



Gluten Free Diets in Schools

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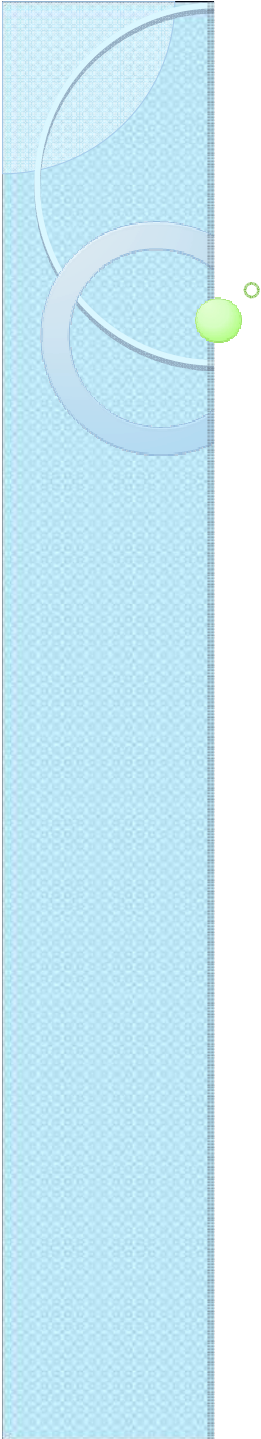
Student Nutrition Services Rochester Public Schools

Rochester, Minnesota



Outline

- Celiac Disease
- Accommodating Special Needs
- Implementation of Gluten Free Diets
- Gluten Free in the Rochester Public Schools



Celiac Disease



Celiac Disease

- Also known as celiac sprue, nontropical sprue, and gluten-sensitive enteropathy
- Chronic Autoimmune intestinal disorder NOT a food allergy
- Genetic component
Occurs in 5-15% of offspring and siblings of a person with Celiac Disease



Celiac Disease

- Prevalence
 - Until recently, Celiac disease was considered to be rare in the United States
 - Occurring as frequently as 1 in 133 people, or affecting approximately 2 million people in the US
 - Affects men, women, and children



Symptoms

- Celiac Disease affects people differently. There are more than 200 signs and symptoms of celiac disease, yet a significant percentage of people with celiac disease have no symptoms at all.



Common Symptoms

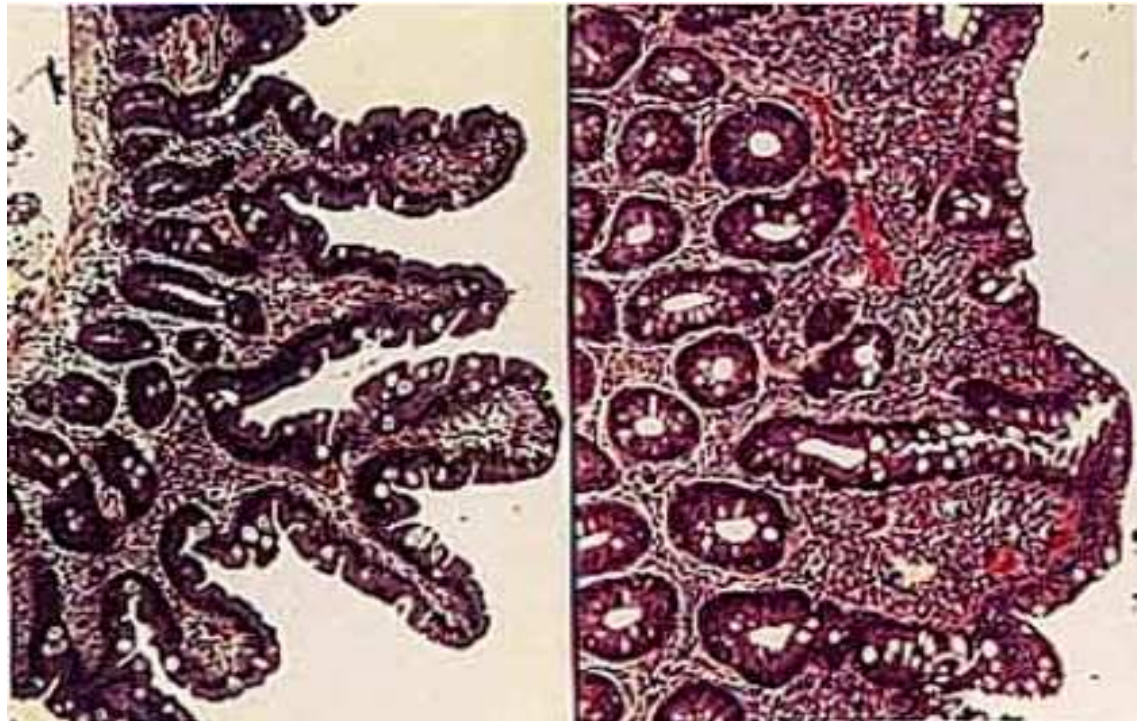
- Diarrhea/constipation
- Abdominal pain
- Bloating
- Weight loss
- Vomiting
- Fatigue



What Happens with Celiac Disease?

- When individuals with Celiac Disease ingest gluten, the villi, tiny hair-like projections in the small intestine that absorb nutrients from food, are damaged.
- Damaged villi do not effectively absorb basic nutrients.
- If Celiac Disease is left untreated, damage to the small bowel can be chronic and life threatening.

Healthy vs. Damaged Villi



www.glutensecret.com/information.html



Treatment

- Because Celiac Disease is a chronic disorder the only treatment is life long adherence to a gluten free diet
 - Fresh meats, fish, and poultry (not breaded or marinated)
 - Fruits/vegetables
 - Rice and potatoes
 - Purchase gluten free foods
- When gluten is removed from the diet, the small intestine will start to heal and overall health improves

So What is Gluten?

- Gluten is a generic term for the storage of proteins found in all forms of grains





Gluten Containing Grains

- Wheat
- Barley
- Rye
- Farina
- Graham Flour
- Semolina
- Durham
- Bulgur
- Kasha
- Matzo meal
- Spelt (a form of flour)
- Oats (by contamination)



Gluten Containing Foods

- Bread
- Pasta
- Breading
- Pizza Crust
- Crackers
- Cookies
- Cake
- Muffins
- Soups
- Salad Dressing
- Sauces/Gravies
- Imitation Bacon or Seafood
- Luncheon and processed meats
- Malt or Malt Flavoring
- Marinades
- Soy Sauce



Potentially Harmful Ingredients

- Unidentified Starch
- Modified Food Starch
- Binders
- Fillers

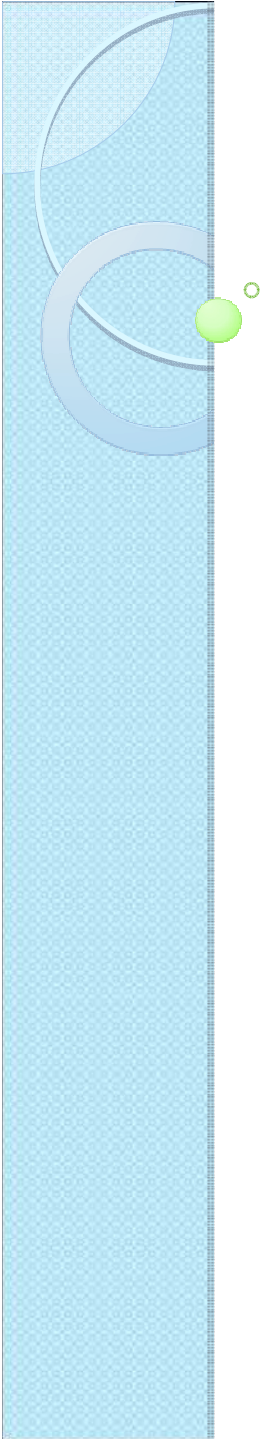
Potentially Harmful Products

- Lipstick
- Stamps
- Lotions
- Shampoo
- Medication/Vitamins that use gluten as a binding agent



What if you eat gluten?

- If a person accidentally eats a product that contains gluten, they may experience abdominal pain and diarrhea. Some people show no signs after eating gluten, but this does not mean it's not hurting them. Even trace amounts can be damaging, whether or not they cause signs and symptoms.



Accomodating Special Needs



Need to Accommodate

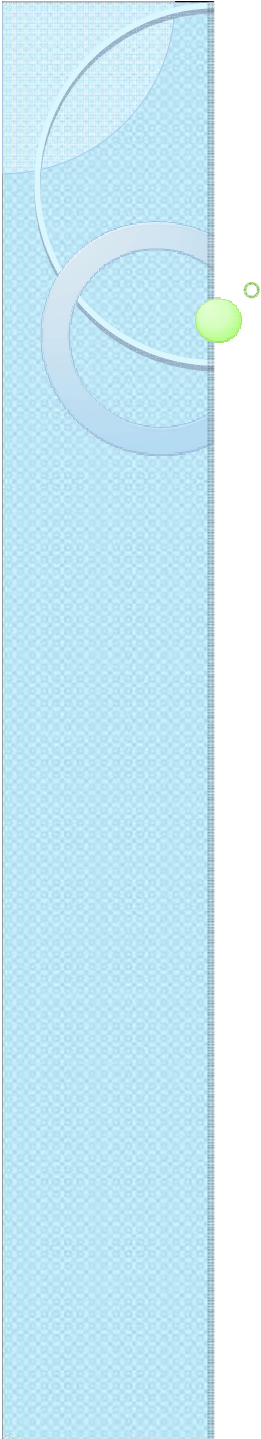
“Schools participating in the United States Department of Agriculture (USDA) school nutrition programs are required to provide special diet modifications to students whose disability restricts their diet, and may choose to provide this service for other students with special diet modifications who are not considered to have disabilities under the law.”

Statement based on Section 504 of the Rehabilitation Act of 1973, USDA Food and Nutrition Service (FNS) implementing instructions and 7 CFR Part 15b.3.



Disabilities Defined

- Disability- defined as a person who has physical or mental impairment which substantially limits one or more of the major life activities.
- Several of these may include:
 - Heart Disease
 - Metabolic Diseases
 - Food Allergy that is life threatening/anaphylactic
 - Cancer
 - Specific Learning Disabilities



Implementation of Gluten free diets



Step 1...Obtain Physician's Statement

- The physician's statement must include:
 - The child's disability
 - An explanation of why the disability restricts the child's diet
 - The major life activity affected by the disability
 - The food or foods to be omitted from the child's diet, and the food or choice of foods that must be substituted.
- http://education.state.mn.us/MDE/Learning_Support/FNS/SNP/Meal_Patterns_Menu_Planning/Special_Dietary_Needs/index.html



Step 2...Make Contacts

- Set up meeting with parent(s), student, site staff, and other district employees
- Assign site foodservice staff as contact person to ensure compliance with physicians order
- Discuss likes/dislikes, expectations, preferred mode of communication



Step 3...Develop a Gluten Free Menu

- Analyze traditional menu to find gluten free products
- Mirror traditional menu as much as possible
- Meet with site staff to discuss questions and concerns regarding menu



School Nutrition Responsibilities

- Offer special meals at no additional cost
- Educate staff about diet modifications and cross contamination
- Prepare nutritious food substitutions or modifications as requested by physician's statement



School Nutrition Responsibilities

- Staff may not revise or change medical order
- Contact vendors/distributors, local grocery/health food stores for availability of Gluten Free foods
- Student Nutrition Services will work closely with other district professionals school nurse, teachers, parents, etc.



Training...

Cross Contamination

- Prepare Gluten Free foods first
- Use separate food preparation & serving utensils for gluten free foods
- Color code cutting boards for gluten and non gluten foods
- Clean & sanitize food production surfaces **before, during** and **after** food preparation

Training...

Label Reading

- Allergens can hide in many food ingredients. Be sure to check labels on food packages **every time**

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

INGREDIENTS: WATER, CHICKEN STOCK, ENRICHED PASTA (SEMOLINA WHEAT FLOUR, EGG WHITE SOLIDS, NIACIN, IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2] AND FOLIC ACID), CREAM (DERIVED FROM MILK), CHICKEN, CONTAINS LESS THAN 2% OF: CHEESES (GRANULAR, PARMESAN AND ROMANO PASTE [PASTEURIZED COW'S MILK, CULTURES, SALT, ENZYMES], WATER, SALT, LACTIC ACID, CITRIC ACID AND DISODIUM PHOSPHATE), BUTTER (PASTEURIZED SWEET CREAM [DERIVED FROM MILK] AND SALT), MODIFIED CORN STARCH, SALT, WHOLE EGG SOLIDS, SUGAR, DATEM, RICE STARCH, GARLIC, SPICE, XANTHAN GUM, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORINGS AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATED SOY PROTEIN AND SODIUM PHOSPHATE.



Training...

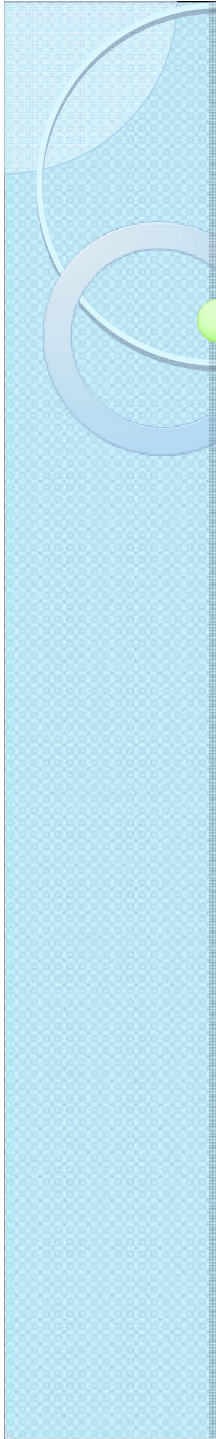
Any of the following words on food labels usually means that a grain containing gluten has been used:

- ✓ Stabilizer
- ✓ Starch
- ✓ Flavoring
- ✓ Emulsifier
- ✓ Food Starch
- ✓ Vegetable Gum
- ✓ Hydrolyzed Vegetable Protein
- ✓ Flour or Cereal products
- ✓ Vegetable Protein
- ✓ Malt or Malt Flavoring
- ✓ Modified Starch or Modified



Training

- If you can't tell by the label if a food contains gluten, don't serve it until you check with the product's manufacturer. A manufacturer may change a product's ingredients at any time. A food that was once gluten free may no longer be.



Gluten Free In the Rochester Public Schools

How we started...

- 1st gluten free menu was created in 2004
- The traditional menu was modified two days a week to provide a gluten-free diet.





Our Inspiration

“Our son Brandon will be attending John Adams this upcoming school year in 6th grade. He has Celiac Disease. During his elementary schooling at Washington he brought lunch to school each day. However, from our experience with our older son and his friends, very few kids bring lunch in middle school.

Therefore, we want to explore the possibilities of having his needs supported through SNS. Please let me know what we need to do or information we need to provide to make this happen. Thanks in advance!”



Our Inspiration

- “Kimberly is so grateful. After I served her on Tuesday she just kept telling me how good it was. Then I saw her in gym class on Wednesday and she ran over to me and hugged my leg. She looked up at me and said “I get to eat your lunch tomorrow!!” and she smiled at me, like I was a goddess or something! It really made me feel great.”



Lunch menus today

- Over 25 children in the Rochester area require gluten free menus
- Over 12 different menu items are offered per month
- Most items mirror the traditional school lunch menu
- Most gluten free items are purchased locally through The Gluten Free Cupboard, The Good Food Store, and Hy-Vee grocery stores.
- On Average Gluten Free Foods cost \$1.50 per meal (not including the vegetable, fruit, and milk)



Our Process...

- Provide menus to Gluten Free Students
- Students make food choices
- Create Gluten Free Shopping list
- Portion Gluten Free foods for distribution to each site

Rochester's Gluten Free Cycle Menu

GF Chicken Nuggets Sliced Carrots Fruit Selection GF Dinner Roll	GF Cheese Pizza Corn Lettuce Salad Fruit Selection	GF Chicken Strips Seasoned Rice Warm Peas Banana	Beef Hot Dog GF Bun Fresh Veggies Fruit Selection	Grilled Cheese on GF Bread Lettuce Salad Orange Wedges GF Cookie
GF Pizza Warm Broccoli Fruit Selection GF Fruit Snacks	GF Cinnamon Glazed French Toast Yogurt Potato Rounds Orange juice	GF Chicken Patty Green Beans Fresh Veggies GF Crackers	Beef Nachos With Corn Chips Corn Fruit Selection GF Dinner Roll	Chef Salad With Turkey Fruit Selection GF Crackers
GF Chicken Nuggets Seasoned Rice Carrots Fruit Selection GF Dinner Roll	Cheeseburger/ GF Bun Potato Rounds Fruit Selection	Scrambled Eggs Hash brown Stick Orange Wedges GF Cinnamon Biscuit	GF Pasta/Sauce Lettuce Salad Fruit Selection GF Breadstick	GF Macaroni and Cheese Green Beans Fruit Selection GF Cookie
GF Chicken Strips Whipped Potatoes Warm Peas Fruit Selection GF Biscuit	GF Corn Dogs Fresh Veggies Fruit Selection GF Chips	GF Pizza Corn Fresh Fruit GF Dinner Roll	Corn Tortilla with Chicken Fajita Side of Fixings Fruit Selection Yogurt	Dunker on GF Bread Pizza Sauce Fresh Veggies Fruit Selection Sherbet

Scratch Baking...

- Explore websites/magazines for gluten free recipes
- Rochester started baking gluten free cookies in Spring of 2008

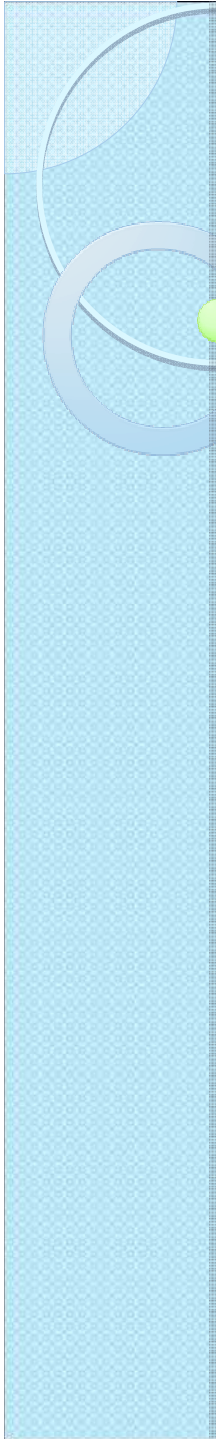




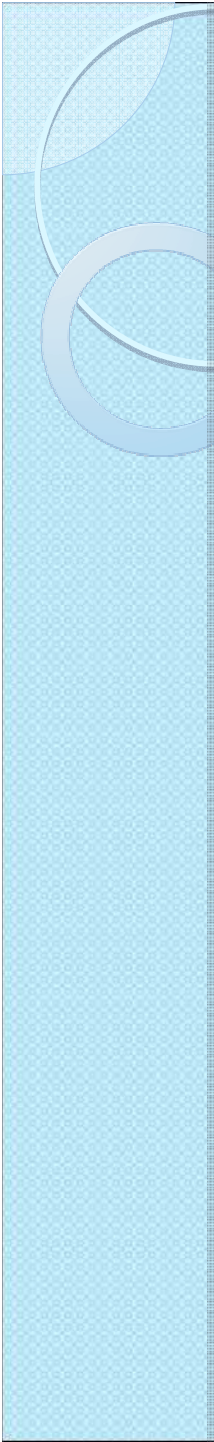
Accessing Our Menus

- Our GF menus can be accessed on the district website

<http://www.rochester.k12.mn.us>




You Can make a Difference

- 
- Thanks for everything you have done for me so far. I really appreciate what you have done for me and it is so much easier than bringing my own lunch.

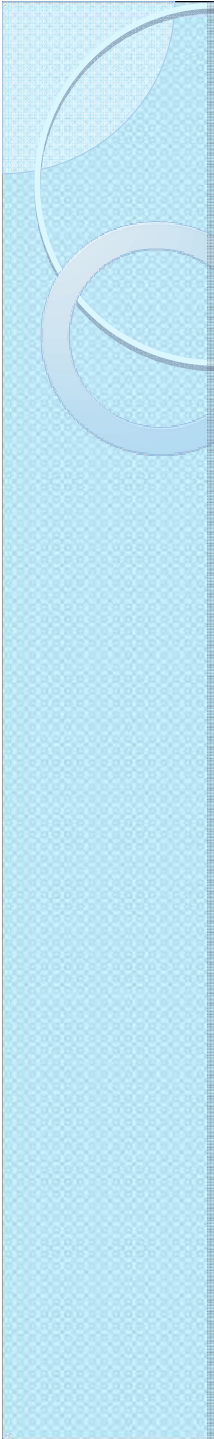
Brandon

- Here is Brandon's menu for the month of April. Thank you so much for making this a wonderful experience for Brandon. He has really enjoyed being able to eat at school with his friends. We wouldn't have been able to do it without you!!
Thanks again.

Brandon's Mom

- 
- Thanks so much for setting up the gluten-free lunches for my son.... Over the weekend, I visited friends and family in Wisconsin including a school social worker and a teacher. They were astounded and impressed by your gluten-free lunch program. I know we are very lucky!

Julie-A parent of a Gluten Free Student



Points to Remember



Points to Remember

- People with celiac disease can't eat foods or use items with gluten in them.
- Celiac disease harms the small intestine.
- People with untreated celiac disease can't get needed nutrients.
- Without treatment, people with celiac disease can develop other health problems.



Points to Remember

- A person with Celiac Disease may or may not have symptoms.
- A gluten-free diet must be followed for life.
- Schools are required to provide special diet modifications for students with a disability.
- Staff may not revise or change medical order.
- Staff will offer special meals at no additional cost.



Resources

- mayoclinic.com
- digestive.niddk.nih.gov
- celiac.org
- celiac.com
- celiaccentral.org
- glutensecret.com
- CeliacDisease.net
- Korn, Danna. Kids with Celiac Disease. Bethesda, MD: Woodbine House Inc., 2001.
- Case, Shelley. Gluten-Free Diet A Comprehensive Resource Guide. Regina, Saskatchewan Canada: Case Nutrition Consulting Inc., 2001, 2006, 2008.

Questions and Answers...

