

FACTS ABOUT COELIAC'S DISEASE AND HELPFUL INFORMATION

Coeliac's Disease is caused by a reaction to gluten by the immune system. The body cannot digest the gluten properly and it causes a whole list of extremely unpleasant symptoms. Coeliac disease is a well-defined, serious illness where the body's immune system attacks itself when gluten is eaten. This causes damage to the lining of the gut and means that the body cannot properly absorb nutrients from food.

Gluten is a mixture of proteins found in wheat and related grains, including barley, rye, oat, and all their species and hybrids.

All children who require a Gluten Free diet must complete an Allergy Menu Request form and speak to the Quality and Nutrition Manager for a menu. We will not provide the meals without a properly designed menu. Most children in our care that are on gluten free diets have Coeliac Disease. Even though having gluten to eat would not cause an anaphylaxis reaction, it still causes grave illness. People who have Coeliac's Disease, who continue to eat gluten are at risk for very serious illnesses such as osteoporosis (brittle bones), lymphoma, bowel cancer, and infertility. So, it is extremely important that we follow all necessary steps to ensure the correct food is served without the risk of cross contamination.

Below is some information about Gluten Free food in our menu:

- Gluten free children should be served the meals as listed on their menus provided by the Quality and Nutrition Manager. These meals have been chosen by their parents and they are expecting to have them.
- You cannot remove pastry and serve it to a gluten free child. This cross contamination can cause them to become ill.
- The Helva Gravy and the Knorr Gravy for Meat dishes are both gluten free. Please make sure only these are used in your kitchens.
- The Chef William Custard powder from Bidvest 07792 is gluten free and is suitable to use for GF students.
- The Vegetarian and Non Vegetarian jelly are both gluten free and are suitable to use for GF students.
- If you're serving with gloves on, you need to change the gloves when you serve the GF student's meal.
- All care should be taken to make sure not to store gluten free food near where cakes or other gluten containing items are being prepared. While we cannot remove all airborne gluten, we should minimise the risk as much as possible.
- Certain things contain hidden gluten:
 - Oats – only GF oats can be served to people with Coeliac's disease. Even then, some cannot tolerate them. Oats are processed with wheat and contain high levels of wheat residue.
 - Soy Sauce is made with wheat and is not suitable unless it is specifically gluten free.
 - Burgers, Sausages, and Meatballs – These all contain rusk which is wheat.
 - Chips – All our chips are gluten free. However, this will be queried a lot as there are some chips that contain gluten in their coatings. This is most common with McCain potato products.
 - Vegetarian processed foods like sausages contain gluten as well.
 - Malt Vinegar contains Barley. Any item that contains malt vinegar is **not** gluten free.