



(sample letter to use previous to a school trip)

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

Thank you again so much for taking the time to visit and work with me on ensuring that my child \_\_\_\_\_'s dietary needs are met when he/she is there on their upcoming class visit.

As we discussed, \_\_\_\_\_ must eat gluten-free for medically necessary reasons. I understand that has provided you with my letter about my daughter's/son's condition. Just a reminder for your food preparation efforts: gluten is found in wheat, barley & rye, and their derivative products. With regard to oats, only those which are certified gluten-free are safe. Even a very small amount of gluten can cause medical problems so we ask that you be very careful with food preparation in order to avoid cross-contamination possibilities with gluten containing foods. Our family will send a box ahead of time that contains some gluten-free snack foods so \_\_\_\_\_ can eat them as she/he wishes. We will also arrange for pickup of the following items at a local grocery store: \_\_\_\_\_

Finally, at the risk of being overly repetitious, it is VERY IMPORTANT to use CLEAN plates, bowls, utensils, and hands etc. when assisting \_\_\_\_\_ with preparing foods. Cross-contamination with unsafe foods is the typical way they may get exposed to gluten. (For example, serving regular noodles and then using the same spoon to serve gluten free rice or other food.) Some common questions and misconceptions on foods include these: 1) any product that contains wheat, barley, rye or oats which are not certified gluten-free, no matter how small of an amount, is not allowable; 2) most soy sauce contains wheat, so soy sauce is not okay unless you can confirm that it is gluten-free; however soy products (derived from the bean) are perfectly fine. So if something says "soy" that's okay; 3) all malt products are derived from barley and are not okay. So malt vinegar (in salad dressing for example) is not okay. Distilled vinegar is okay.

\_\_\_\_\_ is knowledgeable about reading labels and understands what she/he can eat. \_\_\_\_\_ is stalwart on the diet and if she/he has any doubts will either avoid a food or make another choice. If you have any questions whatsoever, please do not hesitate to call us at the following number: \_\_\_\_\_. We recognize that incorporating this diet can be a challenge, and we so sincerely and greatly appreciate all your efforts and willingness to work with this. \_\_\_\_\_ will have a wonderful experience and we are very grateful for your commitment and kindness in making this work out well for her/him. Again, if you have any questions whatsoever, no matter how small, please do not hesitate to contact me.

Sincerely,

\_\_\_\_\_  
Parent of \_\_\_\_\_