



Practical Ways to Accommodate GF Diets at School

Here are some strategies shared with us by schools that are successfully accommodating the gluten-free diet. Our measure of success is that these strategies are practical for the school cafeteria to implement, and the meals get positive reviews from students.

Serve naturally gluten-free meals

Focus on fresh foods (vegetables, fruit, lean proteins, potatoes, corn, rice)

Use gluten-free bread for sandwiches

Use gluten-free buns for hamburgers, hot dogs & grilled chicken sandwiches

Use cornstarch to bread all fried foods

Fry French fries, tots & hash browns in a dedicated fryer so there is no risk of cross contact

Use corn tortillas for Taco Tuesday

Order pizza from a vendor that has gluten-free pizza options

Use gluten-free soy sauce in sauces & marinades

Offer veggie chips, potato chips or corn chips

Use squeeze bottles for condiments

Use a food service supplier that offers many gluten-free options

For more information

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