



## Resources from the National Foundation for Celiac Awareness

### **[www.CeliacCentral.org](http://www.CeliacCentral.org)**

- National Foundation for Celiac Awareness website. Features the most up-to-date research, information, news, recipes, blogs, printable guides, monthly webinars and cooking videos.

### **[www.CeliacCentral.org/kids](http://www.CeliacCentral.org/kids)**

- Kids Central, an online community of gluten-free families, uniquely designed to foster self-empowerment and improvement in social, emotional and physical well-being.
- Resources include a 504 Roadmap Plan, gluten-free recipes, kid-friendly gluten-free products and more.

### **[www.CeliacCentral.org/college](http://www.CeliacCentral.org/college)**

- Gluten-Free in College section. Features special publications including a digital magazine, printable guides, a blog series, parenting advice and more.

### **[www.CeliacCentral.org/FDA](http://www.CeliacCentral.org/FDA)**

- Resources and updates on the gluten-free labeling rule.

### **[www.CeliacCentral.org/webinars](http://www.CeliacCentral.org/webinars)**

- Free monthly webinars on celiac disease, gluten sensitivity and the gluten-free lifestyle, featuring scientific, dietetic and industry experts. Available for continuing education credit.

### **[www.CeliacCentral.org/GREAT](http://www.CeliacCentral.org/GREAT)**

- GREAT Kitchens gluten-free training program. Accredited training for restaurants and chefs, schools, colleges, camps and dietitians.

### **[www.CeliacCMECentral.com](http://www.CeliacCMECentral.com)**

- Free accredited continuing medical education for primary care physicians and other clinicians on the frontlines of diagnosis.

### **[www.GlutenFreeHotProducts.com](http://www.GlutenFreeHotProducts.com)**

- Gluten-free product review blog. Keeps the celiac disease and gluten-free community up-to-date on the latest and greatest gluten-free products available.

## **[www.CeliacCentral.org](http://www.CeliacCentral.org)**



## Additional Resources



### Nutrition Resources

**Academy of Nutrition and Dietetics:** [www.eatright.org](http://www.eatright.org)

**American Academy of Allergy, Asthma, & Immunology:** [www.aaaai.org](http://www.aaaai.org)

**Food Allergy Research & Education:** [www.foodallergy.org](http://www.foodallergy.org)

**Food and Drug Administration's Center for Food Safety & Applied Nutrition:**  
[www.cfsan.fda.gov/~dms/wh-alrgy.html](http://www.cfsan.fda.gov/~dms/wh-alrgy.html)

**Food and Nutrition Information Center:** [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

**National Dissemination Center for Children with Disabilities:** [www.nichcy.org](http://www.nichcy.org)

**School Nutrition Association:** [www.schoolnutrition.org](http://www.schoolnutrition.org)

**United States Department of Agriculture:** [www.fns.usda.gov/cnd/guidance/default.htm](http://www.fns.usda.gov/cnd/guidance/default.htm)

- Special Needs: Accommodating Children with Special Dietary Needs: PDF or PPT

**The University of Mississippi's National Food Service Management Institute:** [www.nfsmi.org](http://www.nfsmi.org)

- Celiac Disease Fact Sheet: [www.nfsmi.org/documentlibraryfiles/PDF/20120327113749.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20120327113749.pdf)



### Gluten-Free Products Available for Schools

**Kettle Cuisine:** [www.kettlecuisine.com](http://www.kettlecuisine.com)

- Gluten-free soups

**Mr. Sips:** [www.dimanufacturing.com](http://www.dimanufacturing.com)

- Gluten-free lunch and breakfast boxes, entrées and desserts.

**Rich Products:** [www.richs.com](http://www.richs.com)

- Gluten-free snacks, entrees and desserts

**[www.CeliacCentral.org](http://www.CeliacCentral.org)**



## Reading Labels

### Common terms that mean gluten is present:

- Bran
- Barley
- Bulgur
- Couscous
- Farina
- Flour (all-purpose, enriched, graham, high protein, pastry, wheat)
- Kamut
- Malt or malt flavoring
- Pasta
- Rye
- Spelt
- Seitan
- Semolina
- Wheat (bran, durum, germ, gluten, starch, hydrolyzed wheat protein)
- Whole wheat berries

### Foods that typically contain gluten:

- Baked goods (bread, buns, cakes, cookies)
- Breaded foods
- Cereal
- Croutons
- Pasta (spaghetti, macaroni & cheese)
- Sandwich wraps
- Soy sauce

### Foods that may contain gluten:

- Candy
- Casseroles
- Gravies and marinades
- Imitation meat and seafood
- Ice cream
- Lunch meats
- Pre-seasoned or self-basting meats
- Pudding
- Salad dressing
- Seasoned rice mixes
- Snack foods (pretzels, crackers)
- Soups and stocks

Always read labels carefully and double-check the ingredients to make sure an item is gluten-free.




## Cooking Tips for Gluten-Free Diet

- ***Rice*** is a staple for many ethnic diets, especially Hispanic and Asian cuisine. Rice can be used to make main meals, soups, and desserts.
- Spaghetti squash and noodles made from ***quinoa, rice, corn***, or other acceptable grain can be used as a pasta substitute
- Use pureed vegetables such as ***peas, carrots, and potatoes*** to thicken soups and stews
- Use ***popcorn, rice cakes, fresh fruits and vegetables*** for snacks
- Potatoes can be cooked in a variety of ways and served at most meals
- ***Corn tortillas*** are a good bread substitute



# Sample Diet Prescription



Pasco County Schools  
Helping Students Reach Their Highest Potential

**District School Board of Pasco County  
Food and Nutrition Services**

**Medical Statement for Special Meals**

Student's Name: \_\_\_\_\_ Student's ID Number: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_ School: \_\_\_\_\_

Dear Parent/Guardian and Recognized Medical Authority:

The District School Board of Pasco County participates in the National School Lunch Program (NSLP) and must serve meals meeting the NSLP requirements. Food substitutions must be made for children with a physical or mental disability when supported by a signed physician's statement. Food substitutions may also be made for children with special dietary conditions unrelated to a disability (i.e. some food allergies) when supported by a statement signed by a physician, physician's assistant, nurse practitioner (ARNP), or registered dietitian.

**A recognized medical authority must complete the following information.**

- Does the student identified have a disability? A disability is defined as a physical or mental impairment which substantially limits one or more major life activities.
  - Yes If yes:
    - a. State and describe the disability. \_\_\_\_\_
    - b. How does the disability restrict the diet? \_\_\_\_\_
    - c. What major life activity is affected? \_\_\_\_\_
  - No If no:  
Identify the medical condition (unrelated to a disability) that restricts the student's diet (i.e. food allergies). \_\_\_\_\_
- List any food(s) to be omitted from the student's diet. \_\_\_\_\_
- List any food(s) to be substituted. \_\_\_\_\_
- Describe any textural modification required. \_\_\_\_\_

Signature of Physician or Recognized Medical Authority (For a disability, a physician must sign)	Date
Printed Name	Office Phone Number

Please return completed form to the Food and Nutrition Manager or Nurse at the student's school.  
"This institution is an equal opportunity provider."

8/07

*Courtesy of: Stephanie Spicknall RD, LD, FNS Nutrition Coordinator, District School Board of Pasco County, FL  
sspickna@pasco.k12.fl.us*



# Sample Gluten-Free Lunch Menus

Download the following menus at [www.CeliacCentral.org/schools/samplemenus](http://www.CeliacCentral.org/schools/samplemenus)

## Lincoln Public Schools

- K-5 gluten-free lunch menu
- Secondary school gluten-free lunch menu

These menus use green color-coding to indicate which items contain gluten. The menus also list gluten-free salad dressings and indicate which items require a special order.

*Courtesy of:*  
**Jessie Coffey, RD, LMNT**  
 Nutrition and Special Diet Specialist  
 Nutrition Services, Lincoln Public Schools  
 Lincoln, NE  
[jcoffey2@lps.org](mailto:jcoffey2@lps.org)

## Wayzata Public Schools

- Elementary school gluten-free menu
- Middle school gluten-free menu
- High school gluten-free menu

These menus are based on the monthly “regular” lunch menu for each grade group so gluten-free students feel included. The middle school and high school gluten-free menus offer a choice of two options every day.

*Courtesy of:*  
**Kim Harren, RD**  
 Assistant Supervisor - Culinary Express  
 Plymouth, MN  
[Kimberly.Harren@wayzata.k12.mn.us](mailto:Kimberly.Harren@wayzata.k12.mn.us)



## Contact Us!

National Foundation for Celiac Awareness (NFCA)

[www.CeliacCentral.org](http://www.CeliacCentral.org)

[facebook.com/nfceliacawareness](https://facebook.com/nfceliacawareness)

@CeliacAwareness

215-325-1306

- Alice Bast, Founder and President: [abast@celiaccentral.org](mailto:abast@celiaccentral.org); @abast on Twitter
- Alicia Carango, Communications Assistant: [acarango@celiaccentral.org](mailto:acarango@celiaccentral.org)
  - Social media and digital campaigns
- Beckee Moreland, Director of Gluten-Free Industry Initiatives: [beckee@celiaccentral.org](mailto:beckee@celiaccentral.org)
  - GREAT Schools gluten-free training
- Kristin Voorhees, MA, Healthcare Relations Manager: [kvoorhees@celiaccentral.org](mailto:kvoorhees@celiaccentral.org)
  - Monthly webinar coordinator; Educational programming for healthcare providers and patient support

Gabriela Pacheco, RDN, LD, SNS, School Nutrition Consultant: [gabrielanutrition@gmail.com](mailto:gabrielanutrition@gmail.com)

**[www.CeliacCentral.org](http://www.CeliacCentral.org)**