



Confidence in Accommodation: Gluten-free Diet in Schools



**CELIAC DISEASE
FOUNDATION®**

ADVOCACY. BREAKTHROUGHS. CURE.



Boston Children's Hospital

Where the world comes for answers

What is Celiac Disease and the Gluten Free Diet?

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Objectives

- What is Celiac Disease and Treatment
- The Gluten Free Diet
- Substitutions in School Meals
- Keeping Nutrition Balanced
- Cross Contact in Schools



What is celiac?

An autoimmune disease where the ingestion of gluten leads to damage of the small intestine

1 in 100

Number of people worldwide affected by celiac disease

50%

Diagnosed patients who still report symptoms while on gluten-free diet

1 in 10

Related family members who also have celiac disease

2x/4x

Increased risk of coronary artery disease/small bowel cancers

abdominal GI Symptoms rashes
mood changes
Non GI symptoms
vitamin deficiencies
reflux delayed puberty
diarrhea constipation bone loss
fatigue poor growth
anemia weight loss
headaches joint pain vomiting
weakness

stunting

Treatment

- Strict adherence to a gluten-free diet for life (no wheat, barley, rye and non gluten-free oats)
- Amount needed to trigger inflammation: 50 mg/day
- About 1/70th of a piece of bread (about the size of a pencil eraser) = 50 mg of gluten



Gluten Free Labeling Rule (FDA, USDA, TTB)



- Naturally does not contain gluten OR
- Does not contain an ingredient that is gluten-containing grain.
- May contain an ingredient derived from a gluten-containing grain that has been processed to remove gluten to less than 20ppm gluten (parts per million)
- The terms “no gluten”, “free of gluten” and “without gluten” are held to the same standards as the term “gluten-free”

Wheat

- Normally in these products: Breads, cereals, pasta, baked goods, seitan (plant-based protein)
- There are many different names for wheat:
 - Bulgur
 - Spelt
 - Cous cous
 - Durum
 - Farina
 - Graham flour
 - Kamut
 - Matzah
- Thank you to the labeling law!

Fun Fact: Buckwheat is Gluten Free!

FDA's Food Allergens Labeling and Consumer Protection Act (FALCPA)



The Law covers Milk, Eggs, **Wheat**, Fish, Shell Fish, Peanuts ,Tree nuts, Sesame, and Soy



Allergen must appear in plain English



Includes incidental additive: glucose syrup, wheat starch in a product labeled GF



DOES NOT COVER BARLEY AND RYE

Barley

This is the tricky one

- CHECK INGREDIENT LIST FOR THESE:
 - Barley flour, pearl, flakes
 - Beer, ale lager
 - Brewers yeast
 - Malt (extract, syrup, flavoring, vinegar)
 - Malted milk
 - ??? Brown rice syrup
 - ??? Autolyzed yeast extract

Maltodextrin: contains the word malt but is usually gluten free.
Maltodextrin is a carbohydrate/starch made from corn or wheat but would be labeled as wheat.

Two Ingredients to watch out for:

BROWN RICE
SYRUP

AUTOLYZED
YEAST
EXTRACT

Bakers yeast, Active Dry yeast, instant yeast, Autolyzed yeast, and yeast are Gluten Free!

Rye

- Rye Bread
- Rye Flour
- Not used as a flavor enhancer or binder or any tricky names

Oats are grown next to wheat and barley fields



Contaminated oats and other gluten-free foods in the United States.
Thompson T. J Am Diet Assoc. 2005 Mar;105(3):348

What do we all agree on!



- Regular Oats are NOT Ok
- If you see oat-containing products that are labelled “gluten-free”, then the **manufacturer is claiming** that measures have been taken to ensure the product contains <20 ppm gluten.



Can we have products with these statements?

- “Made in a facility that produces wheat”
- “Manufactured on equipment that also produces wheat”
- “Manufactured on shared equipment that may produce wheat”
- “May contain traces of wheat”



Naturally gluten-free foods





Gluten Free Grains/Starches



Gluten-free School Meals

*“ If your child attends a a public school or one that receives federal funding, the institution **must provide a reasonable gluten-free option that meets the same nutritional standards as offered to other children.** The meal must be of equal caloric and nutrition value.”*

- Mary Vargas, Stein & Vargas, LLP

Voluntary Recommendations for

MANAGING CELIAC DISEASE IN LEARNING ENVIRONMENTS



2020 Voluntary Recommendations for Managing Celiac Disease in Learning Environments

Includes

- Step by step instructions for developing a 504 plan for a child with CD
- Substitution options included
- GF Tips for Cafeteria
- Preventing Cross-Contact
- GF Ingredient Glossary
- Action lists for implementing accommodations

Practical Ways to Accommodate GF at School

Serve naturally
gluten-free meals

Fresh foods
(vegetables, fruits, lean
proteins, potatoes,
corn, rice)

Gluten-free bread for
sandwiches

Gluten-free buns for
hamburgers, hot dogs,
and grilled chicken
sandwiches

Use cornstarch or GF
breadcrumbs to bread
all food

Use fresh water for
boiling GF pasta

Use corn tortillas for
taco Tuesdays

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

Use gluten-free soy
sauce in sauces and
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



Cross-Contact

Thorough Washing Mitigates the Risk of Gluten Cross-Contact in Shared Kitchen Spaces



Vanessa Weisbrod¹, Catherine Raber², Vahe Badalyan², Edwin Liu², Marisa Stahl³, Mary Shull², Jocelyn Silvester³, Ritu Verma⁴, Imad Absah⁵, Meghan Donnelly⁶, Benny Kerzner⁷

Celiac Disease Foundation¹; Children's National Hospital²; Children's Hospital Colorado³; University of Chicago Medical Center⁴; Boston Children's Hospital⁵; Mayo Clinic⁶; Schar USA⁷




Experiment-1: level of gluten was measured on gluten-free (GF) bread toasted in shared toaster ovens (n=73) and pop-up toasters (n=47). Frozen and shelf stable GF bread was tested.

Experiment-2: level of gluten was measured on GF pasta that was cooked in pots (n=100) previously used to cook gluten-containing pasta and then washed. Stainless steel and nonstick pots were tested.

Experiment-3: level of gluten was measured on GF pasta strained in a colander (n=49) previously used to strain gluten-containing pasta and then washed. Plastic, metal, and silicon colanders were tested.

Experiment-4: level of gluten was measured on GF bread (n=31) after being sliced on cutting boards previously used to slice gluten-containing bread and then washed.



The amount of gluten transferred via a shared toaster is **negligible** and can be considered a “**low risk**.”

Results

Every sample in experiments 1-4 tested <5ppm.

Minimizing Cross-Contact: Food Prep



Minimizing Cross-Contact: in the Cafeteria

- Encourage student hand washing
- Clean eating surfaces
- Clear labeling of self serve items/snacks/salad bar
- Offer menus in advance with GF options to help with planning





In conclusion, school meals can absolutely be both enjoyable and gluten free when the right precautions are in place—starting with gluten-free ingredients, using clean surfaces, preparing foods in designated gluten-free areas, and embracing naturally gluten-free options to minimize cross-contact and ensure safety for all students.



Parent perspective and appreciation

Suzanne Ducasse

Parent Advocate

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Parent perspective and appreciation

- Thanks to the Mansfield public schools, I don't have to worry about school lunch
- Incredibly appreciative
- Great relationship with the school nurses and the incredible food services team at our school
- Sincere thank you to the team that takes such good care of my kids.
- Hope those hearing this presentation know a safe school lunch makes an enormous difference for families



Parentally Perceived Barriers for Children with CeD to participate in Free Elementary School Meals

Dr Nan Du. MD, MPH

Attending Physician, Boston Children's Hospital



Parentally Perceived Barriers for Children with CeD to participate in Free Elementary School Meals

- **50%** of families with a positive screen for FI were not partaking in the free SLB □ underutilization of this resource by families of children with CeD.
- **1 in 6 students with CeD do not have a 504 plan or IEP in place**
- Main Reasons to not participate in free SLB:
 - **Lack trust and confidence** in the school cafeteria (52%)
 - **Child not liking what is being served** (62%)
- **40%** believe the school does not communicate about GF options at school
- **45%** are highly concerned by gluten cross contamination in school's cafeteria
- **75%** feel very limited variety of GF foods offered at school



Barriers & Opportunities for Intervention

**Poor
Communication**
by School about
GF Options

Low Trust in
preventing
gluten cross
contamination

Limited variety
of GF Foods
Offered in
Schools(75%)

Concern for
overall
**nutritional
quality** of GF
foods





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OVERCOMING BARRIERS

**To Accessing School Breakfast and
Lunch Programs**

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CELIAC AT SCHOOL BY THE NUMBERS

- Celiac disease affects approximately 1% of children in the USA, most in federally or state-supported schools. Celiac disease **impacts their health, families, and educational experience.**
- Approximately 49.4 million children are enrolled in U.S. schools—if 1% have celiac disease, that's nearly **500,000 students who require strict gluten-free accommodations** daily.
- Strict gluten-free diets are essential, but school meals and activities pose daily challenges.
- Education, accommodations, and awareness are key to ensuring a safe and inclusive learning environment.



RISK FOR GLUTEN EXPOSURE



Sticking to a gluten-free diet is tough for kids, especially during **meals with peers.**

Lunch, class celebrations, and school materials (e.g., Playdoh, art supplies) **pose cross-contact risks.**



Kids with celiac may be **excluded from activities, impacting adherence and well-being.** Non-adherence leads to serious health consequences.



SOCIAL EMOTIONAL CONSIDERATIONS

- Students may attract **negative attention** from others by eating **different foods**, asking **questions**, or having **symptoms**.
- Alternatively, students without any visible symptoms may be judged by individuals who **doubt the validity of their diagnosis** and may not take it seriously.
- Students may experience **teasing, taunting, harassment, or bullying** by peers, teachers, **coaches, and other adults**.



Examples of Reasonable Accommodations

GLUTEN-FREE MEAL ACCESS

Provide safe, gluten-free meal options.

Prevent cross-contact in food preparation, storage, and serving.

Share meal menus with families in advance and notify them of any changes.

CLASSROOM ADJUSTMENTS

Ensure gluten-free alternatives are available for celebrations, cooking classes, and food activities.

Use gluten-free art supplies and science materials (e.g., Play-Doh, paper mâché).

Clean eating areas and shared spaces.

INCLUSION AND SAFETY

Implement hand washing protocols before and after handling gluten-containing materials.

Train teachers and other staff on celiac disease and the gluten-free diet.

Allow students to participate in all school activities without exclusion.



THE NATIONAL SCHOOL LUNCH ACT & CHILD NUTRITION ACT: ENSURING SAFE MEALS FOR KIDS WITH CELIAC DISEASE

- These federal laws govern school meal programs, **requiring schools to provide nutritious meals to all students**, including those with medical dietary needs.
- Under USDA guidelines, schools participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) **must accommodate students with celiac disease** if a medical statement from a licensed healthcare provider is provided.
- Schools receiving federal funds must comply with these requirements to ensure equal access to school meals for students with celiac disease at **no additional cost**.

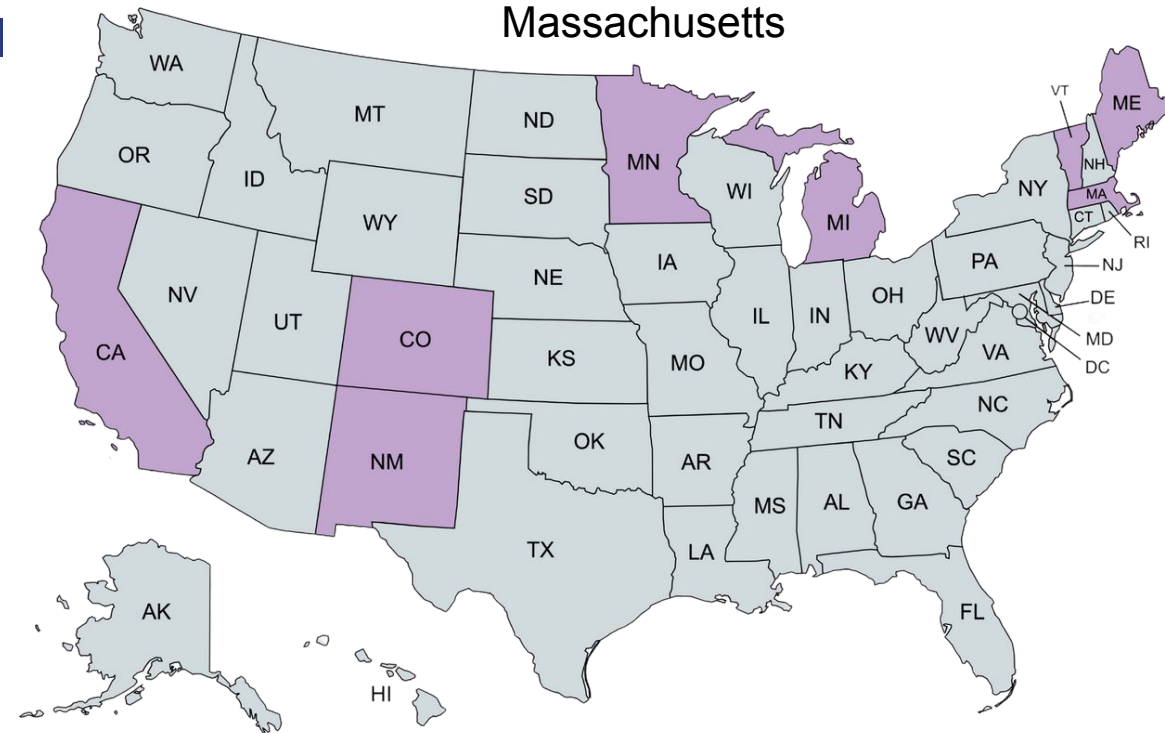


UNIVERSAL SCHOOL MEALS & CELIAC DISEASE

- Eight states have implemented policies providing **free breakfast and lunch to all students, regardless of income.**
- **Obligation to Accommodate Gluten-Free Diets:** Under federal guidelines, schools must provide safe gluten-free meal options for students with celiac disease at no additional cost.

States Offering Universal School Meals:

California, Maine, Colorado, Minnesota, New Mexico, Vermont, Michigan, and Massachusetts



**BUT, IS EVERYONE WITH CELIAC DISEASE EATING
BREAKFAST AND LUNCH AT SCHOOL?**



Now...how do we overcome these barriers?

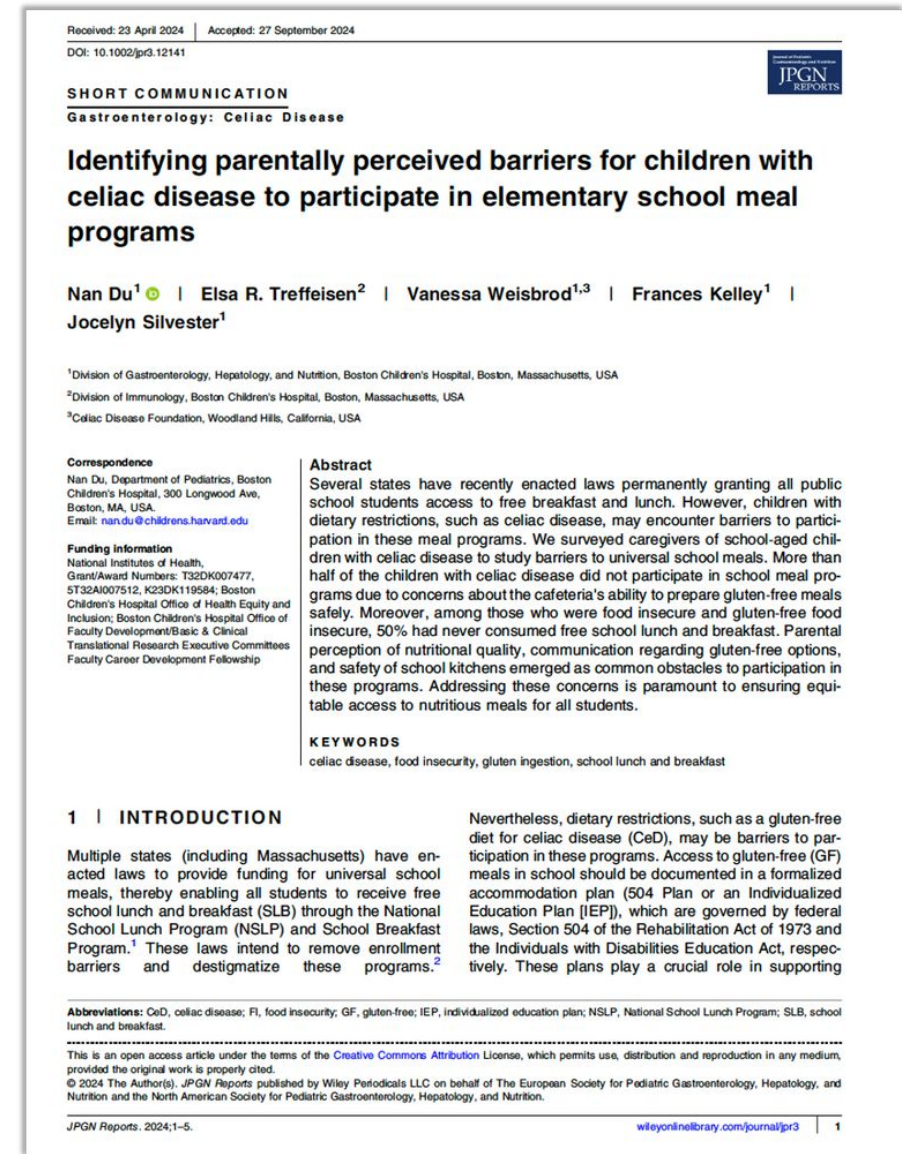


BARRIERS TO ACCESSING SCHOOL MEALS

- 50% of families with a positive screen for food insecurity were not partaking in the free meals.
- 1 in 6 students with celiac do not have a 504 plan.

Main Reasons to not participate in free meals:

- **Lack trust and confidence** in the school cafeteria (52%)
- Child not liking what is being served (62%)
- 40% believe the **school does not communicate** about GF options at school
- 45% are highly concerned by **gluten cross contamination** in school's cafeteria
- 75% feel very **limited variety of GF foods** offered at school



Barriers & Opportunities for Intervention

Poor communication by the school about gluten-free options.

Create a gluten-free email list to regularly update parents on food options.

Post a page on the nutrition website with the gluten-free menu options. Must be easily located.

Host a quarterly webinar for parents with children with special diets to update them on food service options.

Limited variety of gluten-free foods offered in schools.

Review options that are part of the normal ordering catalogue to see what GF variety can be brought in.

Creating a gluten-free menu that highlight the options may help parents see more varied options than just looking at the regular menu with labels.

Identify meals that can be made naturally gluten-free. For example, using corn tortillas, tamari instead of soy sauce, and gf sauces.

Low trust in preventing gluten cross-contact.

Create a webpage that explains the schools' food handling practices as it relates to celiac disease.

Send a monthly email update to families with children with celiac disease to keep them updated on your processes.

Be transparent about your practices and be proud of them. Sharing this information helps parents feel more secure.

Concern for overall nutritional quality of gluten-free foods.

Laws require schools to meet certain food groups. Share with all parents how you're meeting these metrics.

Share photos of your meal services on school social media or in emails to parents so they can see what their kids are being offered.

Share brand names with parents for the gluten-free products. Be open to suggestions for better options.

Poor Communication By School About Gluten-Free Options

Create a gluten-free email list to regularly update parents on food options.

Send an email to all families at the beginning of the year explaining gluten-free process and regularly update them of any changes.

Post a page on the nutrition website with the gluten-free menu options. Must be easily located.

Have the gluten-free menu options regularly accessible for families to view. Don't hide the information or make it challenging to find.

Share brand names with parents for the gluten-free products. Be open to suggestions for better options.

Knowing the foods that their child will be served significantly helps ease anxiety about eating outside of the home.



Example Website Arlington, MA



Arlington Public Schools

Education That Empowers

[Careers](#)[Calendars](#)

Select Language

Powered by Google Translate



[District](#)[Families](#)[Schools](#)[Students](#)[Staff](#)[Systems Logins](#)

Food Services

2024-2025 School Year

School Meals Continue to be Free for All Students!


Lunch menus are posted in pdf format to facilitate viewing and printing. Please check back at the beginning of each month for updated menus. If you have any questions regarding the lunch program, please contact the Food Service Department at 781-316-3641 or schoollunch@arlington.k12.ma.us

For Lunch Money Refunds Please Click Below:

[Request Lunch Money Refund](#)


Elementary Menu

 [March 2025 Elementary Menu](#)

 [March 2025 Gluten Free Elementary Menu](#)

Middle School Menu

 [March 2025 Middle School Menu](#)

 [March 2025 Gluten Free Middle School Menu](#)

[Family Welcome & Resource Center](#)[Bullying and Nondiscrimination](#)[Calendars & School Hours](#)[District and School Communications](#)[Family Support & Engagement](#)**[Food Services](#)**[Inclement Weather Policy](#)[Parent/Caregiver Forms](#)[School Handbooks](#)[Section 504](#)

Example Email Needham, MA

Gluten Free Meal Options and Procedures for this Year

Inbox x



Fri, Aug 25, 2023, 4:37 PM



Dear Families;

You are receiving this email because you have a student with a diagnosed gluten intolerance or allergy.

We will continue to offer gluten-free items in all the cafeterias this year. The gluten-free entrees must be ordered ahead of time, we cannot make these items without prior notice.

The procedure for ordering the gluten-free entrees at each school will be:

- Please obtain a copy of the menu for the coming month. The monthly menu can be printed from the Nutrition Services website

<https://www.schoolnutritionandfitness.com/index.php?sid=1527630920983&page=menus>

OR obtained from the school's main office.

- Indicate on each day of the month, which entree your student would like to order. Please write in your choice from the attached list of available gluten-free items. For example, on any day we serve chicken as a main entree (chicken tenders, chicken smackers, chicken with orange sauce, etc), you can order gluten free chicken tenders, on Friday (pizza day) you can order gluten free pizza. If a main entree can be modified to be gluten free; for example a hamburger patty can be put on a gluten free Udi's roll, then order that. Available everyday there are a variety of options which are listed on the attached document.
- At Pollard & the High School, GF Pizza is available every day.
- Hand in the hard copy menu or mail the menu (snail mail or scanned and emailed) at the beginning of each month to the manager at your cafeteria.
- For the first week of school, have your student identify themselves to the cafeteria staff so they can receive their specific entree. The staff will recognize them quickly (if they don't already know them) and they will not have to do this for long.
- For the High School, please contact [redacted] Chef Manager to arrange the ordering process. [redacted]
or [redacted]

It is our pleasure to offer these gluten-free options to your students for FREE this year. We would ask that your student retrieve the entree that they have ordered that have been made especially for them.

Limited Variety of Gluten-Free Foods Offered

Review foods that are part of the normal ordering catalogue to see what GF variety can be brought in.

There are hundreds of gluten-free products that meet the pricing and nutritional requirements. Sometimes you just need to look for them.

Create a gluten-free menu that highlight the gluten-free options.




This will help parents see more varied options than just looking at the regular menu with labels.

Identify meals that can be made naturally gluten-free for the entire school.

For example, using corn tortillas, tamari instead of soy sauce, and gf sauces. There are many gf meatball options available that can be used for everyone.



Example Lunch Menu Arlington, MA

<div>  <div> Elementary Gluten Free Menu March 2025 </div> </div>				
MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Gluten free tenders, Udi's gluten free dinner roll Served with: Sweet green peas Fresh apple slices	Gluten free waffles (v) hard-boiled egg, cheese stick Served with: Hash brown triangle Celery & sun butter 100% juice cup Fresh dementine	GF pepperoni pizza stuffer marinara dipping sauce Served with: Broccoli little stars Baby carrots with dip Fruit cups	Gluten free pasta (v) with optional GF meatballs, udi's gluten free roll Served with: Roasted green beans Crunchy red & green grapes	Gluten free cheese (v) or turkey pepperoni pizza Served with: Side Caesar salad Cucumbers & hummus Fresh fruit bowl
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Orange chicken or tofu (v) over brown rice Served with: Tri colored mix veggies Pineapple cup	Egg and cheese (v) or chicken sausage egg and cheese on GF bagel Served with: Sweet potato cross trax Frosty peach cup Raisins and Craisins	Creamy macaroni and cheese with GF pasta (v) Udi's GF dinner roll Served with: Steamy broccoli Melon slices	Roasted turkey NO gravy, Udi's gluten free dinner roll Served with: Creamy mashed potatoes Sweet corn kernels Assorted applesauce cups	Gluten free cheese (v) or turkey pepperoni pizza Served with: Choco chickpea spread with veggie sticks Fresh fruit bowl
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Gluten free tenders Served with: GF Olive oil tossed pasta Cherry tomato cup Gluten free cookie Lemon lime juice cup	Gluten free pancakes (v), egg patty, syrup cup Served with: Crispy potato tots Orange smiles Assorted fruit cups	Cheeseburger or Hamburger on GF bun Served with: Mini lays chips Honey baked beans Assorted apples	GF cheese ravioli, Udi's gluten free dinner roll Served with: Cucumber wheels Zucchini marinara Fresh banana	Gluten free cheese (v) or turkey pepperoni pizza Served with: Tossed garden salad Veggie sticks & dip Assorted fruit cups
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Fajita chicken or tofu (v) over brown rice Served with: Peppers and onions Seasoned black beans Rice Krispies treat Fruit cups	Gluten free waffles (v) cheese stick variety chicken sausage patty Served with: Veggie sticks & dip Roasted sweet potatoes Watermelon slice	Gluten free tenders, Udi's gluten free dinner roll Served with: Oven baked fries Fresh broccoli salad Fresh fruit bowl	Cheesy chicken parmesan pasta bake with GF Pasta, Udi's gluten free dinner roll Served with: Honey Glazed Carrots Fresh strawberries	Gluten free cheese (v) or turkey pepperoni pizza Served with: Cucumber, tomato and mozzarella salad Peaches & cream cup
MONDAY 31	<div>  <div> Arlington Food and Nutrition Services 781-316-3641/3643 Schoollunch@arlington.k12.ma.us </div> </div>			
Gluten free tenders, Udi's gluten free dinner roll Served with: Lettuce and tomato cup Oven baked fries Pear cup	<div>  </div>			

Daily Alternates:

GF Sun butter and Jelly

3/3-3/7

GF Blueberry muffin with yogurt & string cheese

3/10-3/14

GF Bagel and cream cheese with yogurt & string cheese

3/17-3/21

GF Toasted cheese

3/24-3/28

GF Bagel with yogurt & string cheese

3/31-4/4

Pizza bento box with GF bread

Daily alternates are served with all available side items

Daily Gluten Free Salads

3/3-3/14

Garden salad with or without GF crispy chicken tenders

3/17-3/28

Caesar salad with or without grilled chicken

Don't want chicken? Just ask!

Assorted fruit & veggie options available daily

"This institution is an equal opportunity provider"

Low Trust in Preventing Cross Contact

Create a webpage that explains the schools' food handling practices as it relates to celiac disease.

The more information parents have on how their child will be kept safe, the more confidence they will have in allowing them to eat at school.

Send a monthly email update to families with children with celiac disease to keep them updated on your processes.

Being in communication with families on a monthly basis lets them know that you're still thinking about their child's needs. It provides a sense of reassurance.

Be transparent about your practices and be proud of them.

Sharing this information helps parents feel more secure.



Example Procedures Needham, MA

HANDLING AND PREVENTING CROSS CONTAMINATION OF GLUTEN FREE (GF) MEALS

It is understood that:

- Gluten is in all wheat (white and “whole wheat”), oats, barley and rye.
- Any tiny amount of gluten can cause damage to the intestinal villi of an affected person.
- Extreme care must be taken to avoid CROSS-CONTAMINATION of gluten into GF foods.
- GF foods will be clearly labeled.

The following safe food-handling procedures will be followed at all schools with GF food items:

- Wash hands and use new gloves when handling GF food.
- A clean apron and towels will be used.
- All GF products will be stored separately (in their own box and individually wrapped and labeled) from other products.
- Separate utensils, cutting boards and sheet pans will be used for GF food than for regular food. These items will be washed and sanitized following the standard dishwashing procedures.
- GF food will be baked in the oven before regular food.
- Fresh parchment paper will cover the workspace used to make GF sandwiches.
- Fresh parchment paper will cover the sheet pans on which GF food is baked.
- GF sandwiches will be assembled FIRST before other sandwiches.
- GF WOW butter and jelly sandwiches will be made before all other WOW butter and jelly sandwiches made on regular bread.
- Kitchen staff will be trained on an on-going basis on the proper safe-handling of GF meals.

Concern for Nutritional Quality of Gluten-Free Foods

Laws require schools to meet certain food groups. Share with all parents how you're meeting these metrics.

Share with all parents how you're meeting these metrics in your monthly email.

Share photos of your meal services on school social media or in emails to parents so they can see what their kids are being offered.

Visuals are fun to get and give parents a glimpse into their child's day.

Share brand names with parents for the gluten-free products.

Be open to suggestions for better options and consider holding a tasting day for gluten-free students to try new products.



Needham Parents
NPS Nutrition · Apr 13, 2023 · 🧑🏻‍🍳

Another spectacular day of healthy and delicious lunches [Pollard Middle School](#). Everyday fruit and veggie bar and salad lunches.

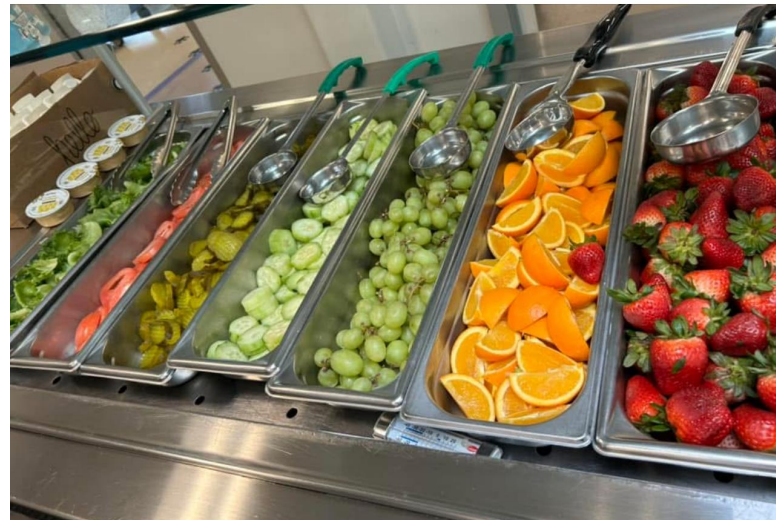


35

Like Comment Send Share

Needham Parents
Rising contributor NPS Nutrition · Feb 25 · 🧑🏻‍🍳

As promised, the fruit & vegetable bar at Sunita Williams School. More schools to come 🍓🍓🍓🍓🍓



Kickin Korean BBQ Rice Bowl was so flavorful and delicious 😊 @ Needham High School yesterday. This meal contained homemade Korean BBQ chicken 🍗 or tofu, quick kimchi slaw, brown rice 🍚, purple cabbage, sliced cucumbers 🥒, shredded carrots 🥕 and fresh cilantro 🌿. What an amazing job kitchen staff preparing this meal.
[#madewithschoolslunch](#) [#eattherainbow](#)
[#trynewrecipes](#) [#culturalfood](#)
[#culturallyinclusiverecipes](#)
[#schoolfoodforthought](#) [#feedkidsma](#)
[#schoolmealsforall](#) [#freemealsforall](#)
[#feedingkidsright](#) [#whatsonyourplate](#)
[#schoolnutrition](#) [#schoolnutritionassociation](#)
[#stayfullatschool](#) [#diversifyyourmenu](#)



NATIONAL CELIAC GUIDELINES K-12

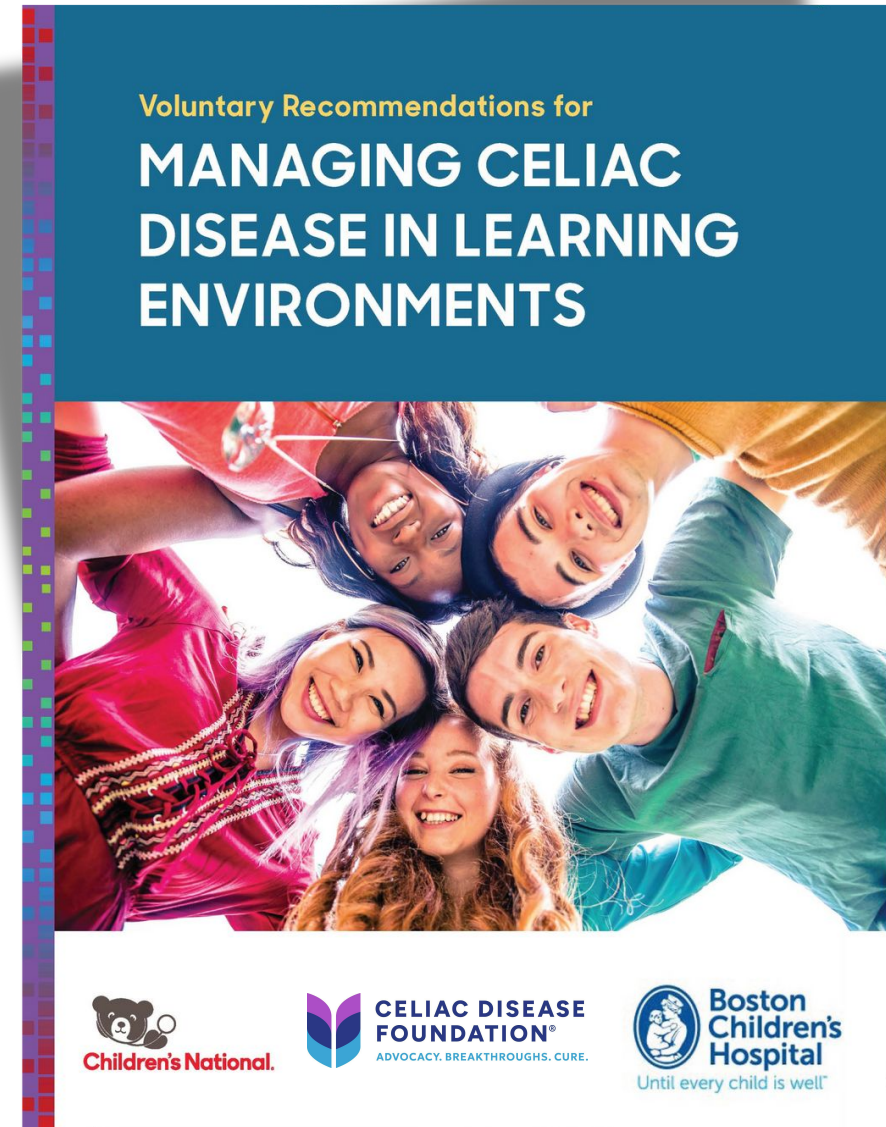
Developed in 2019 by national collaborative of 12 pediatric hospitals with celiac disease programs, education associations, public and private schools, nurses, teachers, parents and students.

Based on research, best practices, and data.

Procedures for managing celiac at school, preventing gluten exposure, and setting up the 504 plan.



Download in English
or Spanish



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Celiac School Action Guidelines for Education

- [2020 Recommendations for Managing Children with Celiac Disease in Learning Environments.](#)
- [Click here to download the PDF in Spanish](#) (versión en español)
- Monthly **virtual sessions** to support families – register at QR code link.

[Sample 504 Plan Template for Celiac Disease \(PDF\)](#)

[Sample 504 Plan Template for Celiac Disease \(Word Doc\)](#)

[Diagnosis Letter Template for Physicians \(Word Doc\)](#)

Department of Justice ADA Help Line

- [How to File an Americans with Disabilities Act Complaint with the U.S. Department of Justice](#)

Search for Institutions Receiving Federal Funding

- USA Spending is an open data source of federal spending information. This site tracks how federal money is spent in communities across America and beyond.
usaspending.gov

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THANK YOU

Vanessa.Weisbrod@celiac.org

For more information:



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Boston Children's Hospital

Where the world comes for answers