Back to School: Preparing to Educate School Administrators on the Importance of Gluten-Free

with

Gabriela Pacheco, RD, LD, SNS
School Nutrition Consultant
August 2012

Brought to you by:
Important Reminder!

Due to unexpected circumstances, NFCA was unable to host "Back to School: Preparing to Educate School Administrators on the Importance of Gluten-Free" as planned for Thursday, August 23rd in a live fashion as typically executed. **NFCA recorded this Webinar with the expert speaker Gabriela Pacheco, RD, LD, SNS and posted the recording and slides the week of August 20th.** Materials are available at: [www.CeliacCentral.org/Webinars/Archive](http://www.CeliacCentral.org/Webinars/Archive)

Those who view the Webinar presentation have the opportunity to submit questions for the expert speaker. The deadline for submission is Friday, September 7th.

All questions should be sent to Kristin Voorhees at [kvoorhees@celiaccentral.org](mailto:kvoorhees@celiaccentral.org). NFCA will post the expert Q&A by Friday, September 21st.

We apologize for any inconvenience, including the inability for Registered Dietitians and Dietetic Technicians, Registered to receive Continuing Education credits for their participation in this particular webinar. NFCA thanks you for your patience and understanding.
Watch & Win!

Three winners will receive Mary’s Gone Crackers love Cookies and Pretzels. **Winners will receive one bag of each Pretzel flavor and one box of each love Cookie flavor.**

- **Four 5.5 oz. boxes of love Cookies available:**
  - Double Chocolate, Chocolate Chip, Ginger Snap and “N’Oatmeal” Raisin (No Oats!)

- **Three 7.5 oz. bags of Pretzels available:**
  - Sea Salt, Chipotle Tomato and Curry

Please note: NFCA will choose the 3 winners of Mary’s Gone Crackers "Watch & Win!" prizes from the list of individuals who were registered for the Webinar as of Monday, August 20 at 12:30pm EDT/9:30am PDT. NFCA will contact the winners by Friday, August 24.
Welcome!

Gabriela Pacheco, RD, LD, SNS

- **1998-2004:**
  - Established special nutrition needs program for district of 87,000 students in New Mexico; included school administrators, local physicians and nurses
  - Responsible for training Food Service staff on best practices for special dietary needs
  - Coordination of appropriate care and documentation

- **2004-Present:**
  - School Nutrition Consultant
  - Member of School Nutrition Association and Academy of Nutrition and Dietetics
  - School Nutrition Specialist (SNS) – Certification program to recognize expertise
On Today’s Plate

• Review **legal documentation necessary** for special diets

• **Explain importance** of school administrators as part of team

• **Identify team approach** and who needs to be involved

• **Handling obstacles** – how to prepare for certain situations

• **Identify who can order special diets**

• **Case study** – review of **real life examples**
Successful nutrition management for children with special food and nutrition needs involves teamwork

Serving children with disabilities presents school food service staff with new challenges as well as rewards
Federal Regulations

USDA Regulations

- **Section 504** of the Rehabilitation Act of 1973
- Individuals with Disabilities Education ACT *(IDEA)*
- Individualized Education Program *(IEP)*
  - *Written statement and cornerstone of student’s educational program and related services, including nutrition plan*
  - *Developed with the team*

Federal Regulations:
IDEA vs. 504

• **Individuals with Disabilities Education ACT (IDEA)**
  - Disability
  - Special education needed
  - IEP completed
  - Accommodations made

• **Section 504**
  - Disability
  - Special education not needed
  - 504 plan completed
  - Accommodations made
Individuals with Disability Education Act (IDEA)

“Schools must make substitutions in foods in the reimbursable meal for students who are disabled and whose disability restricts their diet.”


- Accommodations must be made at no extra charge

- A disability determination can only be made by a licensed physician, physician assistant or nurse practitioner (as specified by state agency)

- Note: A registered dietitian or licensed nutritionist cannot determine a disability, but can sign a prescription for dietary accommodations (as specified by state agency)
What is an IEP?

- **Individualized Education Program**
- **Written statement for a child with a disability**

  - If a student’s IEP indicates nutrition requirements or components, schools *must* make these accommodations.
  - Some states supplement the IEP with a written statement specially designed to address a student’s nutritional needs.
  - If a child has a disability but does not require special education classes, then a 504 plan can be done and *not* an IEP.
    - If child with celiac disease has special education needs as well, an IEP plan can be used.
  - Issues such as field trips, gym class and recess can all be addressed during the IEP meeting OR the 504 plan.
IEP or 504 Meeting

• Who should attend?
• And what are their responsibilities?

• Food Service Director (FSD)
• Registered Dietitian (RD) - school RD or community RD
• School Nurse
• Principal
• Student’s parents
• Student
• All and anyone involved in student’s care in school
The Diet Prescription Must Include:

• What the disability is
• How it restricts diet
• Major life activity affected
• Foods to be omitted and/or substituted
• Signature of licensed physician or medical authority
• Examples of diet prescription can be downloaded from websites of individual States’ Office of Education
Authorized Licensed Medical Authority

- Medical doctor
- Osteopathic doctor (D.O)
- Physician assistant
- Nurse practitioner
- Registered dietitian*
- Licensed nutritionist*

*May sign diet prescription only if child does not have a disability. RDs cannot diagnose a disability but can write the prescription for other needs such as food allergies.
Diet Prescription

• Must be given by medical authority to Food Service Department or Registered Dietitian for appropriate staff training

  • **NOT** directly to cafeteria staff

• Copy must be kept in cafeteria, nurse’s office and anyone else responsible for caring for child
Substitutions Must Be Followed as Prescribed in Diet Prescription

Inappropriate substitutions can result in:

- Cross-contamination

- Always keep in mind the child’s feelings and quality of life
  - What foods do they like?
  - Can cafeteria staff serve a little of what they like if it’s not on the prescription?
  - If it’s not on the prescription – NO!
Example Diet Prescription

Diet Prescription for Special Meals in the Child Nutrition Programs
(Breakfast, Lunch, Snacks)

Date ____________
Student’s Name __________________________ Age ____________
Parent/Guardian __________________________ Telephone ____________

Describe the student’s (check one):
___ Disability
___ Medical Condition
that requires the student to have a special diet and the major life activity affected by the student’s disability:

____________________________________________________________________________________

____________________________________________________________________________________

Does the disability or medical condition restrict the student’s diet?
Yes  No

If yes, list food(s) to be omitted from the diet and food(s) that may be substituted (Diet Plan may be attached) and/or describe any adjustments that need to be made to the texture of foods:

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

Is special eating equipment needed? If so, describe:

____________________________________________________________________________________

____________________________________________________________________________________

Is a registered Dietitian or Licensed Nutritionist consulting with the patient? If so, please list name and telephone number:

____________________________________________________________________________________

____________________________________________________________________________________

Physician’s Signature __________________________ Telephone __________________________

____________________________________________________________________________________

Physician’s Name (PRINTED) __________________________ License Number __________________________
# Example Meal Time Guide

![Meal Time Guide](image)

- **Student:** [Name]
- **Age:** [Age]
- **Date:** [Date]
- **Diet Order:** [Diet Order]
- **Diet Prescription on File:** [Yes/No]
- **Dietitian:** [Name]
- **OT/SLP:** [Name]
- **Teacher:** [Name]
- **PRECAUTIONS:**
  - Choking
  - Food Allergies:
  - Intolerances:
- **POSITIONING EQUIPMENT:**
  - Chair
  - Adapted Cafeteria Chair
  - Bolster Chair
- **Other:**

### Adaptive Equipment:
- Splint
- Scoop Plate
- Left Angled Spoon
- Right Angled Spoon
- Built-up Handled Spoon
- Plastic Coated Spoon
- Plate Guard
- Dycem
- Bib
- 1-Handled Cup
- Nose-out Cup
- 2-Handled Cup
- Straw
- Foam Cup Holder
- Long Straw
- Sandwich Holder
- Cup Cover
- Other:

### Assistance Required:
- Set-up with Adaptive Equipment
- Assist to Grasp Food/Utensil
- Assist to Scoop
- Jaw and/or Lip Closure
- Other:
  - Hand Preference:
    - Right
    - Left
  - Verbal Cues
  - Manual Prompts
  - Hand-over-Hand Assistance
  - Assist Hand-to-Mouth

### Communication:
- Verbal
- Yes/No Response
- Lunch Communication Board
- Signs

### Food Texture:
- Regular
- Chopped
- Ground
- Pureed
- Thickened liquids
- Nectar
- Honey
- Pudding
- G-Tube

### Food Preferences:

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<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Snacks</th>
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Prepared by: [Name]

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Example Therapy Communication

<table>
<thead>
<tr>
<th>STUDENT:</th>
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<td>DATE</td>
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Responsibilities of the Food Service Director & Cafeteria Staff

• Discuss menus, a la carte items/vending machines, recipes, food handling practices, cleaning practices

• Maintain food labels in case child has reaction

• Understand the laws protecting students with disabilities as they relate to food services
Responsibilities of the Food Service Director & Cafeteria Staff

• Train cafeteria staff on laws and safe practices:
  • Cross-contamination
  • Student’s quality of life
  • Only two staff responsible for special cases
  • Possibly posting picture of student where only cafeteria staff can see it?

• Be aware of issues involving liability and negligence
Responsibilities of the School Nurse

• **Know your school nutrition program’s process**
  • Including the regulations and process to make meal changes

• **Refer families** to your school’s nutrition program contact person

• **Include school nutrition staff** in the student’s IEP, 504 or other team meetings

• Keep copy of medical prescription, IEP and **other important documents on file**

• Know that nutrition staff cannot make any changes to a student’s meal without written **doctor’s orders**

• **Coordinate!**
Responsibilities of School Administrators
(and possibly other administrators/teachers)

• **Know your school nutrition program’s process**
  • Including the regulations and process to make meal changes

• **Help students’ families understand** the need for the required signed statement from a licensed physician

• Make sure **school nutrition staff are included** in:
  • IEP
  • Individualized Health Care Plan (IHCP)
  • 504
  • Other team meetings for students with special nutrition needs

• Be aware of issues involving **liability and negligence**
Responsibility of Parents

• *Understand school nutrition program and regulations* regarding special dietary needs

• How can you work with the cafeteria staff to better serve your child within the guidelines and diet prescription? *Foster a positive relationship!*

• *Understand limitations*
  • Substitutions outside of the prescription cannot be made without a written documentation by medical authority
Responsibilities of the Student

• Children with severe reactions are very aware of symptoms and can learn about their diet

• Be diligent about ALL foods in the school, not just the cafeteria

• Communicate with teacher, nurse or other students when feeling ill or accidental exposure

• Enjoy food and school!
Responsibilities of the Student

- Take as much responsibility as possible for avoiding foods which affect him/her*
- Do not trade or share foods
- Proper hand washing
- Teach a friend to recognize symptoms of reaction

*Depends on age; School is still legally responsible if IEP or 504 are on file
Student’s Quality of Life

• Food Service Departments take student’s quality of life very seriously

• Essential to growth and reaching their fullest potential in life

• School nutrition professionals have power to make a positive difference in their lives

• A child who is healthy and well-nourished can participate in and enjoy any activities during the educational day
Legal Concerns & Liability in Working with Children with Disabilities

Two Issues Involving Liability

① It is the school’s (and district’s) responsibility for providing program accommodations for children with disabilities, *i.e.* services, *materials* and *food*

② What is the question of personal responsibility in cases of negligence?
Diet Prescription

• Can never be revised or changed – *even if required food is not available* – cafeteria staff are at risk for liability issues
  • Only medical authority can revise

• Must be retained on file on site for review and a copy should also be supplied to the school nurse, special education teacher, or anyone involved with the child’s care

• Does not have to be renewed each year if there are no changes affecting the child’s dietary needs
Case Study

Challenge #1:

- Kindergarten: First met with the school, which didn’t include the district nutrition department; It was determined that only gluten-free option was tacos
- 1st Grade: Soon after tacos were eliminated from menu and this information was not shared with parent
- 2nd grade: Mom was met with resistance from the district’s nutrition department
  - Provided with incorrect information about ingredients
  - Changes were then made after mom consulted with representative with the school board

*Special thanks to Amy Leger of TheSavvyCeliac.com for sharing her daughter Emma’s experience*
Case Study

Challenge #2:

• 7th Grade: Enrolled in Food & Consumer Science (home-ec) class

  • Mom met with resistance from teacher because she learned she needed a 504 plan, which had never been established

  • Teacher: “Students who are gluten-free just help, but never eat.”

  • What kind of learning experience is this?

  • Established 504 Plan, but did not include teacher who was never told that she needed to communicate with the parent

*Special thanks to Amy Leger of TheSavvyCeliac.com for sharing her daughter Emma’s experience*
Learning: Key Messages

• Identify correct approach: School administrators, food service staff, school nurse and teacher(s)

  • *School Board should not be involved as they typically do not have the proper understanding of special needs regulations*

• Parent did right thing by bringing attention to child’s special needs

• However, a team approach was not used – and should have been – when establishing the 504 Plan, i.e. the teacher should have been involved
Q&A

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Resources

- United States Department of Agriculture:
  - www.fns.usda.gov/cnd/guidance/default.htm
  - Special Needs: Accommodating Children with Special Dietary Needs: PDF or PPT

- Academy of Nutrition and Dietetics:
  - www.eatright.org

- School Nutrition Association:
  - www.schoolnutrition.org

- The University of Mississippi’s National Food Service Management Institute:
  - www.nfsmi.org
  - Celiac Disease Fact Sheet: www.nfsmi.org/documentlibraryfiles/PDF/20120327113749.pdf

- National Dissemination Center for Children with Disabilities:
  - www.nichcy.org
Resources

• National Foundation for Celiac Awareness:
  • www.CeliacCentral.org
  • NFCA’s Kids Central – www.CeliacCentral.org/kids
  • GREAT Schools, Colleges and Camps – www.CeliacCentral.org/GREATexpansion/

• American Academy of Allergy, Asthma, & Immunology:
  • www.aaaai.org

• Food & Drug Administration’s Center for Food Safety & Applied Nutrition:
  • www.cfsan.fda.gov/~dms/wh-alrgy.html

• Food and Nutrition Information Center:
  • www.nal.usda.gov/fnic

• Food Allergy & Anaphylaxis Network:
  • www.foodallergy.org
  • Offers ability to download multi-media program to assist with creating policy for food allergy management

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Thank You!

Mary’s Gone Crackers
www.marysgonecrackers.com

The entire Mary’s Gone Crackers line is 100% gluten free, vegan, organic, non-GMO, kosher and made with love!
Save The Date!

• NFCA will be announcing more Webinars for the remainder of 2012 – stay tuned!

• Greater Philadelphia region!
  
  • Appetite for Awareness 2012: Sunday, September 23rd

  • www.CeliacCentral.org/a4a
Thank you!
Questions? Comments? Feedback?

Kristin Voorhees: kvoorhees@CeliacCentral.org