

Welcome to



Gluten-Free Diets



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Objectives

By the end of class, participants will be able to...

- ◆ Understand celiac disease and gluten intolerance.
- ◆ Discuss gluten-free diet management.
- ◆ Know documentation required to accommodate children with disabilities.
- ◆ Describe meal modifications that may be required for customers on a gluten-free diet.

What is Celiac Disease?

- ◆ Digestive condition triggered by consuming gluten
- ◆ Gluten causes an immune reaction to occur in the small intestine
- ◆ Gluten damages the villi on the surface of the small intestine
- ◆ Damage causes inability to absorb nutrients from food



What is Celiac Disease, cont.

Celiac Disease may also be referred to as...

- ◆ Celiac sprue
- ◆ Non-tropical sprue
- ◆ Gluten sensitive enteropathy



Celiac Disease

- ◆ Condition affecting 1 in 133 Americans
- ◆ Occurs at any age
- ◆ Is not outgrown
- ◆ May be inherited
- ◆ Sometimes emerges after a life event trigger
- ◆ Diagnosed by...
 - Positive response to a gluten-free diet
 - Blood test
 - Small bowel biopsy

Celiac Disease Symptoms

- ◆ Diarrhea
- ◆ Abdominal pain
- ◆ Gas
- ◆ Vomiting
- ◆ Constipation
- ◆ Bloating
- ◆ Failure to grow
- ◆ Weight loss
- ◆ Anemia
- ◆ Malnutrition
- ◆ Rash (dermatitis herpetiformis)



Celiac Disease Treatment

- ◆ No cure, but manageable
- ◆ Remove gluten from the diet
- ◆ Gluten-free diet alleviates most symptoms
- ◆ Gluten must be avoided for life
- ◆ Gluten-free diet reduces risks for other conditions



What is Gluten?

- ◆ Gluten is a generic term for proteins found in some grain foods.
 - Wheat – gliadin
 - Rye – secalin
 - Barley – hordein
 - Oats – avenin in small amounts

Grains Containing Gluten

- | | |
|-----------------------|--------------------|
| ◆ Barley | ◆ Farina |
| ◆ Barley malt/extract | ◆ Faro |
| ◆ Bran | ◆ Flour |
| ◆ Bulgur | ◆ Graham flour |
| ◆ Couscous | ◆ Kamut |
| ◆ Durum | ◆ Matzo flour/meal |
| ◆ Einkorn | ◆ Orzo |
| ◆ Emmer | ◆ Panko |



Grains Containing Gluten, cont.

- | | |
|----------------|---------------------|
| ◆ Rye | ◆ Udon |
| ◆ Seitan | ◆ Wheat |
| ◆ Semolina | ◆ Enriched flour |
| ◆ Spelt | ◆ Self-rising flour |
| ◆ Cake flour | ◆ Wheat bran |
| ◆ Pastry flour | ◆ Wheat germ |
| ◆ Triticale | ◆ Wheat starch |



Pure Oats

- ◆ May be tolerated
- ◆ Get approval from medical authority
- ◆ Limit consumption
 - ½ cup cooked for children
 - 1 cup cooked for adults



Gluten-Free Grains & Starches













- | | |
|--|---------------------------|
| ◆ Amaranth | ◆ Manioc |
| ◆ Annatto | ◆ Millet |
| ◆ Arrowroot | ◆ Montina |
| ◆ Buckwheat | ◆ Potato (starch & flour) |
| ◆ Corn (bran, grits, hominy) | ◆ Quinoa |
| ◆ Cornstarch | ◆ Rice/Rice Bran |
| ◆ Flax | ◆ Sago |
| ◆ Garfava | ◆ Sorghum |
| ◆ Gums (guar, locust bean) | ◆ Soy |
| ◆ Flours made from nuts, beans and seeds | ◆ Tapioca |
| | ◆ Teff |



What Gluten-Free Grain Am I?



Gluten-Free Grain Answer Key

Amaranth 	Buckwheat 	Flax 	Millet 
Quinoa 	Rice 	Sago 	Teff 
Corn 	Rice Bran 	Soy 	Sorghum 

Gluten-Free Labeling

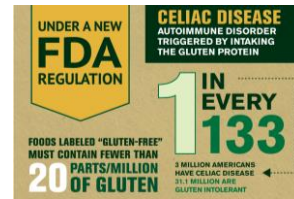
- ◆ Food and Drug Administration regulations apply to all products labeled...
 - Gluten-free
 - Free of Gluten
 - Without Gluten
 - No Gluten



What Defines Gluten-Free?

Product must be...

- ◆ Naturally free of grains containing gluten
- ◆ Processed to remove gluten to less than 20 parts per million (PPM)



Gluten Content in Grain Foods

Wheat	Barley	Rye	Some Oats
Flour	Malt Extract	Flour	Flour
Breads/bagels	Flavorings	Fermented alcohol	Cereals
Cakes/pies/cookies	Flavor Enhancers	Flavorings	Bran
Couscous	TVP	Extracts	Fiber
Cereals	HVP		Gum
Pasta/pizza			
Gravies/sauces			
Soups			
Additives/seasonings			
Condiments			

Hidden Sources of Gluten

Foods	Processed Foods	Manufacturing Business/Hobbies	Personal Care Items
<ul style="list-style-type: none"> • Breading • Sauces and gravies • Soy sauce • Broths and soups • Modified food starch • Caramel coloring • Artificial food colors • Casseroles • Croutons • Fillers and extenders • Artificial flavors • Natural flavors • Extracts • Malt • Frostings • Candy • Flavored beverages 	<ul style="list-style-type: none"> • Cold cuts • Deli foods • Hot dogs • Sausages • Frozen foods • Salad dressing • Pre-cooked foods • Imitation bacon • Imitation seafood • Stabilizers • Distilled vinegar (some) • Malt vinegar • Marinades • Emulsifiers • Gum • Dried powdered fruits • Rice pilaf • Flavored rice mixes • Potato mixes 	<ul style="list-style-type: none"> • Flour dust in air • Flour on paper • Flour on conveyors • Wrappers • Glued container seams • Envelope glue • Glue gun • Stamps • Playdough 	<ul style="list-style-type: none"> • Lipstick • Makeup • Lotions • Medications • Mouthwash • Shampoo • Soaps • Toothpaste

Read Food Labels!

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (249g)	Total Fat 12g	18%	Sodium 940mg	39%
Servings About 2	Sat. Fat 6g	30%	Total Carb. 24g	8%
Calories 250	Polyunsat. Fat 1.5g		Dietary Fiber 1g	4%
Fat Cal. 110	Monounsat. Fat 2.5g		Sugars 1g	
	Cholest. 60mg	20%	Protein 10g	20%
	*Percent Daily Values (DV) are based on a diet of 2,000 calorie diet.			
	Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%			

INGREDIENTS: WHEAT, CHICKEN STOCK, ENRICHED PASTA (SEMOLINA WHEAT FLOUR, NIACIN, IRON, THIAMINE, VITAMIN B1, RIBOFLAVIN, VITAMIN B2) AND FOLIC ACID), CREAM (DERIVED FROM MILK), CHEESE CONTAINS LESS THAN 2% OF CHEESE (GRANULAR, PARMESAN AND ROMANO PASTE (PASTEURIZED COW'S MILK, CULTURES, SALT, ENZYMES), WATER, SALT, LACTIC ACID, ETHYNE ACID AND DISSODIUM PHOSPHATE), BUTTER (PASTEURIZED SWEET CREAM (DERIVED FROM MILK) AND SALT), MODIFIED CORN STARCH, SALT, WHOLE EGG SOLIDS, SUGAR, DATEM, RICE STARCH, GARLIC, SPICE, BAKING POWDER, STRENGTHENED, HYDROLYZED VEGETABLE SOY PROTEIN AND SMOKE FLAVORING, MUSTARD FLOUR, ISOLATED SOY PROTEIN AND SMOKE FLAVORING.

Read Food Labels Carefully!

◆ These ingredients usually indicate a grain containing gluten has been used:

Stabilizer	Hydrolyzed Vegetable Protein (HVP)
Starch	Flour or Cereal Products
Flavoring	Textured Vegetable Protein (TVP)
Emulsifier	Malt or Malt Flavoring
Food Starch	Malt Vinegar
Vegetable Gum	Modified Starch

Read Labels



Nutrition Facts
Serving Size 1 cup (249g)
Servings Per Container About 7

Amount Per Serving	Calories
1 cup (249g)	250
1/2 cup (124g)	125

Total Fat 12g 18%
Sodium 940mg 39%
Total Carb. 24g 8%
Protein 10g 20%

INGREDIENTS: RICE, GRANOLA BAR PEECES, WHOLE GRAIN OATS, SUGAR, CRISP RICE (RICE FLOUR, SUGAR, MALT EXTRACT, SALT, CANOLA OIL, SOY LECITHIN), CANOLA OIL, HONEY, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVORS, WHEAT FLOUR, SUGAR, WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, GRAIN CORN, BROWN SUGAR SYRUP, WHEAT SOAK, CORN BREAK, BARLEY, MALT EXTRACT, HONEY, CANOLA OIL, CINNAMON, SALT, ANNETTO EXTRACT, COLOR, NATURAL FLAVOR, HONEY, MILK, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. CONTAINS SOY, WHEAT AND MILK INGREDIENTS.

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Gluten in Disguise

- ◆ Cereals
- ◆ Processed cheese sauces and spreads
- ◆ Dried fruit
- ◆ Deli meats/turkey
- ◆ Hot dogs
- ◆ Sausages
- ◆ Meat extenders
- ◆ Meat marinades
- ◆ Meat flavorings
- ◆ Malted Milk
- ◆ Flavored rice
- ◆ Rice pilaf
- ◆ Potato mixes

Gluten in Disguise, cont.

- ◆ Icings or frostings
- ◆ Seasoned chips
- ◆ Soy sauce
- ◆ Malt vinegar
- ◆ Worcestershire sauce
- ◆ Teriyaki sauce
- ◆ Most soups
- ◆ Candy
- ◆ Flavored teas
- ◆ Flavored coffees
- ◆ Nondairy beverages
- ◆ Cocoa drinks
- ◆ Ice cream flavors



Cross-contact Conditions

- ◆ Gluten-free foods cooked together with foods containing gluten
- ◆ Croutons or crackers on salads
- ◆ Plain hamburgers, chicken or fish served on bread, bun roll or bagel
- ◆ Crumbs from toasters, grills, or slicers
- ◆ Transfer of gluten from clothing or apron
- ◆ Sharing of cutting boards or preparation surfaces
- ◆ Serving line containers or utensils
- ◆ Shared storage
- ◆ Transfer of gluten from hands



Strategies

- ◆ Set up gluten-free preparation zones.
- ◆ Clean food-contact surfaces with newly made soapy water and a fresh wiping cloth.
- ◆ Consider preparing gluten-free products using disposable liners or wax paper.
- ◆ Clean equipment handles often.
- ◆ Plate gluten-free meals first.
- ◆ Wash hands.



Strategies, cont.

- ◆ Designate appliances and equipment for use with gluten-free products only.
- ◆ Store gluten-free foods separate.
- ◆ Seal or wrap gluten-free foods and store them in gluten-free containers.
- ◆ Designate separate condiments for gluten-free diets only.
- ◆ Do not double dip condiments.
- ◆ Use condiment squeeze bottles.



Gluten-Free Diet

- ◆ Focus on what the person can eat.
- ◆ Many foods are naturally gluten-free foods.
- ◆ Many condiments are naturally gluten-free.
- ◆ More availability of processed gluten-free products.



Naturally Gluten-Free Foods

- | | |
|---------------------|---------------------------------|
| ◆ Meats and poultry | ◆ Fruits & 100% fruit juices |
| ◆ Fish | ◆ Vegetables |
| ◆ Dried Beans | ◆ Rice-plain brown or white |
| ◆ Nuts | ◆ Potatoes |
| ◆ Peanut butter | ◆ Oils and shortening |
| ◆ Unflavored milk | ◆ Corn tortillas and corn chips |
| ◆ Yogurt | ◆ Popcorn |
| ◆ Block cheese | ◆ Cream of rice |
| ◆ Cream cheese | ◆ Puffed rice |
| ◆ Cottage cheese | ◆ Rice crackers |
| ◆ Butter/margarine | ◆ Rice cakes |
| ◆ Eggs | ◆ Grits |



Gluten-Free Condiments

- | | |
|--------------------|----------------------------|
| ◆ Jams and jellies | ◆ Relish |
| ◆ Honey | ◆ Pickles |
| ◆ Syrups | ◆ Olives |
| ◆ Molasses | ◆ Ketchup |
| ◆ Sugars | ◆ Mustard |
| ◆ Spices | ◆ Distilled vinegar (some) |
| ◆ Herbs | ◆ Salad dressings (most) |
| ◆ Salt and pepper | ◆ Sour cream |



Gluten-Free Ingredients

- | | |
|------------------|-------------------|
| ◆ Alcohol | ◆ Kasha |
| ◆ Buckwheat | ◆ Millet |
| ◆ Canola oil | ◆ Spices |
| ◆ Corn gluten | ◆ Vinegars (most) |
| ◆ Glutinous rice | ◆ Vegetable broth |



Gluten-Free Food Additives

- | | |
|------------------|-------------------------|
| t Ascorbic Acid | t Malic Acid |
| t BHA | t Maltodextrin |
| t BHT | t MSG |
| t Carrageenan | t Mono and Diglycerides |
| t Corn Sweetener | t TBHQ |
| t Lecithin | t Xanthan Gum |



Processed Gluten-Free Foods

- t Bread
- t Rolls and Buns
- t Bagels
- t Doughnuts
- t Flour mixes
- t Pretzels
- t Granola
- t Cereals
- t Pastas



Possible Nutritional Deficiencies

A gluten-free diet is sometimes low in...

- ◆ Dietary fiber
- ◆ Minerals (Iron and Calcium)
- ◆ Vitamins (Folate and other B Vitamins)



Improve Nutritional Quality

- ◆ Nutrient Dense Gluten-Free Grains
 - Quinoa
 - Buckwheat
 - Montina
- ◆ Enriched Grains
- ◆ Fresh Fruits
- ◆ Fresh Vegetables
- ◆ Legumes
- ◆ Nuts & Seeds



"Children should be following a gluten-free diet if they've been diagnosed with celiac disease or with non-celiac gluten sensitivity."

Tricia Thompson, MS, RD
January 2014
www.eatright.org

Federal Mandates

- ◆ Rehabilitation Act 1973
- ◆ Americans with Disabilities Act (ADA)
- ◆ Individuals with Disabilities Education Act (IDEA)

Rehabilitation Act of 1973

Section 504 of the Rehabilitation Act of 1973, as amended, prohibits discrimination on the basis of disability in programs and activities that receive Federal financial assistance, such as Child Nutrition Programs.

American Disabilities Act

- ◆ Prohibits discrimination based on disability in the provision of State and local government services, such as public schools.
- ◆ Prohibits discrimination based on disability by private entities that provide public accommodations, including private schools.
- ◆ Require Sponsors to make reasonable modifications to accommodate children with disabilities.

Individuals with Disabilities Education Act (IDEA)

The Individual with Disabilities Education Act imposed requirements on states that may affect the service of meals even when such service is not required by the Child Nutrition Programs.

7 CFR 15b

- ◆ USDA regulation, "Nondiscrimination on the Basis of Handicap in Programs and Activities receiving Federal Financial Assistance".
- ◆ Implements Section 504's nondiscrimination requirements.
- ◆ Requires Sponsors to serve special meals and program snacks at no extra charge to children with disabilities.

Definition of a Disability

- ◆ Person who has a physical or mental impairment which substantially limits one or more major life activity.
- ◆ Person who has a record of such impairment, or is regarded as having an impairment.
- ◆ Affects major life activity

Covered Major Life Activities

- | | |
|---------------------------|--------------------------|
| ◆ Caring for one's self | ◆ Hearing |
| ◆ Eating | ◆ Speaking |
| ◆ Performing manual tasks | ◆ Breathing |
| ◆ Walking | ◆ Learning |
| ◆ Seeing | ◆ Working |
| | ◆ Major bodily functions |

Food Allergy vs. Food Intolerance

- ◆ A food allergy will generally be considered a disability if it impacts a major life activity or a major bodily function such as digestion, respiration, immune response, skin rash, etc.
- ◆ A food intolerance **may** be considered a disability if it substantially limits a major life activity or major bodily function, such as with gluten intolerance.

Meal Modifications

- ◆ Sponsors **must** require a written medical statement signed by a licensed medical authority in order to receive reimbursement for meals served to participants with disabilities that **do not** meet Program meal pattern requirements.
- ◆ A medical statement **may be** requested, but is **not required** for substitutions within meal pattern requirements.

Policy

SP 26-2017

- ◆ Accommodating Disabilities in the School Meal Programs: Guidance and Questions and Answers (Q&As)
- ◆ www.kn-eat.org, School Nutrition Programs, Food Service Facts, Chapter 19

CACFP 14-2017

- ◆ Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food service Program
- ◆ www.kn-eat.org, Child & Adult Care Food Program, Administrative Handbook, Chapter 4

Q & A Celiac Disease

Question:

Is celiac disease considered a condition that requires modifications to Program meals?

Answer:

Yes. Celiac disease may be considered a disability depending on the decision of the medical authority and may require reasonable modifications.

Three Essential Components of Medical Statement

1. The food to be avoided (allergen)
2. Brief explanation of how exposure to the food affects the participant
3. Recommended substitute(s)

Medical Information

- ◆ Guidelines for special diets must be completely and clearly written.
- ◆ Guidelines should be updated whenever the medical authority changes the child's diet.
- ◆ Information is not required to include disability.
- ◆ Medical records cannot be requested.
- ◆ Clarification can be sought but should not unnecessarily delay modification.

Medical Statement to Request Meal Modification

Medical Statement to Request Meal Modification

Modifications to accommodate a disability. Meal modifications requested by a medical authority member made to accommodate a person's disability.

Definition of Disability: Under Section 119, the ADA, and Department Regulations of CDE, a person with disability means a person who has a physical or mental impairment that substantially limits one or more major life activities. A person who has a record of such impairment, or is regarded as having such an impairment. "Major life activities" are broadly defined activities, but are limited to such as caring for oneself, performing manual tasks, walking, seeing, hearing, learning, thinking, communicating, interacting with others, working, concentrating, sleeping, eating, drinking, and controlling one's bodily functions. Multiple impairments may be considered in the analysis of the individual's overall ability to perform, learn, or work. Multiple impairments may be considered in the analysis of the individual's overall ability to perform, learn, or work.

This form must be completed by a "medical authority" that is authorized by Kansas state law to write medical prescriptions. Medical prescriptions for diets are not permitted in Kansas. An educational institution is not a medical authority (MHA). Educational institutions may request a medical authority to complete this form on their behalf.

Part A. Personal Information, Facility Contact Information: To be completed by the medical authority.

Medical Authority Name: _____ Date of Birth: _____ Facility: _____
 Parent/Guardian Name: _____ Parent/Guardian Phone: _____
 Facility Contact Name: _____ Facility Contact Phone: _____

Part B. Reasonable Diet Order: This part must be completed by a medical authority as specified above.

1. Description of the physical or mental impairment related to the prescribed diet and whether the ability affected (describe ability to perform activity able to describe): _____

2. Explanation of diet must be done to accommodate the disability (please describe in order to ensure proper implementation): _____

Check Foods Listed Below: _____ Substitute Foods Listed Below: _____

Modified Textures: Not Applicable Chopped Ground Pureed
 Modified Texture in Liquid: Not Applicable None Honey Specialty Powder Thick
 Special Feeding Equipment: Not Applicable Special Feeding Equipment (see Special Feeding Equipment) _____

3. Medical Authority's Information:

Signature: _____ Title: _____ Date: _____
 Printed Name: _____ Position: _____

Part C. Parent/Guardian Permission: To be completed by a parent/guardian.

I, the undersigned, do hereby consent to the medical authority's recommendation for the prescribed diet. I understand that the medical authority is not a medical authority and is not permitted to write medical prescriptions in Kansas. I understand that the medical authority is not a medical authority and is not permitted to write medical prescriptions in Kansas. I understand that the medical authority is not a medical authority and is not permitted to write medical prescriptions in Kansas.

Parent/Guardian Signature: _____ Date: _____

This form is an equal opportunity provider.

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- ### Implementation and Compliance
- ◆ Ensure child receives a safe meal.
 - ◆ Ensure child has an equal opportunity to participate in the meal program.
 - ◆ Develop procedures for parents/guardians to request reasonable modifications.
 - ◆ Train staff on reasonable modification procedures and legal requirements.
 - ◆ Use a team approach to help protect children in all situations where food is served.

- ### Integrated Environment
- ◆ Be as inclusive as possible.
 - ◆ Accommodate in the least restrictive and most integrated setting possible.
 - ◆ With food allergies, balance safety vs. stigma, considering age, ability and severity.

- ### Procedural Safeguards
- ◆ Procedure in place to ensure parents and guardians know how to request modification.
 - ◆ Provide notice of nondiscrimination, accessible services, and location of accessible facilities.
 - ◆ Appoint a 504/ADA Coordinator to ensure compliance and develop best practices.
 - ◆ Develop a Section 504/ADA Team to discuss best practices and develop a holistic plan to create a safe learning environment.

- ### Procedural Safeguards Procedural Rights
- Right to:
- ◆ File a grievance
 - ◆ Receive a prompt and equitable resolution
 - ◆ Request and participate in hearing
 - ◆ Be represented by counsel at the hearing
 - ◆ Examine the record
 - ◆ Receive notice of the final decision, procedure for review, and right to appeal

- ### Meal Modifications Outside Meal Pattern
- ◆ Receive medical statement signed by medical authority listing foods to be omitted and substituted.
 - ◆ Make meal modifications as directed by the medical authority's written instructions.
 - ◆ Not required to document special meals on menu production records and they do not have to meet component requirements.

Meal Modifications within Meal Pattern

- ◆ Eligible for reimbursement regardless of whether a medical statement is obtained.
- ◆ Medical statement may be requested, but is not required for substitutions within meal pattern requirements.
- ◆ Use flexibilities whenever possible.
- ◆ Sponsors may **choose** to request a written medical statement in support of a request for a modification in all cases.

Special Diet Accommodations

- ◆ Request for meal modification signed by licensed medical authority
- ◆ Set up a meeting w/parent(s), child, and site staff.
- ◆ Discuss approved modifications, child's preferences, expectations, and a method of communication.
- ◆ Shop for substitute menu items. Read labels.
- ◆ Prepare food substitutions as directed.
- ◆ Provide at no additional charge to the child.

Special Diet Accommodations, cont.

- ◆ Train food service employees.
- ◆ Prevent cross-contact during all activities.
 - Meals
 - Snacks
 - Classroom activities
 - Celebrations
- ◆ Increase site staff and parent awareness.



Special Diet Accommodations, cont.

Prevent cross-contact during...

- ◆ Storage
- ◆ Preparation
- ◆ Cooking
- ◆ Service



Make It Gluten-Free

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Mini Waffles w/ Syrup Fresh Pineapple Milk	Pancake w/ Syrup Tropical Fruit Milk	Bagel w/ Toppings Fresh Strawberries Milk	Breakfast Pita Cantaloupe Cubes Milk	Whole Grain Cinnamon Roll Mandarin Oranges Milk
Lunch: Hot Ham & Cheese on a Bun Potato Wedges OR Broccoli Florets Fruit Cocktail Milk	Pepperoni Pizza Cherry Tomatoes Or Tossed Salad Fresh Orange Milk	Taco Burger (Bun) Refried Beans Dark Green Leaf Lettuce & Tomato Fresh Banana Milk	Lasagna Garden Salad Fresh Apple Slices Milk	Chicken Patty Whole Wheat Roll Mashed Potato w/ Gravy OR Steamed Asparagus Sliced Pears Milk
Snack: Strawberries & Bananas Milk	Baby Carrots Whole Grain Crackers	Mixed Fruit Milk	Garlic Bread Stick w/ Marinara Milk	Cheese Quesadilla Tomato Salsa

GF = Gluten Free

Gluten-Free Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: GF Waffles w/ Syrup Fresh Pineapple Milk	GF Pancake Tropical Fruit Milk	Rice Cake w/ Peanut Butter Fresh Strawberries Milk	Hard Boiled Egg Cantaloupe Cubes Milk	GF Muffin Mandarin Oranges Milk
Lunch: GF Ham & Cheese Roll Up (corn tortilla) Fresh Potato Wedges OR Broccoli Florets Fruit Cocktail Milk	GF Cheese Pizza Cherry Tomatoes Or Tossed Salad Fresh Orange Milk	Taco in Corn Shell Refried Beans Dark Green Leaf Lettuce & Tomato Fresh Banana Milk	GF Pasta w/ Marinara Sauce Garden Salad Fresh Apple Slices Milk	Grilled Chicken GF Bread Mashed Potato Steamed Asparagus Sliced Pears Milk
Snack: Strawberries & Bananas Milk	Baby Carrots Rice Crackers	Mixed Fruit Milk	Fruit Cup Milk	Corn Tortilla Chips with Cheese Stick & Salsa

Gluten-Free Snack Ideas

- ◆ Peanut butter on rice cakes
- ◆ GF ham and cheese roll-up on a corn tortilla
- ◆ Tuna w/rice crackers
- ◆ Chef salad with rice crackers and gluten-free salad dressing
- ◆ Fruit cups/fresh fruit
- ◆ Fresh vegetables



Celiac Disease True or False?



Summary

- ◆ Have a plan on file.
- ◆ Follow the plan carefully.
- ◆ Provide training on gluten-free diets.
- ◆ Check ingredient labels.
- ◆ Prevent cross contact.
- ◆ Offer a variety of healthy gluten-free foods.

Conclusions

- ◆ Even a crumb can be a problem!
- ◆ If in doubt leave it out!



Kansans CAN

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Concluding Activities

- ◆ KSDE Attendance Roster
- ◆ Certificates
- ◆ Class Evaluations



cnwpdce
QR Code

<https://www.surveymonkey.com/r/cnwpdce>

