

Back-To-School Gluten-Free Checklist



Is your child following a gluten-free diet? Study up for the school year with these tips from Beyond Celiac.

✓ Kid-Friendly Books

These books explain celiac disease through story telling.



The Gluten Glitch
By Stasia John



Celiac and the Glue Man
By Maggy Williams

Mommy, What is Celiac Disease?
By Katie Chalmers

The Celiac Kid
By Stephanie Skolmoski

✓ Important Documents

Fill out the 504 plan, which requires schools to accommodate a child's gluten-free diet. Bring the 504 plan and these other materials to your meeting with the School Team.

beyondceliac.org/living-with-celiac-disease/info-for-parents/

✓ The School Team

Critical players in keeping your child healthy:

- Food Service Director
- Cafeteria Manager
- School Nurse
- Teacher
- Principal
- Parents
- Student
- PTA Leadership/Staff
- Classroom Aides
- Lunch Moms/Dads

✓ Your Gluten-Free Student

Educating and empowering your child are key to maintaining a safe and healthy gluten-free life.

- Practice their "Celiac disease is..." elevator speech.
- Explain foods that are off-limits.
- Focus on the positive side of the gluten-free diet.
- Tell them who to talk to at school if there's an issue.



✓ Other Parents

It's important to spread the word beyond the School Team.

- Openly communicate your child's needs.
- Ask for a "heads up" before classroom parties so you can pack an alternative.
- Ask them to tell their child not to share food with yours.

✓ Risk Areas

Gluten isn't just found in the lunchroom.

- Cafeteria
- Art Classes (*modeling clay, pasta necklaces*)
- Field Trips
- Home Economics
- Sports and Club Meetings
- Birthday and Holiday Parties



✓ Gluten-Free Snacks

Provide individual serving sizes to stash at school. Consider leaving these in the teachers' lounge, a locked drawer in a desk or the nurse's office.

- Cupcakes
- Crackers
- Pretzels
- Raisins
- Fruit Snacks

✓ Awareness Activities

Education is key! Consider planning one of these events at your child's school.

- Celiac Awareness Day
- Parents' Night Meet & Greet with food service director or cafeteria manager
- Gluten-free bake sale
- Read a book to the class
- Sponsor GREAT Kitchens gluten-free training
- Play games with classmates



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