

Sample School Letter to Teachers and Parents Regarding Gluten Free Diet

Dear School:

This letter is to inform you that our child requires a gluten free diet due to a medical condition.

Gluten is a protein found in wheat, rye, and barley, and derivatives of these grains. It appears in all foods made with any of those products, including most types of cookies, snack foods, breads and cereals. Gluten is found in food items as well as medicines (such as pain relievers and cold medicine) and even arts and crafts supplies.

___ needs to avoid all gluten completely. Every time ___ mistakenly ingests gluten, it puts her/him at risk for severe stomach pain and other serious conditions. Even a little bit could be harmful for her/him.

We have sent a supply of snacks with ___ to store at school for her/him to eat anytime that the class is eating a snack. If there is a special occasion such as a birthday, I would appreciate your letting me know in advance, so that I can supply a gluten-free. ___ is well aware of the diet constraints but please make sure that she/he does not eat anything that I do not supply, and if other parents or staff are helping out in the classroom, that they know not to give anything that's not from her/his snack supply. The only exception to this rule is fresh fruit and vegetables that are cut on a clean surface; fresh fruits and vegetables do not contain any gluten.

If ___'s snack supply runs low, please give me a call to let me know that I need to replenish it. I will periodically send more food throughout the year, but you can always call me to let me know that she needs more, or that she needs something specific.

___ should avoid using play dough or flour for art projects. If you are planning to use any of these products, please let me know and I will supply gluten-free versions.

Another great risk for is cross-contamination from foods and other products that other children are using. I would appreciate it if the others children could wash their hands after eating and after art projects that involve using products with gluten in them.

If ___ does play with or eat the wrong food, please do not panic. Please take the food or product away, and let me know so that I can monitor for symptoms.

Here are a few web sites where you can learn more about celiac disease:

http://www.csaceliacs.org/celiac_defined.php

<http://www.celiac.com/celiacdisease.html>

<http://www.celiac.org/cd-main.php>

Please call me anytime with questions or concerns you may have, or let me know what I can bring into school. Thank you very much for all of your consideration.

Best regards,
The Parents