



GLUTEN
INTOLERANCE
GROUP

Dear _____ Grade Teachers,

Hello! Our whole family is so excited about this year. My child, _____ has been thrilled with the orientation and first day of school. You all are obviously a wonderful team and we look forward to this year with great anticipation.

I am writing to let you know of a health condition with _____. She/he needs to be on a gluten-free diet for medical reasons. You may be familiar with the gluten-free diet, but just in case, let me briefly explain. _____ cannot eat food that contains gluten, which is found in wheat (traditional flour), most oats (except those that are certified gluten-free), barley and rye, and their derivatives such as malt vinegar. Gluten sensitivity is not like a traditional allergy; if there is an accidental exposure to gluten, she/he may become ill, but it will not be an immediate medical emergency (no shock, etc.). We want to make you aware of our child's dietary restriction so that if there are circumstances during the year where food is brought in from outside, she/he may decline it or ask questions about the ingredients. She/he is stalwart with her diet and very knowledgeable about ingredients.

If there is going to be outside food in the classroom, or particularly if there is an assignment related to preparing food, and if you know ahead of time, we would greatly appreciate it if you could let us know, and we can bring a similar item that is gluten-free for _____ or make some other accommodation. Another good approach is for a container of "treats" (gluten-free cookies, gluten-free brownies) to be kept on hand in the classroom with _____'s name on it, so that if there is a spontaneous birthday celebration, etc., _____ will have a treat available for herself/himself as well. (We will provide shelf-stable treats if a freezer is not available.)

Thank you in advance for your awareness of and sensitivity to _____'s gluten-free diet. It is our expectation that this will be largely transparent to you. However, if at any time you have any questions whatsoever, please feel free to call me any time. My phone number is _____ .

Thanks again,

Parent of _____