

# Handbook for School

## (Teachers, Nurses, Health Assts.)

(Confidential Information – Distributed by Parent(s) only)

|                 |  |
|-----------------|--|
| <b>Student:</b> |  |
|-----------------|--|

|                 |  |               |  |
|-----------------|--|---------------|--|
| <b>Teacher:</b> |  | <b>Grade:</b> |  |
|-----------------|--|---------------|--|

### *Emergency Contact Information*

|                   |  |  |
|-------------------|--|--|
| <b>Parent(s):</b> |  |  |
|-------------------|--|--|

|                    |  |  |
|--------------------|--|--|
| <b>Home Phone:</b> |  |  |
|--------------------|--|--|

|                    |  |  |
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| <b>Work Phone:</b> |  |  |
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|                    |  |  |
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| <b>Cell Phone:</b> |  |  |
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### *Alternate Contact Information*

|              |  |
|--------------|--|
| <b>Name:</b> |  |
|--------------|--|

|                      |  |
|----------------------|--|
| <b>Relationship:</b> |  |
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|                      |  |
|----------------------|--|
| <b>Phone Number:</b> |  |
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## What is Celiac Disease?

Celiac Disease is an autoimmune disorder that damages or destroys the lining of the intestines in reaction to gluten, which is the protein found in wheat, barley, rye, and sometimes oats.

## What are the Effects?

When a person with Celiac Disease digests food containing wheat, barley, rye and sometimes oats, the gluten shortens and eventually flattens the villi, which are small finger-like projections that line the small intestine. The villi produce enzymes and allow nutrients from digested food to pass into the body. If the villi are flat, the body will not be able to absorb vital nutrients such as vitamins, minerals, proteins, fats and carbohydrates.

## Common Symptoms of Celiac Disease

Although there is no one set of symptoms for Celiac Disease, the following conditions may be present:

|                                   |   |
|-----------------------------------|---|
| • Slower or poor growth           | • Diarrhea  |
| • Irritability                    | • Anemia  |
| • Weight loss or slow weight gain | • Tiredness or fatigue  |
| • Bloating and cramps             | • No real interest whether things happen or not; minor depression |

## What happens if a Celiac digests gluten – what is the reaction like?

A reaction will vary depending on how sensitive the individual person is and according to how much gluten was ingested. A visible reaction will usually occur within four hours of ingesting the gluten and can include:

- stomach cramping
- “fuzzy” or unclear feeling; difficult concentrating
- irritability
- diarrhea

## How do you know if food contains gluten?

Most ingredients are obvious. For example, enriched flour. Flour is generally made from wheat. However, most times it can be very difficult to tell. Even when reading the ingredients on a label, gluten can be hidden in many forms. Also, FDA labeling requirements do not require manufacturers to define things like “artificial and natural ingredients” or any ingredient that comprises less than 2% of the product. These items often contain gluten. See attached charts.

## What do you do if gluten is digested by mistake?

Please notify parent(s) as soon as possible. Also, the student may need to suddenly run to the bathroom.

## What is the treatment for Celiac Disease?

The treatment for Celiac Disease is quite simple - a diet that excludes gluten. A gluten-free diet means completely omitting wheat, rye, barley and sometimes oats in any form from the diet. Although the treatment is simple, it is not always easy. If you have any questions, please ask. The following website provides a list of products that are gluten free::

<http://www.geocities.com/HotSprings/Spa/4003/gf-index.html>

## Other Websites if interested in more information:

<http://www.celiac.com>  
<http://www.csaceliacs.org/>

## Gluten-Free Ingredients

|                                  |                           |                            |
|----------------------------------|---------------------------|----------------------------|
| Acacia Gum                       | Distilled Vinegar         | Rice                       |
| Acorn Quercus                    | Eggs                      | Rice Flour                 |
| Alcohol (Spirits-Specific Types) | Fish (fresh)              | Rice Vinegar               |
| Alfalfa                          | Flaked Rice               | Romano Bean (chickpea)     |
| Amaranth                         | Flax                      | Sago Palm                  |
| Adzuki Bean                      | Fruit (including dried)   | Sago Flour                 |
| Agar                             | Gelatin                   | Saifun (bean threads)      |
| Algae                            | Gram Flour (chick peas)   | Scotch Whisky              |
| Almond Nut                       | Grits, Corn               | Seaweed                    |
| Annatto                          | Guar Gum                  | Seed - Sesame              |
| Apple Cider Vinegar              | Herbs                     | Seed - Sunflower           |
| Arabic Gum                       | Honey                     | Soba (be sure it's 100%    |
| Arrowroot                        | Hyacinth Bean             | Buckwheat)                 |
| Artichokes                       | Job's Tears               | Sorghum                    |
| Astragalus Gummifer              | Kasha (roasted buckwheat) | Sorghum Flour              |
| Baking Soda                      | Kudzu Root Starch         | Soy                        |
| Balsamic Vinegar                 | Lentil                    | Soybean                    |
| Beans                            | Locust Bean Gum           | Spices (pure)              |
| Bean, Adzuki                     | Maize                     | Spirits (Specific Types)   |
| Bean, Hyacinth                   | Maize Waxy                | Starch (made in USA)       |
| Bean, Lentil                     | Maltodextrin(□)           | Succotash (corn & beans)   |
| Bean, Mung                       | Manioc                    | Subflower Seed             |
| Bean Romano (Chickpea)           | Masa Flour                | Sweet Chestnut Flour       |
| Bean Tepary                      | Masa Harina               | Tapioca                    |
| Besan                            | Meat (fresh)              | Tapioca Flour              |
| Bicarbonate of Soda              | Methyl Cellulose (□)      | Tea                        |
| (some contain gluten)            | Milk                      | Tea-Tree Oil               |
| Buckwheat                        | Millet                    | Teff                       |
| Butter (beware of additives)     | Milo                      | Teff Flour                 |
| Canola Oil                       | Mung Bean                 | Tepary Bean                |
| Carageenan Chondrus Crispus      | Nut, Acorn                | Tofu-Soya Curd             |
| Carob Bean                       | Nut, Almond               | Tragacanth                 |
| Carob Bean Gum                   | Oats (□)                  | Tragacanth Gum             |
| Carob Flour                      | Oils & Fats               | Turmeric (Kurkuma)         |
| Cassava Manihot Esculenta        | Peas                      | Urad Beans                 |
| Cellulose(□)                     | Pea - Chick               | Urad Dal (peas) Vegetables |
| Cellulose Gum                    | Pea - Cow                 | Urid Flour                 |
| Cheeses (except blue & chilton)  | Pea Flour                 | Vinegars (Specific Types)  |
| Chickpea                         | Pigeon Peas               | Waxy Maize                 |
| Corn                             | Polenta                   | Whey                       |
| Cornmeal                         | Potatoes                  | White Vinegar              |
| Corn Flour                       | Potato Flour              | Wines                      |
| Cornstarch                       | Prinus                    | Wine Vinegars (& Balsamic) |
| Corn Syrup                       | Psyllium                  | Wild Rice                  |
| Cowitch                          | Quinoa                    | Xanthan Gum                |
| Cowpea                           | Ragi                      | Yam Flour                  |
| Cream of Tartar                  | Rape                      | Yogurt                     |

## Gluten-Free Food Additives

|                                    |                           |  |
|------------------------------------|---------------------------|--|
| Adipic Acid                        | Diethyl Sodium            | Polysorbate 60; 80                         |
| Acacia Gum                         | Elastin                   | Potassium Citrate                          |
| Agar                               | Ester Gum                 | Potassium Iodide                           |
| Algin                              | Folic Acid-Folacin        | Pristane                                   |
| Alginate                           | Formaldehyde              | Propolis                                   |
| Allicin                            | Fructose                  | Propylene Glycol                           |
| Aluminium                          | Fumaric Acid              | Monostearate                               |
| Annatto Color                      | Gelatine                  | Propylgallate                              |
| Arabic Gum                         | Glutamine (amino acid)    | Pyridoxine Hydrochloride                   |
| Aspartame (can cause IBS Symptoms) | Glutamic Acid             | Rennet                                     |
|                                    | Glycerides                | Reticulin                                  |
| Aspic                              | Glycerol Mono-Oleate      | Rosin                                      |
| Ascorbic Acid                      | Glycerol Mono-Oleate      | Royal Jelly                                |
| Benzoic Acid                       | Glycol                    | Sphingolipids                              |
| Bentaine                           | Glycolic Acid             | Sodium Acid Pyrophosphate                  |
| BHA                                | Guar Gum                  | Sodium Ascorbate                           |
| BHT                                | Hemp                      | Sodium Benzoate                            |
| Beta Carotene                      | Hydrogen Peroxide         | Sodium Citrate                             |
| Biotin                             | Iodine                    | Sodium Erythrobate                         |
| Butylated Hydroxyanisole           | Invert Sugar              | Sodium Hexametaphosphate                   |
| Butyl Compounds                    | Keratin                   | Sodium Lauryl Sulfate                      |
| Calcium Carbonate                  | Lactic Acid               | Sodium Nitrate                             |
| Calcium Chloride                   | Lactose                   | Sodium Silico Aluminate                    |
| Calcium Phosphate                  | Lanolin                   | Sodium Stannate                            |
| Calcium Silicate                   | Lecithin                  | Sorbic Acid                                |
| Calcium Stearate                   | Lipase                    | Sorbitol-Mannitol (can cause IBS symptoms) |
| Camphor                            | Locust Bean Gum           |  |
| Caprylic Acid                      | Magnesium Carbonate       | Soy Lecithin                               |
| Carboxymethylcellulose             | Magnesium Hydroxide       | Stearates                                  |
| Carnauba Wax                       | Malic Acid                | Stearamide                                 |
| Carob Bean Gum                     | Maltitol                  | Stearamine                                 |
| Carrageenan                        | Microcrystallin Cellulose | Stearic Acid                               |
| Casein                             | Mineral Oil               | Sucrose                                    |
| Castor Oil                         | Mineral Salts             | Sulfosuccinate                             |
| Cellulose Gum                      | Monosodium Glutamate      | Sulphites                                  |
| Cetyl Alcohol                      | MSG (Made in USA)         | Sulphur Dioxide                            |
| Chlorella                          | Monopotassium Phosphate   | Tallow                                     |
| Chymosin                           | Musk                      | Tartaric Acid                              |
| Citric Acid (Made in USA) □        | M Vitamins & Minerals     | TBHQ is Tetra or                           |
| Collagen                           | Niacin-Niacinamide        | Tributylhydroquinone                       |
| Corn Sweetener                     | Oleyl Alcohol/Oil         | Thiamine Hydrochloride                     |
| Corn Syrup Solids                  | Paraffin                  | Tolu Balsam                                |
| Cortisone                          | Pepsin                    | Tragacanth Gum                             |
| Cotton Seed Oil                    | Peru Balsam               | Tri-Calcium Phosphate                      |
| Cysteine, L                        | Petrolatum                | Tyrosine                                   |
| Demineralized Whey                 | Phenylalanine             | Vanillin                                   |
| Desamidocollagen                   | Polyethylene Glycol       | Vitamin A (palmitate)                      |
| Dextrimaltose                      | Polyglycerol              | Whey                                       |
| Dextrose                           | Polysorbates              | Xanthan Gum                                |

## **Gluten-Containing Food Ingredients\*\***

|   |   |   |
|---|---|---|
| Abyssinian Hard (Wheat<br>Triticum Duran) | Germ<br>Glutamate (free)                              | Small Spelt   |
| Alcohol (Spirits-Specific<br>Types)       | Graham Flour<br>Granary Flour                         | Soba Noodles☐<br>Sodium Caseinate<br>(Contains MSG) |
| Artificial Flavoring☐<br>Baking Powder☐   | Gravy Cubes☐<br>Groats (barley, buckwheat<br>Or oats) | Soy Sauce<br>Spirits (Specific Types)               |
| Barley Grass (can contain<br>Seeds)       | Ground Spices☐  | Spelt Triticum Spelta                               |
| Barley Hordeum Vulgare<br>Barley Malt     | Gum Base<br>Hard Wheat                                | Sprouted Wheat Barley<br>Starch (Outside USA)       |
| Beer                                      | Hydrolyzed Plant Protein<br>(HPP)                     | Stock Cubes☐<br>Strong Flour                        |
| Bleached Flour                            | Hydrolyzed Vegetable<br>Protein (HVP)                 | Suet in Packets<br>Tabbouleh                        |
| Blue Cheese (made from<br>Bread)          | Kamut (Pasta Wheat)                                   | Teriyaki Sauce                                      |
| Bran                                      | Malt  | Textured Vegetable Protein<br>(TVP)                 |
| Bread Flour                               | Malt Extract  | Triticale X Triticosecale                           |
| Brewer's Yeast                            | Malt Syrup  | Udon (Wheat Noodles)                                |
| Brown Flour                               | Malt Flavoring  | Vegetable Starch                                    |
| Bulgar (Bulgar Wheat/Nuts)                | Malt Vinegar  | Vinegars (Specific Types)                           |
| Bulgar Wheat                              | Miso☐   | Vitamins☐   |
| Calcium Caseinate<br>(contains MSG)       | Matzo Semolina  | Wheat Triticum Aestivum                             |
| Caramel Color☐                            | Modified Food Starch☐                                 | Wheat Nuts  |
| Cereal Binding                            | Mono and Diglycerides☐                                | Wheat, Abyssinian Hard<br>Triticum Durum            |
| Chilton                                   | MSG (Made outside USA)☐                               | Wheat, Bulgur                                       |
| Citric Acid (made outside<br>USA)         | Mustard Powder☐<br>Natural Flavoring☐                 | Wheat, Durum Triticum                               |
| Couscous                                  | Pasta   | Wheat Triticum Monococcum                           |
| Dextrins☐                                 | Pearl Barley  | Wheat Starch☐                                       |
| Durum Wheat Triticum                      | Rice Malt (contains barley<br>Or Koji)                | Wheat Germ  |
| Edible Starch                             | Rye   | Wheat Grass (can contain<br>seeds)                  |
| Einkorn Wheat                             | Semolina Triticum                                     | Whole-Meal Flour                                    |
| Farina Graham                             | Semolina  |   |
| Filler                                    | Shoyu (Soy Sauce)☐                                    |   |
| Fu (dried wheat gluten)                   |   |   |

\*\*Some foods containing one of these ingredients may be gluten-free. However, you should always check with the manufacturer on the gluten status of a food item if you see one of the above ingredients listed.

# Gluten-Free Snack Ideas

## Gluten-Free Snack Ideas

Celery/Carrots  
Fritos  
Ruffles Potato Chips  
Fruit chews/gushers  
Blue Diamond Crackers (Pecan)  
Apples w/Skippy's or Jiff Peanut Butter  
Hunts chocolate & vanilla pudding

Planters Dry Roasted Peanuts  
Cheetos  
Fruit roll-ups  
Orville Reddenbacher Popcorn  
Mott's Applesauce  
Jello

## Gluten-Free Birthday Treat Ideas

3 Muskateer Bars  
Almond Joy  
Baby Ruth  
Bit-O-Honey  
Butterfinger & Butterfinger BB's  
Caramel Nips - Pearson Candy,  
Hersheys caramels also ok  
Charm's Blow Pops  
Dum Dum Lollipops  
**Gum** - Bubble Yum Bubble Gum, Big Red

M&M's (all flavors **EXCEPT** rice krispy)  
O'Henry candy bars  
Popsicles & Freezes  
Raisinets  
Reese's Peanut Butter Cups  
Reese's pieces  
  
Smarties  
Starbursts  
Skittles – all flavors

Goobers  
Hershey's chocolate bars  
Hershey Kisses  
**Ice Cream** – Kemps vanilla & chocolate. Snickers ice cream bars.  
Dairy Queen Starkiss. Snickers Ice Cream Bars.  
Jelly belly jelly beans  
Jolly Ranchers & Jolly Rancher lollipops

Spree  
Sweetarts  
Snickers Candy & Ice Cream Bars  
Tootsie Rolls + Tootsie Roll pops

York Peppermint Patties  
**Seasonal:**  
-Necco Valentine Hearts  
-Hershey Caramel Eggs  
-Hershey Easter Eggs  
-Candy Canes  
-Jelly Belly Jelly Beans  
-Peeps marshmallow animals

Junior Mints  
Life Savers – all flavors + lollipops

## ***Recipes!***

### ***Kool-Aid Play-Doh***

This is not food!

1-1/2 cups GF flour

$\frac{1}{4}$  cup salt

1-1/2 tsp. oil

1 pkg. Unsweetened Kool-Aid

1 cup boiling water

Mix and have fun! Will keep for weeks in covered container. Not necessary to refrigerate. Can be stored in small freezer bags.

***NOTE: If there are other medical conditions that you would like school staff to be aware of, you may complete the following format and include in your handbook. Otherwise, you may delete this page.***

**What is \_\_\_\_\_?**

**What are the effects?**

**Common Symptoms of \_\_\_\_\_?**

**What is the treatment?**

**Is there a cure?**

**Websites for additional info:**