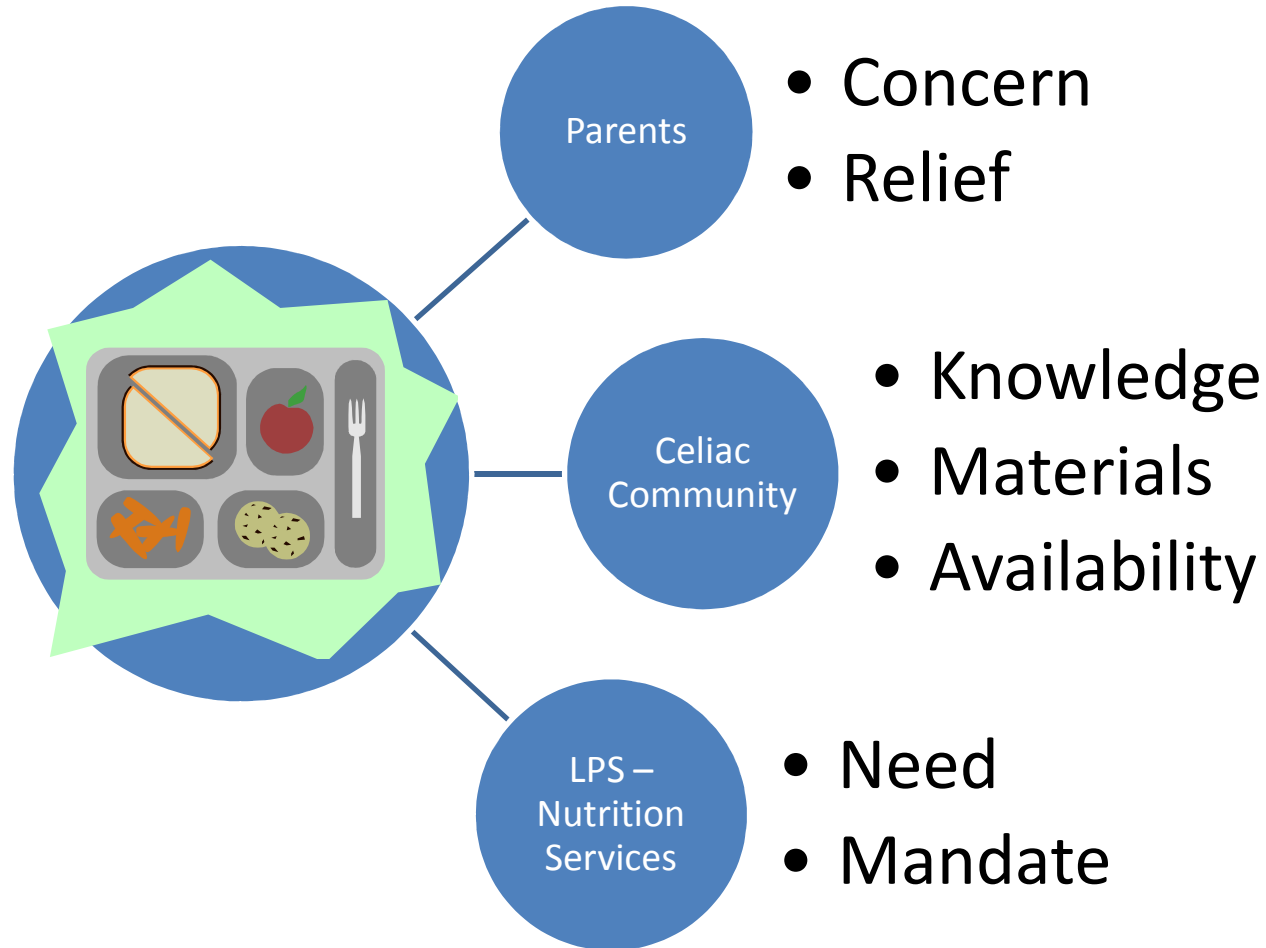
Beckee Moreland

Make It Gluten-free,

Gluten-free educator and menu consultant

NFCA, GREAT Guide

Working together for the Greater GF Good



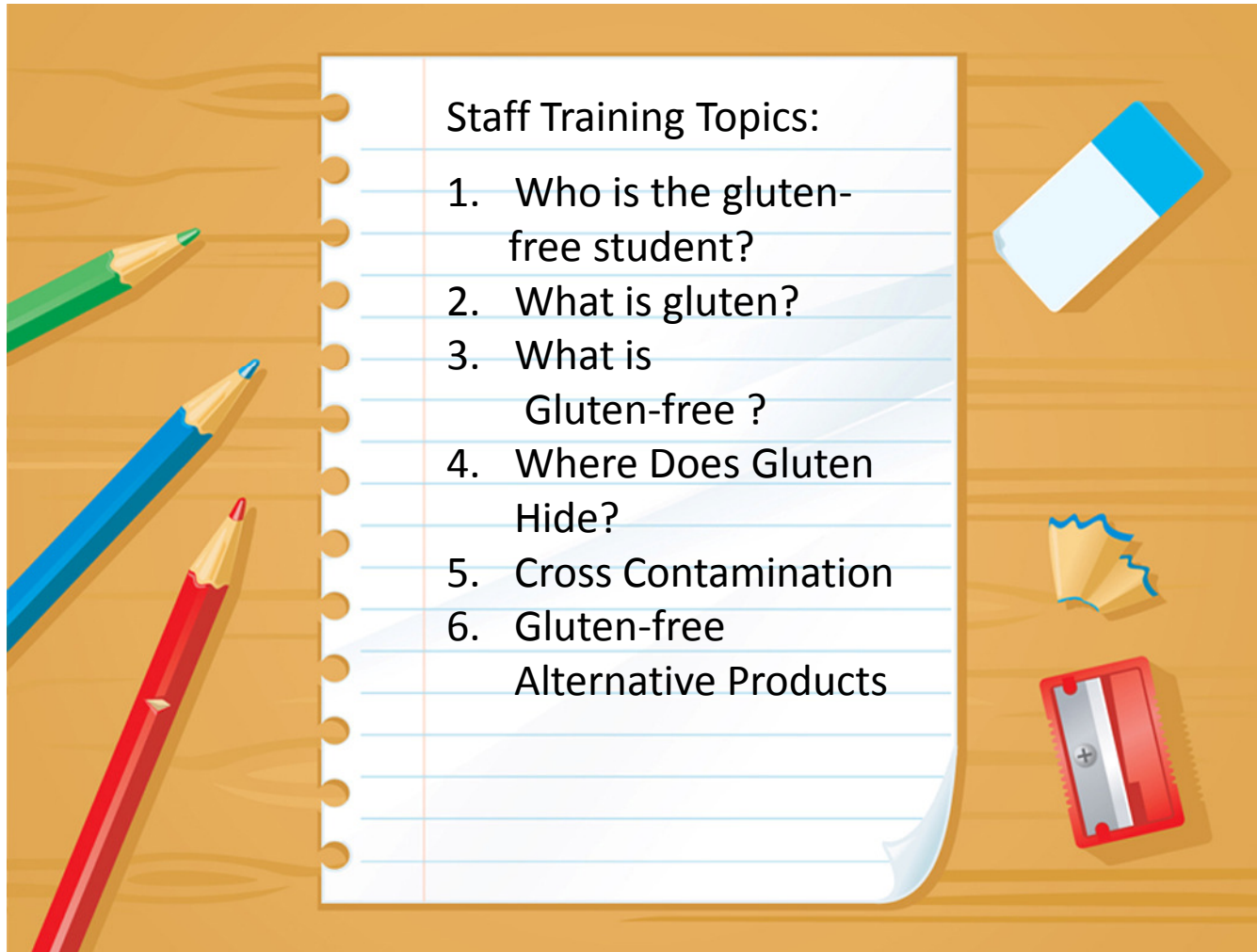
Getting Started:

- ✓ Services: special diet (gluten-free)
- ✓ Limited gluten-free options
- ✓ Ingredients checked
- ✓ Identified Students:
approx. 35/21,000



- TRAINING: Nutrition Service Staff
 - Kitchen Managers

Training: Staff for Schools Identified Gluten-free Diets





Unique and Special for Strengths and Accomplishments



Not their Choice to Need Special Diets....

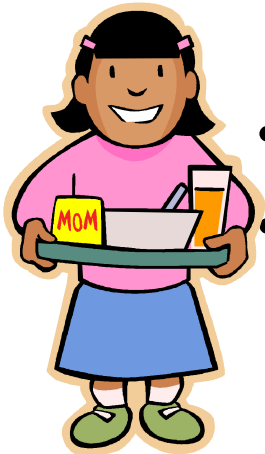


LEARN AND GROW...

Happy, Healthy, Focused, Nourished, At Their Best

Gluten-free Lunch Program: 2008-2009

- Parental Appreciation
- Increased GF Options:

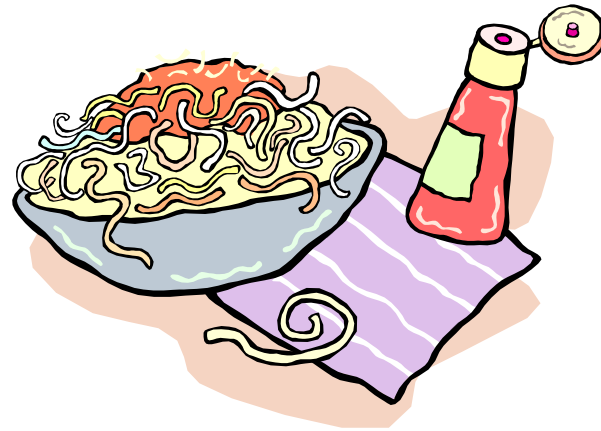
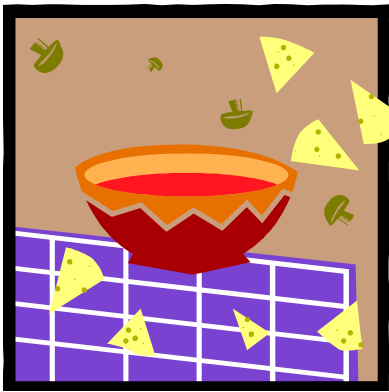


- LUNCH: Bread, pasta, pizza shells, corn shells
- BREAKFAST: Waffles, pancakes, muffins, cereal bars, crackers, cookies

Gluten-free Lunch Program 2008-2009

- Most Popular GF Menu Items:

- GF Spaghetti and Meat Sauce
- GF Pizza Bread with Marinara Sauce
- Taco Scoops



Why the Program Works...

- Communication:
 - Parents, Health Office, Nutrition Service Staff
 - Kitchen Staff – Pictures of students in kitchen (Elementary School)
 - Menus on LPS website www.lps.org
 - Menus Sent Home
 - Health Office – Coordinate Menu Exchange
 - Parents and Students – Select Days for GF Options

Improvements:

- Continued Staff Training for LPS
- School Nutrition Association
 - Seminars
 - Introduce Possibilities and Options
- Regional and State Training
 - GREAT Webinar...





Conclusion:

- Approach school nutrition services with confidence and suggestions
- Train Nutrition Staff include Celiac educator
- Check ingredients and options
- Gradual Growth of Gluten-free Options
- Work together...parents, health office, nutrition services department



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