

SAMPLE LETTER FOR SCHOOL / TEACHER

Date:

To:

Re:

Dear Sir or Madam:

This letter is to inform you that your student, _____, who is a patient of Dr. _____, has been diagnosed with celiac disease. Celiac disease is an autoimmune disease that causes damage to the intestinal lining, interfering with the absorption of nutrients. If not treated, celiac disease affects major life activities including but not limited to: physical activities such as walking and running; cognitive skills such as short-term memory and recognition, concentration on tasks, as well as eating.

The only treatment for celiac disease is strict adherence to a gluten free diet. For these reasons we are writing to seek your assistance in helping _____ follow (his or her) medically required treatment plan.

Gluten is found in wheat, rye, barley and contaminated oats. All foods with wheat, rye, barley and oats have been eliminated from _____'s diet. It is imperative that the school lunch also be free of any of these grains, or their derivatives. This includes the obvious sources such as wheat breads, pastas, cereals, buns and rolls but it also includes such items as some soy sauces, some broths and meat bases, some soups, gravy thickened with wheat flour and breakfast cereals that contain malt or malt flavoring.

In order to provide a balanced meal containing the four groups necessary for federal reimbursement, a gluten free bread or bread alternative should be offered at all school meals. This may include such foods as gluten free breads, gluten-free rolls, gluten free cereals and gluten-free pastas. The meat and meat alternative must also be free of gluten containing grains such as fillers in hot dogs, poultry injected with wheat or barley, and a gluten containing grain used as an extender in other meat products. Again, these products also need to be protected from cross contamination.

In addition to the food itself being free of gluten, it cannot come in contact with or be contaminated by items which contain gluten. This means the gluten free foods need to be prepared in a separate area, cooked in separate pans and served with separate utensils and clean gloves.

If _____ is exposed to gluten containing foods, it could result in physical symptoms as well as behavior problems which may interfere with class room time, participation and learning.

For more detailed information and assistance on the gluten free diet, the following websites may be helpful:

Treatment	www.americanceliac.org
Gluten-Free Diet Guide for Families	www.celiachealth.org
Quick Start Diet Guide	www.gluten.net

A detailed list of gluten free food manufacturers is available upon request, by emailing the American Celiac Disease Alliance at info@americanceliac.org.

Thank you for your attention and concern in this matter, please do not hesitate to contact Dr. _____'s office at _____ if you have any questions or concerns.

Sincerely,