

## Gluten Free Diet School Letter

Dear \_\_\_\_\_,

We are writing to you to inform you that our child \_\_\_\_\_ has been diagnosed with celiac disease. Celiac disease is an autoimmune disease with an intolerance to gluten; it is not a traditional allergy. Because of this \_\_\_\_\_ must follow a strict gluten free diet. \_\_\_\_\_ cannot have any wheat, rye, barley or oats (except those that are labeled gluten free) or anything that is made from them. Even tiny amounts of gluten can cause a reaction and should be avoided. If he/she has accidental exposure to gluten, they may become ill but it will not be an immediate medical emergency.

Some common classroom items that are problematic for our child are: play dough, some paints and crayons, glue, many snack foods and regular cupcakes or cakes. If someone will be bringing in outside food for a special event or party we would greatly appreciate if you could let us know in advance so that we can bring in a similar item that is gluten free or make some other accommodation. Another option would be for us to provide a container of gluten free treats to be kept on hand in the classroom so that if there is an unplanned birthday celebration \_\_\_\_\_ will have treats available. If you are looking to provide snacks that everyone can enjoy several examples are popcorn, fresh fruits, raisins, fresh carrots or celery, and plain potato chips.

We do not anticipate that this will affect \_\_\_\_\_'s schoolwork or class participation in any way. We appreciate your understanding and sensitivity on this very important health issue. Please do not hesitate to contact us if you have any questions. We can be reached at \_\_\_\_\_. We look forward to the upcoming school year.

Thank you for your understanding,

\_\_\_\_\_

Parents of \_\_\_\_\_