

Church Leaders,
**I HAVE
CELIAC
DISEASE**

AKA 100%
'GLUTEN FREE'

PLEASE HELP ME TO
REMAIN SAFE

EVEN ONE CRUMB CAN STAY IN MY
SYSTEM FOR 2-3 MONTHS WHERE
MY BODY LITERALLY ATTACKS
ITSELF

I cannot eat anything that someone
else has prepared in their home.
For example, if someone makes
gluten free cupcakes I still cannot
eat them as it is too big of a risk.



CELIAC COACH

• ServingCeliacs.com •

I AM 100% GLUTEN FREE

Please help me stay that way!



CELIAC COACH
• ServingCeliacs.com •

Celiac Disease IS NOT A FOOD ALLERGY. I WILL NOT GO INTO AN ANAPHALACTIC SHOCK. THERE IS NO MEDICATION THAT CAN HELP ME IF I GET 'GLUTENED'. I HAVE TO ENDURE MY SYMPTOMS AND TAKE CARE OF MY BODY AS IT ATTACKS ITSELF.

Symptoms MAY INCLUDE BUT ARE NOT LIMITED TO VOMITING, IBS (IRRITABLE BOWEL SYNDROME) DIARRHEA, CONSTIPATION, EXHAUSTION, JOINT PAIN, MUSCLE ACHES, MIGRAINES, HEARTBURN, ARTHRITIS, HAIR LOSS, ETC.

Check the Label LOOK FOR A CERTIFIED GLUTEN FREE LABEL. STAY AWAY FROM INGREDIENTS WITH WHEAT, BARLEY, RYE AND MALT. ALSO VERIFY THE TYPE OF FLOUR USED. STAY AWAY FROM ANY PRODUCTS WITH A 'MAY CONTAIN WHEAT OR GLUTEN' OR 'MANUFACTURED IN A FACILITY WITH WHEAT OR GLUTEN' NOTICE.

Cross Contamination IS A REAL THING. THE BUTTER. THE PEANUT BUTTER JAR. THE MAYO, THE JELLY. THE CUTTING BOARD. THE TOASTER. THE BLENDER, THE MIXER... PLEASE DO NOT COOK/BAKE FOR ME AS YOUR HOME IS NOT CELIAC SAFE AND I CAN NOT EAT IT. I CAN EAT PACKAGED FOOD THAT IS SEALED AND HAS A CERTIFIED GLUTEN FREE LABEL ONLY. WHEN SERVING ME FOOD PLEASE TAKE ALL PRECAUTIONS. I'D RATHER NOT EAT IT IF WE AREN'T SURE IT IS SAFE.

PLAY DOUGH, PAPER MACHE, & FINGER PAINTS MAY CONTAIN GLUTEN

When in doubt, ask my mom!