

Back to School

Gluten-Free Style



TIPS AND TRICKS



RECIPES AND MORE



TEACHING EMPOWERMENT

CELIAC
CANADA



COELIAQUE
CANADA



Successfully navigating

Celiac Disease



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Growing up celiac presents many challenges for our children. Use this guidebook to educate your family on this new diagnosis in order to have a worry free new school year..

What's normal for most kids can be a minefield of uncertainty for kids with celiac disease. School lunches, social gatherings, and classroom celebrations for example.

But educating other kids and teachers goes a long way to making sure cross-contamination and accidental gluten consumption doesn't happen.

Celiac Disease can cause fear and anxiety in kids – from eating the wrong thing to contamination concerns..

We can help kids feel safe by turning them into passionate advocates for celiac disease. This includes the spreading and promotion of awareness and inclusion for those living with the condition.

Navigating celiac in the classroom

Make events safe and enjoyable with a few simple tips.

Plan Ahead

- Before any special occasion involving food, discuss the event and food arrangements with the teacher in advance. Ask if you can be involved in the planning process to ensure gluten-free options are available.

Stash Treats

- Have a bag of gluten-free treats your child loves in the teacher's desk to be used anytime. There'll always be something your child can eat without worry so they feel included.

Read Labels

- If the school provides snacks or treats, check labels to ensure they're gluten-free.

Educate Classmates

- Encourage the teacher to conduct a simple education session with the class about celiac disease. This raises awareness and fosters empathy among classmates.

Teach Your Child Advocacy

- Encourage your child to politely decline any treats they're unsure about and to inform the teacher if they are offered something that contains gluten. Empowering them to speak up for their needs can boost their confidence and help keep them safe.

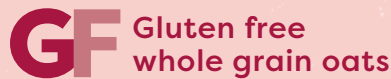


A LITTLE BIT OF GLUTEN FREE GOODNESS

We think following a restricted diet shouldn't be all about what you can't eat, that's why our expansive Gluten Free range is full of delicious options and flavours with absolutely no compromise on taste. They're all expertly baked in Scotland using gluten free oats and only the best simple, natural ingredients, a great source of sustained natural energy. Our range is perfect for lunch boxes, delicious eaten on their own, shared with friends or used for delicious gluten free recipes like this one.



Baked in
Scotland



40% less
sugar

No Bake Gluten Free Cookie Bars

Difficulty: Easy

Servings: 16

Ingredients:

- 2 Boxes of Nairn's Gluten Free Dark Chocolate Oat Cookies
- 5oz g of butter
- 10oz of Icing Sugar
- 2 tbsp Cocoa Powder
- 18oz grams your favourite chocolate

Method:

1. Put the butter, icing sugar and & cocoa powder into a bowl and mix until completely smooth. Takes approx. 30 seconds with an electric whisk but you could also just use a spoon if you haven't got a whisk at hand!
2. Take 2 Nairn's cookies. Spread 1 tbsp of buttercream on the underside of one cookie and then sandwich the other cookie on top. Repeat for all your biscuits! >Tip: to get the signature sandwich look, don't spread your buttercream to the very edge of the biscuit (leave about half a cm around the outside).

3. Carefully melt half of your chocolate. >Tip: Heat a large pan with approx. 1 inch of water until simmering, not boiling!! Place a bowl on top of the pan (make sure the base of the bowl isn't touching the water). Break the chocolate into small squares and place into the bowl. Once the chocolate is almost melted, remove the bowl from the heat and stir stir stir until its fully melted!
4. Dip the sides of each cookie sandwich into the chocolate. Place on a wire rack and put into the fridge for 10 mins to set.
5. Melt the rest of your chocolate. Dip the top and bottom of each biscuit sandwiches into the chocolate, place on the wire rack and into the fridge until fully set.



Teacher education:

Keep your child school-safe by teaching the teacher!

- Teacher Brochure: Start your school year off the right way by asking teachers to read this fact sheet.
- Teacher Letter: Explains the do's and don'ts of eating gluten-free for kids. A must-read.

Hot lunch programs

Strategies to ensure your child's safety.

1. Contact hot lunch providers to ask how they manage gluten-free menu items for students. Advise on changing methods if necessary.
2. Get involved with the hot lunch program to help curate safe sources of gluten-free menu items.
3. Pizza days are particularly risky for cross-contamination. Consider packing gluten-free pizza or dropping one off for your child's lunch.
4. Talk to your child. Hot lunches are not always safe. Help them understand the risks and set up something special for them, so they don't feel left out.



COOKING IN THE CLASSROOM



Airborne flour can be an issue for people with celiac disease. It may not be safe for your child to participate in cooking classes.

At the beginning of the year, ask your child's teacher if there are any cooking modules in the curriculum.

Ask if recipes could be adapted to be safe for your child, or whether another recipe could be substituted.



Need meal ideas?
Sign up for our FREE Kids-only
7-day meal plan!

[CLICK HERE](#) 

10 Steps to Building a Strong Child



Empowering a child with celiac disease is crucial for navigating life confidently and independently while managing their condition effectively. Use these strategies to empower your child to speak for themselves.

1

Education and Understanding: Educate your child about celiac in an age-appropriate manner. Help them understand what gluten is, how it affects their body, and why a gluten-free diet is essential. Empower them to make informed decisions about their health.

2

Open Communication: Encourage discussion about your child's feelings and experiences related to celiac. Listen to their concerns, answer their questions, and provide support. Make them feel comfortable discussing any challenges they face due to their condition.

3

Advocate Together: Teach your child how to advocate for themselves and their dietary needs. Role-play different scenarios, so they know how to communicate with teachers, friends, and other adults about celiac disease and the importance of avoiding gluten.

SIMPLE NATURAL DELICIOUS

With only simple, natural ingredients our Oat Flatbreads are a great option for quick and healthy snacks and lunch boxes. Hummus with Flatbreads is a lovely option for lunch—the combination of low-GL carbohydrate in the Flatbreads with the protein and healthy fat in the hummus is a great way to fill up with consistent, natural energy.



Quick and easy classic hummus

For a share-sized portion of classic hummus just grab the following:

Ingredients:

- One 15.5oz can of chickpeas
- Two tablespoons of olive oil
- Three tablespoons of tahini paste
- One crushed clove of garlic
(or two if you like it especially garlicky)
- Two tablespoons of lemon juice

Method:

1. Drain the chickpeas, throw everything into a food processor and whizz it up until it's at the consistency you like.
2. If it's too thick for even the sturdiest Flatbread to handle, simply add a small drop of water, whizz in your food processor, and repeat until it's just as you like it.
3. If you're feeling fancy, you can sprinkle some chopped parsley, grated lemon zest or paprika over the top with a little swirl of olive oil.



- 4** **Involve Them in Food Choices:** Take your child grocery shopping and involve them in choosing gluten-free foods they enjoy.
- 5** **Cooking Skills:** Encourage your child to learn basic cooking skills. Kids who cook, eat better, and learn a life-long skill making their own gluten-free meals and treats.
- 6** **Teach Label Reading:** Teach your child how to read food labels to identify gluten-containing ingredients as soon as they're able so they can make safe choices when choosing packaged foods.
- 7** **Positive Reinforcement:** Celebrate successes. Positive reinforcement boosts your child's confidence and motivates them to continue making healthy choices.
- 8** **Lead by Example:** If you or other family members also follow a gluten-free diet, model healthy behaviors and attitudes towards food. Emphasize that a gluten-free lifestyle can be enjoyable and fulfilling.
- 9** **Focus on Strengths:** Building a strong sense of self-worth will help them face challenges with resilience.
- 10** **Celebrate Differences:** Emphasize that everyone is unique and that having Celiac disease is just one aspect of who they are.



Safety Plan

CROSS-CONTAMINATION AT SCHOOL

If contamination happens, what should you do? Have a game plan.

- Don't worry. A single gluten exposure is not linked with an increased likelihood of long-term complications.
- Tell a safe person. Ask your child to tell their teacher, classroom aid, or office they're not feeling well.
- Call home. Depending on the child's reaction, the school may wish to call home. Ensure your contact information is up to date.
- Have a plan for your child if they need to come home.
- If your child does not need to come home, instruct the school that water and rest are best.



Resources Galore

Facebook group:

Join the CCA's Facebook group and connect with parents who have experience raising a child with celiac disease.

Teacher brochure:

Download (hyperlink Leah!!) and have your child's teacher understand how to deal with a celiac child.

School letter:

Download (hyperlink Leah!!) and have the school keep it in your child's file at the office.



Parent Panel Discussion

Click the Link to watch our parent experts!

CLICK HERE





Back to School Checklist

- Contact school staff about your child's CD
- Provide teacher a copy of the CCA brochure
- Provide the office a copy of the CCA letter
- Label lunch box, water bottle and any other relevant personal items with a GF sticker
- Book a meeting with the teacher and principal to discuss safety plan.
- Ask about any cooking class planned in the curriculum.
- For younger students, ask about classroom Play Doh
- Pack emergency GF snacks to keep in the teacher's desk for unexpected situations.
- Remind your child not to share food with other children
- Review hot lunch programs offered.