

*Teachers and Staff,*

**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](http://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 or dad!*