Back to School 2010:
Heading Off to College with Celiac Disease

Brought to you by Blue Diamond Growers
Welcome!

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- Specializes in food allergies/intolerances, developmental disorders, diabetes, and disordered eating
- Autism Treatment Network at Massachusetts General Hospital

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- Diagnosed at 15 years old
- Active within celiac community
- Senior at Tufts University
On Tonight’s Plate…

- Challenges…and how to overcome them!
- Common questions & concerns
- Tools! Suggestions! Tips!
Hot Off The Press!

“Navigating the Gluten-Free Diet in College”

- Completed in educational collaboration with the Celiac Center at Beth Israel Deaconess Medical Center
- Nation-wide research effort to explore the challenges young adults with celiac disease experience while living on and off college campuses
Overview of Challenges

- First Steps: Who to Talk to…and When
- Residential Life: Living on and off Campus
  - Tools for the dorm
  - Roommates
  - Negotiating with dining services
- New Friends: Support Systems

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Challenges are inherent to the GF diet!

- College = New Beginnings = Independence
- “If you have a certain school you’re dying to attend, do not let the gluten-free diet stop you!”
- Organization and preparation
  - Call ahead to set up meetings
  - “Be realistic about how much time/work/money you want (and are able) to put in”
First Steps: Who is there to help?

Overview:
- Disability Services
- Dining Services
- Residential Life
- Health Services

Keyword = “Service”…they’re there for you!
First Steps: Who is there to help?

Disability Services

Section 504 of the Rehabilitation Act of 1973

• Not designed for celiac
• Register with disability services
First Steps: Who is there to help?

Dining Services
- FOOD!
- Accommodations
- Staff
- Safety
- Point person
- Release?

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First Steps: Who is there to help?

Residential Life
- Friends
- Social Events
- Dorm Size/Location
- Kitchen Access
First Steps: Who is there to help?

Health Services
- Validation
- Emergencies
- Ally

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Gearing Up For the College Tour

Dining Halls

1. Multiple locations?
2. What is the proximity to your dorm or apartment?
3. Will certain dining facilities be off limit?
4. Let’s eat!

…And beyond. Consider proximity to grocery stores too!
Next Steps After Acceptance

Most common mistake?
Singling out the head chef, dietitian or dining services!

Simple Solution:
Develop a relationship with the campus dining STAFF.
5 Topics to Discuss with Dining Services...

- Accommodations
- Preparation
- Gloves & Serving Utensils
- Ingredient Labels
- Talk to Other Students...
More Common Mistakes…

…that are also easy to avoid!

1. Seek a physician in the area

2. Remain in touch with your dietitian

3. Plan for emergencies
How To Navigate Your...

• Living Situation
  ◦ Tools
  ◦ Roommates

• Social Life
  ◦ Eating Out
  ◦ “Socializing”

SAVE TIME WITH AN “ELEVATOR SPEECH”
GF Cooking Away from Home 101
Important Items to Have On Hand
“Wait... so you can’t have beer?!”

Before Living with Roommates:

• Provide an overview of **celiac disease** and the **gluten-free diet**

• Stress the importance of several items including:
  • Food storage
  • Separation
  • Labeling
  • Cleaning supplies
  • Cleaning

*The drinking age in the U.S. is 21 years old.
NFCA encourages and reminds our listeners to please drink responsibly.
Be an advocate for yourself!

“It doesn’t need to be the center of your life, but it should play a role in how you live.”
Managing Celiac AND Your Social Life

- Support Groups
- Drinking
- Relationships

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Eating Out: 3 Choices

Same as it has always been…

1. Chance it.
2. Eat before.
3. Bring your own food.

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Tools, Tips & Helpful Hints

www.CeliacCentral.org

Download: Navigating the Gluten-Free Diet in College

- More Questions to Ask
- GF “Business Card”
- Full definition of 504 Plan
Free Resource! Thanks Jules!

www.julesglutenfree.com
Products: Back-to-School e-book
Coupon Code: backtoschool5
Expires Monday, Sept. 6, 2010

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Questions? Comments? Feedback?

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