



SOCIETY FOR THE STUDY OF
CELIAC DISEASE

GETTING THE WORD OUT

Tips for School Planning

Grade Level	Strategies
Pre-school	<ul style="list-style-type: none">• Provide cafeteria staff with list of safe foods• Provide pre-wrapped snacks• Provide a frozen meal for emergencies• Make sure the student has access to wash hands with soap and water, rather than just a hand sanitizer• Only one-way share rule
Grade School	<ul style="list-style-type: none">• Create a snack box with your child• Make gluten-free cupcakes to be kept in the freezer for unexpected celebrations• Provide a frozen meal for emergencies• Work with cafeteria staff to provide gluten-free versions of the usual cafeteria offerings, i.e., gluten-free chicken nuggets, pizza, etc.• Check with teachers on a routine basis for upcoming events that may involve food or snacks• Make sure the student has access to wash hands with soap and water, rather than just a hand sanitizer• Only one-way share rule
Middle and High School	<ul style="list-style-type: none">• Research cafeteria for naturally gluten-free offerings, such as grilled chicken, tacos using corn tortillas, etc.• Make arrangements with local cafés, diners, etc. where teens tend to gather, to carry at least a few either naturally gluten-free items or prepared gluten-free items
College	<ul style="list-style-type: none">• Contact the director of dining services<ul style="list-style-type: none">* Check for gluten-free meal plan* Schedule an appointment with the director for when you are visiting the school* Schedule a tour of the dining hall that will be providing your meals• Check to see if apartment-style rooms are available• Locate local markets