

LIVING
COELIAC SAFE
TOOLKIT
2021

*Gluten Free
for Life*



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Getting Informed – Coeliac Disease

What is Coeliac Disease? Coeliac Disease (see-lee-ak):

It is not an allergy or an intolerance, it is an autoimmune disease. People with coeliac disease have a permanent intestinal reaction to dietary gluten (a protein found in wheat, rye, barley, and oats). Gluten damages the lining of your small bowel (also called the small intestine) causing inflammation for those with coeliac disease, making it difficult for your body to absorb food and nutrients properly.

Who Gets It?

People of all ages can have coeliac disease. It is a hereditary condition, and environmental factors also play an important role in the disease. It is common in countries with a high gluten intake. [International research](#) indicates there could be up to 100,000 people in our NZ team of 5 million with coeliac disease and of those 30,000 are likely to be children under the age of 18. However, a large proportion of those are unaware they have the condition.

How Coeliac Disease is Diagnosed:

Diagnosis of coeliac disease is highly suggestive following a positive blood test. The diagnosis should be confirmed with an intestinal biopsy in adults. Intestinal biopsy would not be necessary in children with a very high level of antibody (10x above normal value). It is strongly recommended to stay on gluten containing diet until all the tests (blood tests and intestinal biopsy) are completed. [How much gluten exposure is needed for the biopsy?](#)

Associated conditions:

- Dermatitis herpetiformis (DH)
- Gluten ataxia
- Type I diabetes and
- Autoimmune thyroid disease

Common Symptoms:

Symptoms commonly affect the gastrointestinal tract: and include nausea, bloating, vomiting, diarrhoea, constipation, and abdominal pain. Other symptoms, often combined with the gastrointestinal ones, include lethargy, headache and 'brain fog' or poor concentration. Symptoms can occur within an hour of gluten exposure and are often most prominent between 2-4 hours. Gastrointestinal symptoms tend to settle within 24 hours whereas lethargy can persist for days.

COMMON SYMPTOMS

Abdominal Pain • Dermatitis • Herpetiformis • Infertility
Numbness in Legs • Anaemia • Diarrhoea • Joint Pain
Osteopenia • Bloating Dental Enamel Defects • Pale
Mouth ulcers • Osteoporosis • Delayed Growth • Fatigue
Migraines • Weight Loss • Depression • Gas • Nausea

Treatment of Coeliac Disease:

The only treatment and to reverse the damage to someone diagnosed with coeliac disease is by following a strict gluten-free diet, for life. Avoiding gluten will allow your body to repair the damage and alleviate symptoms.

What is Gluten?

Gluten is a protein found in: the cereal's wheat (including spelt, durum and kamut),, rye and barley, oats, and Triticale (wheat/rye mix).



Wheat



Rye



Barley



Oats

There are many processed foods that are gluten free however many processed foods contain hidden sources of gluten. Gluten makes dough elastic, helps it rise and gives the final food a chewy texture.

The most common food products that can contain gluten are anything made with flour like bread, pizza, pasta, or bread items.

The Gluten Free Diet:






It is important that you follow a gluten free diet to –

- Allow your small bowel to heal so you can absorb the nutrients your body needs to be healthy.
- Improve any symptoms such as low energy, poor appetite, weight change, skin problems, abdominal pain or discomfort, altered bowel habits.
- Minimise your risk of future health problems that can be associated with untreated coeliac disease such as osteoporosis, infertility, miscarriage, and some cancers.

Following a gluten free diet is a learning process and mistakes can happen, especially if you have been recently diagnosed. Eating small amounts of gluten can cause damage to your small bowel so it is important you try and minimise accidental exposure/cross contamination.

Naturally Gluten Free Foods:

There is a large variety of food that is naturally gluten-free, so remember to eat more whole, unprocessed foods such as:

 <p>Fruit & vegetables</p>	 <p>Meat/poultry, fish, eggs</p>	 <p>Cheese, milk, yoghurt, cream</p>	 <p>Nuts & seeds</p>	 <p>Fats & oils</p>
<p>Rice, corn, tapioca, buckwheat, and their flours</p>		<p>Herbs & spices</p>		<p>Pulses, legumes, beans, and tofu</p>

Oats and Gluten Free Oats:

Some people with coeliac disease also react to oats, even gluten free oats, because they contain a similar protein (avenin) to gluten. Oats are not considered safe to eat for people with Coeliac Disease. It is best to avoid the use of oats in any gluten free dishes or products.

Be Aware of Cross Contamination:

- Naturally, gluten-free foods can become contaminated with trace amounts of gluten.
- Can occur during food handling, storage, or shared food preparation spaces.

Even small amounts of gluten can sustain intestinal damage.

- As little as 50 mg, or 1/100th slice of bread.



Food & Nutrition Policy

To support those with Coeliac Disease in an Early Childhood Setting

Balanced Diet

- To support and inform parents about healthy food choices when packing lunchboxes.
- Get organised with crafty lunch box ideas so the healthiest option is also the easiest. Where possible avoid purchasing pre-packaged items and opt for naturally gluten free foods such as: vegetables and fruit, meats/poultry (unprocessed), fish, and eggs, cheese, milk, yoghurt, cream, and butter, pulses, legumes, beans, and tofu.
- Introduce your child to eating more whole, unprocessed foods such as those listed above (see Ministry of Health –high risk food guidelines below). Add hummus (GF options avail), cheese or (dairy free cheese substitute), tuna, boiled eggs, bread, or wraps (GF options avail) + salads and deli style meats. You can also make your own sushi and include leftovers from dinner.

Food should only be avoided following recommendation by the child's medical specialist and the provision of documentation supporting this recommendation.

The key to preventing a potentially serious reaction for children with Coeliac disease is avoiding exposure. The greatest risk for such a child is from accidental exposure to gluten.

Risk Minimisation Strategies

Labelling & Sharing

- Bottles, lunchboxes, other utensils and other drinks provided by parents should be clearly labelled with the name of the child for whom they are intended and any special dietary requirements or allergies i.e. Coeliac Safe and GLUTEN FREE OR PEANUT ALLERGY clearly marked on it.
- Sharing food, containers and utensils should not be allowed. This is especially important if food and utensils (e.g., lunchboxes and drink bottles) are brought from home.

Hygienic Preparation

- Alert parents to strategies that the school, pre-school or childcare service has in place, especially the need for their child and staff to not share food.
- Children and staff should be encouraged to wash their hands before and after mealtimes.
- Preschool children with food allergies or Coeliac Disease should have their own placemat provided by the parent to prevent the risk of contamination off the table. Staff ask the child to eat out of their lunchbox or to place their food on the placemat only.
- Bench tops and placemats should be wiped down before and after mealtimes.

Food Preparation and Storage

- Staff who prepare food should be instructed about necessary measures to prevent cross-contamination during handling, preparation and serving of food.
- Educators should be made aware of the risk to an identified child of using allergenic foods in cooking activities.

Labelling & Sharing

- Eating areas and utensils should be thoroughly cleaned with warm soapy water.
- Utensils should be put through a dishwasher cycle if appropriate, to remove traces of potential allergens.

Celebration Food

- Inform parents of children with Coeliac Disease where possible when there are tasks that include gluten-containing products so you can offer an alternative for your child e.g., gluten free food for shared lunch or craft and cooking activities.

Monitoring During Use of Food in Craft & Cooking Activities

- Use of food in crafts, cooking activities and special activities may need to be restricted depending on the allergies of children within your care. Consider an appropriate alternative ingredient that can be used to substitute (e.g., wheat-free flour for playdough or cooking).
- Materials such as cow's milk cartons, egg cartons and cereal and other food boxes should be thoroughly cleaned and free from contamination before using them for art and craft or family play activities.

Staff Education

- Encourage staff including relievers/part time workers to complete the Coeliac NZ –Dining Out Programme Gluten Free Catering training to ensure staff understand the risk minimisation strategies for the Early Childhood Centre.
- Staff will receive upon completion of the training a Coeliac New Zealand: Gluten Free Catering certificate that shows a commitment to the preparation and service of food which meets the needs of children and staff with Coeliac Disease or those following a Gluten Free Diet.
- All staff involved in the preparation of gluten free food must have a good knowledge about the suitability of ingredients, including how to read and understand food labels and ingredients lists (especially when substituting ingredients) to ensure that they are gluten free.
- Coeliac New Zealand can help with training your staff. Contact dop@coeliac.org.nz or healthpromotion@coeliac.org.nz to find out more about how we can help you train your staff to cater gluten free safely
- Key staff as well as casual staff should receive training in anaphylaxis management and emergency treatment. Children with Coeliac Disease are not at risk of anaphylaxis however children with other allergies including some food allergies are.
- Educators need to know the identities of children at risk of anaphylaxis and should be aware of the anaphylaxis management plan at the school, preschool, or childcare service.
- Ongoing training and education for educators about food allergy management, choking hazards, anaphylaxis and use of adrenaline injectors should be available.

TIPS FOR FOOD PREPARATION AND STORAGE

Food Preparation and Storage	Common errors:
<p>Cutting and Slicing: Always use dedicated knives, boards or slices and ensure that they are cleaned thoroughly before preparing gluten free food.</p>	<p>Not cleaning bread boards well enough between uses., Consider having separate chopping boards for gluten free.</p>
<p>Toasting: If you serve both gluten containing and gluten free breads, ideally separate toasters should be used. If this is not possible you can use toaster bags or a clean grill to avoid cross contamination.</p>	<p>Thinking that toast crumbs don't matter: One crumb from gluten containing bread or food can make someone ill, so you need to be extra careful when toasting gluten free bread. Consider having separate toasting bags for gluten free bread.</p>
<p>Oven Baking: If gluten free dishes are cooked in the oven at the same time as gluten containing, ensure that gluten free foods are above gluten containing foods.</p> <p>Where fan ovens are used and foods being cooked are made from ingredients that could circulate in the oven, for example flour or flaky pastry, gluten free foods should be covered or cooked separately to prevent cross-contamination.</p>	<p>Underestimating the impact of cross contamination. Using a baking tray for gluten free food and gluten containing food without cleaning between uses. Placing food containing gluten above food that is gluten free in the oven.</p> <p>If using a BBQ – wrap in foil or use a separate BBQ tray.</p>
<p>Flour in the kitchen: If you are preparing gluten free food, baking or play doh, where wheat flour is also being used, you need to be careful to avoid cross-contamination. TOP TIP: If you are making fresh dough/play doh or baked products using wheat flour, try preparing the gluten free products first in a cleaned down area. You can then make the gluten containing products afterwards when the gluten free products are safely covered and stored away.</p>	<p>Making the gluten free and gluten containing products at the same time on the same surfaces risking cross contamination. Storing the gluten free products under the gluten containing products.</p>
<p>Setting up pantry: Ensure all the ingredients that are gluten free are clearly marked and have safeguards in place so none of it gets contaminated by using same utensils when measuring out ingredients.</p> <p>Store all gluten free products above products that are not gluten free.</p> <p>Regularly decontaminate the pantry to ensure no risk of cross contamination.</p>	<p>Using the same utensils to spoon out gf flour baking soda or baking powder that is used for non-gluten free products.</p> <p>Spilling products that have gluten in them onto products that are gluten free.</p>
<p>High-risk foods as identified in the MOH in their 2020 guidelines are: whole or pieces of nuts, large seeds (like pumpkin or sunflower seeds), crisps or chippies, hard rice crackers, dried fruit, popcorn, marshmallows sausages, saveloys or cheerios are not given to children in any setting unless modified “such as grating” to reduce the risk. Older children (four years and older) may need to be reminded to take small bites and chew well.</p>	

Please see the Ministry of Health. 2020. Reducing food-related choking for babies and young children at early learning services. <https://www.health.govt.nz/publication/reducing-food-related-choking-babies-and-young-children-early-learning-services> or FAQ document attached.



Preparing for Camp

& Overnight School Trips with Coeliac Disease



Living with coeliac disease could prove challenging when cooking foods outside your normal routine.

A child with Coeliac disease going to camp is a great opportunity for them to ask questions and exert their requirements. Here are some ideas to help you prepare for the camping trip so everyone will enjoy it.

Plan ahead:

Communicate in advance with the camp directors. Phone calls create a connection to gauge a camp's willingness and/or ability to handle your child's needs. Also talk to the kitchen supervisor and camp nurse to see if they can meet your child/teenagers needs safely.

Preparing your camp staff:

It's also a good idea to keep a list of questions before you call the camp, this way you won't forget anything. Below is a sample list of questions to get you started:

- Does your camp have a food allergy policy? If so, ask for a copy.
- Do you accommodate gluten-free needs?
- What gluten-free options do you offer?
- How will my child's food be protected from cross-contamination? Seek out information on each step of your camp's food production, from storage, preparation, to serving. Ask are gluten free meals made in a separate area with designated utensils to avoid cross contamination?
- Has anyone in your food-service or department completed a CNZ - Gluten-Free training. dop@coeliac.org.nz
- If camp meals aren't safe for your child, can you send pre-prepared gluten free meals and snacks?
- Is there a safe place to eat, away from gluten?
- Do all kids wash their hands before and after eating to avoid cross contamination?
- I don't want my child to miss out on any of the camp experience. Can I send them with gluten-free alternatives for the camp traditions, like making s'mores?
- Are there other gluten-free campers attending?
- Who should my child speak to if they feel sick or uncomfortable eating the food that is provided?
- If you feel the camp cannot safely accommodate them, send them with all their own meals (this is the least inclusive option) Take what you are used to eating. It is important to remain consistent for people with Coeliac Disease. Label and name each meal/snack with instructions for heating. Don't forget to ask for a section in the fridge above Gluten containing food.



Review with your child how to self-manage: The camper should know the following:

- Safe and unsafe foods
- Ways to avoid exposure to unsafe foods
- Symptoms of being 'glutened'
- How to speak up about a possible reaction or unsafe food situation and when to tell an adult
- How to read a food label (for example sauces they want to add to their meal etc)
- Gluten Free Snack Ideas, as well as for hiking, biking and enjoying the great outdoors to send with the camper:
- Nuts seeds, dried fruit and veges
- Energy bars, GF Granola bars
- Ready made tuna or salmon pouches
- Meat jerky
- Hard boiled eggs
- GF Rice Cakes with your favourite topping (cream cheese, jam)
- GF Smores

Be Aware of Cross Contamination

- While eating gluten is a no no for someone with coeliac disease, eating gluten free food cooked on the bbq or grill that has cooked gluten containing food on it **will cause** cross contamination. Pack your own grill or take tinfoil or your own tray for your food to separate it from gluten containing food. Make sure separate tongs are used on your food.
- Keep all utensils and cutlery separate during preparation and cooking of gluten free food.
- Always use clean surfaces and pots, pans to cook gluten free food.
- Don't fry gluten free food in the same oil as food that contains gluten.
- Don't cook gluten free pasta in the same water as pastas containing gluten.
- If you are making gluten free toast, use a clean grill, pan or toaster bags (these can be purchased from Coeliac NZ). This makes going away camping or to a friend's house easy as you don't need a separate toaster or sandwich maker just your own toaster bag!

*Enjoy your camping experience,
there is nothing else like it!*

Smart Label Reading

for a Gluten Free Diet

Food Standards Australia New Zealand (FSANZ) sets food standard laws in New Zealand, including those covering food labelling.

What Will the Label Say?

Food labelled as gluten free must have:

- No detectable gluten (i.e., less than 3ppm in NZ and Australia)
- No cereals containing gluten that have been malted, or their products
- No oats or their products

Other countries can label their products as 'gluten free' with less than 20ppm, so NZ and Australia have a more stringent criteria for gluten free labelling and safety for those with coeliac disease.

Food labels on packaged foods in New Zealand, including imported products, must list any gluten or ingredient containing gluten.

'Contains gluten' and 'Contains traces of gluten'

Sometimes sources of gluten are not written on an ingredient list, but a label will state 'contains gluten' or 'contains traces of gluten'. These products should be avoided by people with Coeliac Disease.

'May contain traces of gluten'

Warning statements such as 'May contain traces of gluten' are not required by law. The use of unnecessary warning statements on products may result in the food being eaten by someone 'at risk' or in the food being avoided when it may be safe.



The Crossed Grain Logo

Food labels displaying this certified trademark are:

- Tested to have gluten levels of less than three parts per million
- Considered suitable for those with Coeliac disease and on a gluten free diet
- Tested annually and at random by an accredited laboratory
- Approved and licenced by Coeliac New Zealand and Coeliac Australia. This applies to foods manufactured in NZ and Australia.



CERT TM

Foods labelled with the Crossed Grain logo but not labelled as gluten free are still safe to eat – the difference is international vs local regulations.

Reading the label to understand the healthiness of a product and whether it contains gluten

NUTRITIONAL INFORMATION (Example)			
Serving Size: 45g			
Servings per package: 10			
Energy (cal)	743	% RDI/per serving	1650kj
Protein (g)	3.8		8.5g
Fat, total (g)	4.3		9.6g
- saturated (g)	1.3		2.8g
Carbohydrates (g)	29.2		64.8g
- sugars	8.7		19.3g
Dietary Fibre (g)	2.7		6.1mg
Sodium (mg)	87		192mg
Vitamin E (mg)	2.5	25%	5.6mg
Folate (ug)	50	25%	111ug

SUGAR
Keep it under 10 grams (per 100 grams)

FAT
Keep it under 10 grams (per 100 grams)

*Recommended daily intake.

Ingredients: Cereals, wholegrains (oats, barley, wheat), sugar, spelt, fruit, coconut, golden syrup, potato starch, maltodextrin, salt, gluten (wheat), barley malt extract, thickener [1400] [150a, 150b, 150c, 150d], vitamins (vitamin E, folate, thiamine), minerals (iron, calcium)

Ingredients: food ingredients including food additives, are listed in descending order of weight. The use of any ingredient containing wheat, rye, barley and oats must be stated under FSANZ regulations.

Additive codes: Thickeners (modified starches) made from wheat and raising agents made with wheat starch **are not** gluten free. Additive 1400, dextrin roasted starch, is made from wheat. Other thickeners, 1401 to 1450, made from maize, tapioca or potato starch, **are** gluten free.

Safe additives: Sweeteners such as caramel, dextrose, glucose, glucose syrup and maltodextrin are such highly processed and purified ingredients that the source of the starch does not matter. Even when made from wheat they are always gluten free due to extensive processing.

Certain foods are exempt from the full labelling requirements, including small food packets (e.g., chewing gum), alcoholic beverages, herbs, spices, tea, coffee, and mineral water, unless a nutrition claim is made about these foods (Food Standards Australia New Zealand, 2003).

Foods which are unpackaged, natural, whole, or cut fresh, like fruit, vegetables and meat in transparent packaging, ready-to-eat, sold at fundraising events, made and packaged where sold do not require labelling. These are gluten free.

Other ways to make healthier food choices?

The FoodSwitch application (app), was developed by The George Institute for Global Health at the University of Sydney, in partnership with Bupa Australia. It is a smartphone app that allows consumers to scan the barcode of a packaged food product using the in-phone camera.

What does the app do?

This app allows you to search and compare nutritional information on food products. By scanning the barcode of a food label, you get easy-to-interpret nutritional information presented using colour-coded, traffic light labels of red, amber and green. You get immediate suggestions for healthier alternative foods or products.

The app has 3 main selections – Foodswitch, SaltSwitch and the one very important for those who are Coeliac is GlutenSwitch.

- **Foodswitch** is handy for any shopper, as it compares products based on energy, fat, saturated fat, sugar and salt content.
- **SaltSwitch** is useful if you are on a salt-restricted diet, eg, if you have high blood pressure or kidney disease. The app tries to identify similar products with a healthier profile and less salt.
- **GlutenSwitch** is useful if you are looking for gluten-free products. The app tries to identify similar products that are reported as gluten free.

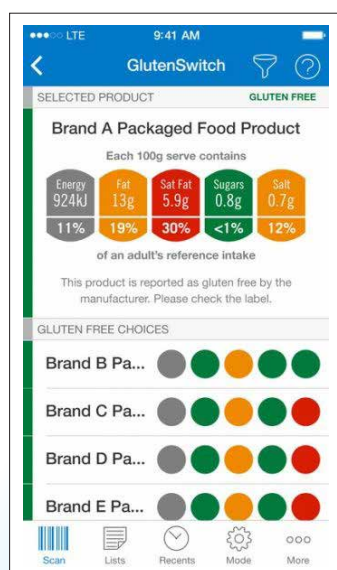


Figure 1: Example of FoodSwitch app nutritional information

Health Star Rating System:

In 2012 the NZ Front of Packet Labelling Advisory Group developed a system to meaningfully rank products according to 'healthfulness'. The NZ government adopted this system in 2015.

The system is expected to help consumers evaluate the nutritional value of a food item and enable the selection of healthier food choices. The Health Star Rating System uses a combination of the following elements: a graphic rating of ½ to 5 stars, nutritional information icons for energy (kJ), saturated fat (g), sugars (g), sodium (mg), and one additional 'positive' nutrient such as calcium or fibre.

The Health Star Rating graphic (Figure 2) provides nutrition information in an identical manner to the Australian Health Star system. As some products may not be able to display the full label due to pack or label size, these products will report Star Rating information in modified formats.

Figure 2: Example of the Health Star Rating graphic, reproduced with permissions from the Ministry of Primary Industries.



Effective Differentiation

- catering to the special requirements for those with coeliac disease in the school environment

Gluten Free School Environment

When caring for a child with coeliac disease, you require vigilance to keep them safe when food is present, 7 days a week, 365 days a year. Additionally, once you are a coeliac, you are a coeliac for life. Within the school environment there is food, whether its preschool, day-care, primary, intermediate, high school or university. Maintaining a positive relationship with the school is essential regardless of age to keep them safe from gluten exposure.

THE SUPPORT AND MANAGEMENT YOU REQUIRE TO KEEP YOUR CHILD GLUTEN-FREE

Primary School

- If your child is newly diagnosed with coeliac disease ask your GP, paediatrician, or gastroenterologist for a letter confirming your child's medical diagnosis including how it impacts your child's life and health should cross contamination from gluten occur on a regular basis. (Make sure it states that CD is a lifelong disease, so you don't need a new letter each year)
- Discuss a healthcare plan with the school administration team including school nurse, principal, head of food service/food tech and teacher.
- The treatment for coeliac disease is 'gluten free for life'. Gluten is found in wheat, rye, barley, oats, and many processed foods that contain hidden gluten and must be eliminated from the diet

The Classroom / Curriculum

- Work with teacher to eliminate the gluten-containing educational tools, art and craft projects and incentives.
- Do they cook at school? If so, the food tech teacher needs to know that your child is Coeliac and is gluten free.
- Informed with 48hrs notice of field trips that may affect your child so you can assist or advice on modifications required for him/her to participate

Art

- Is paper mache used? Most paper mache recipes contain wheat flour. (Rice flour or any GF flour mix can be substituted).
- Playdoh – has wheat flour as a main ingredient. (use cornflour or rice flour to substitute to a GF option).
- Gluten cannot be absorbed through the skin so as long as the coeliac child is not ingesting the food-based art. However, they must wash their hands thoroughly afterwards with soap and water.
- Ask for monitoring during crafts/activities involving gluten for example, play-doh, face paint, paper mache, and pasta and cereal crafts so gluten is not ingested.
- Ask the school to inform you where possible when there are tasks that include gluten-containing products so you can offer an alternative for your child e.g. (bring gluten free playdoh and GF pasta for crafts)
- Your child needs to wash their hands before meals and after crafts.

Lunch & Tuck Shop

- Invest in a lunchbox with compartments, so your child can eat directly from his/her lunchbox.
- Provide a special placemat and ask your child to place his/her food only on the mat.
- Ask questions:
 - Where is lunch held?
 - Are there any gluten free foods offered by the school?
 - If students eat at their desk/tables, are they cleaned after morning tea and lunch?

High School

High school is often a time when students become most concerned with fitting in. Eating foods that are the 'same' at lunch as their peers is important for students with coeliac disease.

Being able to identify gluten free options and being able to read food labels is important as your child is more independent and sometimes purchasing their own food, rather than just having a safe lunchbox you have provided. They need to be able to do this to learn to ask questions and exert their requirements.

University / Institutes of Technology & Coeliac Disease:

Beginning university or living away from home, is a vast change for anyone, so having coeliac disease on top of that makes things a little more challenging.

Depending on which university you go to, the food service options will differ.

Asking questions:

- Find out the living options.
- Provide a letter describing coeliac disease, and the dietary limitations so that they can be placed in a living situation that provides a kitchen/kitchenette near their dorm room.
- Are microwaves and refrigerators/toasters allowed in the dorm rooms?
- Set up an appointment for you and the head of the food service for the day of arrival on campus. This allows you to have contact and early communication with the person(s) you will be in contact with for their dietary needs over the next few years.
- Will they provide a list of all the food they offer, for example – chicken coated with food starch that isn't gluten free, or Asian foods containing soya sauce that contains gluten are commonly provided in residence situations. If you know in advance you can work with the food service to provide an alternative for you.
- Is there a dietician affiliated with the food service department or school that might help address student needs?
- If the student with coeliac disease gets sick, know where the closest student health centre is and check medications offered are gluten free. The pharmacist is usually the best person to check your medication is a gluten free option.
- Remember: Particularly in the early years you are your child's advocate, and a successful advocate encourages healthy change.

How to Prevent Cross Contamination

What is Cross Contamination?

This occurs when gluten free foods get contaminated by gluten-containing foods or by things that have come into contact with gluten.

This most commonly occurs with:

- hands, clothing, aprons, gloves
- toasters, grills, pans, pots
- chopping boards, work surfaces, benches, cleaning cloths, tea towels
- knives, cutlery, serving spoons and tongs
- butter, margarine, jam, honey, chutney and mustard pots
- oils used for frying gluten-containing food

No Level of Gluten is Regarded as Safe

Even small amounts of gluten can sustain intestinal damage.

- As little as 50 mg, or 1/100th slice of bread.
- Naturally gluten-free foods can become contaminated with trace amounts of gluten.
- Can occur during food handling, storage, or shared food preparation spaces.

The key to preventing a potentially serious reaction for children with Coeliac. The greatest risk for such a child is from accidental exposure.

Tips for Food Preparation and Storage

FOOD PREPARATION AND STORAGE	COMMON ERRORS:
Cutting and Slicing: Always use dedicated knives, boards or slicers and ensure that they are cleaned thoroughly before preparing gluten free food.	Not cleaning bread boards well enough between uses., Consider having separate chopping boards for gluten free.
Toasting: If you serve both gluten containing and gluten free breads, ideally separate toasters should be used. If this is not possible you can use toaster bags or a clean grill to avoid cross contamination.	Thinking that toast crumbs don't matter: One crumb from gluten containing bread or food can make someone ill, so you need to be extra careful when toasting gluten free bread. Consider having separate toasting bags for gluten free bread.
Oven Baking: If gluten free dishes are cooked in the oven at the same time as gluten containing, ensure that gluten free foods are above gluten containing foods. Where fan ovens are used and foods being cooked are made from ingredients that could circulate in the oven, for example flour or flaky pastry, gluten free foods should be covered or cooked separately to prevent cross-contamination.	Underestimating the impact of cross contamination. Using a baking tray for gluten free food and gluten containing food without cleaning between uses. Placing food containing gluten above food that is gluten free in the oven. If using a BBQ - wrap in foil or use a separate BBQ tray

RISK MINIMISATION STRATEGIES

Labelling & Sharing

- Bottles, lunchboxes, other utensils and other drinks provided by parents should be clearly labelled with the name of the child for whom they are intended and any special dietary requirements. Coeliac Safe and GLUTEN FREE clearly marked on it.
- Sharing food, containers and utensils should not be allowed. This is especially important if food and utensils (e.g., lunchboxes and drink bottles) are brought from home.

Hygienic Preparation

- Alert parents to strategies that the school, pre-school or childcare service has in place, especially the need for their child and staff to not share food.
- Children and staff should be encouraged to wash their hands before and after mealtimes.
- Preschool children with food allergies or Coeliac Disease should have their own placemat provided by the parent to prevent the risk of contamination off the table. Staff ask the child to eat out of their lunchbox or to place their food on the placemat only.
- Bench tops and placemats should be wiped down before and after mealtimes.

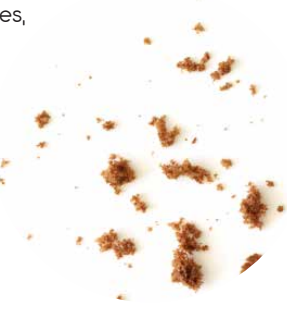
Food Preparation and Storage

- Staff who prepare food should be instructed about necessary measures to prevent cross-contamination during handling, preparation and serving of food.
- Educators should be made aware of the risk to an identified child of using allergenic foods in cooking activities.
- Eating areas and utensils should be thoroughly cleaned with warm soapy water. Utensils should be put through a dishwasher cycle if appropriate, to remove traces of potential allergens.

FOOD PREPARATION AND STORAGE	COMMON ERRORS:
<p>Flour in the kitchen</p> <p>If you are preparing gluten free food, baking or play doh, where wheat flour is also being used, you need to be careful to avoid cross-contamination. Top Tip: If you are making fresh dough/play doh or baked products using wheat flour, try preparing the gluten free products first in a cleaned down area.</p> <p>You can then make the gluten containing products afterwards when the gluten free products are safely covered and stored away.</p>	<p>Making the gluten free and gluten containing products at the same time on the same surfaces risking cross contamination.</p> <p>Storing the gluten free products under the gluten containing products increases risk.</p>
<p>Setting up pantry</p> <p>Ensure all the ingredients that are gluten free are clearly marked and have safeguards in place so none of it gets contaminated by using same utensils when measuring out ingredients.</p> <p>Store all gluten free products above products that are not gluten free.</p> <p>Regularly decontaminate the pantry to ensure no risk of cross contamination.</p>	<p>Using the same utensils to spoon out gf flour baking soda or baking powder that is used for non-gluten free products.</p> <p>Spilling products that have gluten in them onto products that are gluten free.</p>

Sources of Trace Exposure in the Home

- Preparation surfaces, equipment, cutting boards
- Toasters,
- Pantry crumbs, floury surfaces,
- Shared condiments e.g., butter and spreads,
- Gluten-free foods storage with gluten-containing foods,
- Shared platters,
- Home cooking: mixed frying/grilling, added ingredients
- (e.g., stock powder, soy sauce, malt vinegar, recipe base mixes).



Sources of Trace Exposure When Eating Out

- Surface cross-contamination,
- Food handling (e.g. gloves, tongs, hands),
- Deep fryers if used to cook wheat-battered
- foods, toasters, sandwich press,
- Storage (e.g. bakery display cabinets),
- Ingredient not listed (e.g. sauces, salad
- dressings, stock powder, soy sauce),



Dining Out Programme Training (DOP)

The Dining Out Programme (DOP) is a training and gluten free accreditation programme for the hospitality and catering industry to ensure gluten free food is produced and served safely for coeliac diners.

Many New Zealand food businesses now offer gluten free (GF) options, but research by Coeliac New Zealand (CNZ) has found that huge differences in GF practice within the hospitality industry has resulted in coeliac consumers not being able to trust a GF label alone. The DOP provides education, training and support for the catering industry on GF best practice and an extra level of assurance for the GF customer that the business is endorsed by CNZ and has passed an independent audit.



We already have a great Dining Out Programme for hospitality, and we hope to provide the individual training component of that to those studying in the hospitality & food industry via training institutions and schools, as well as individuals and their families with CD. Or if you are a cafe, restaurant, marae, clubs, faith-based organisations, or in the hospitality industry and would like to upskill and complete CNZ Dining Out Programme (DOP) training and/or accreditation:

Contact us today to discuss registration:
dop@coeliac.org.nz
 or 09 414 7467

[Download the DOP Application Form](#)



Coeliac Safe Lunchbox

What's in the Lunchbox?

Get organised with crafty GF lunch box ideas so the healthiest option is also the easiest. Where possible purchase most of your foods that do not come in packets. Do not forget there is a large variety of food that is naturally gluten-free, and to introduce your child to eating more whole, unprocessed foods such as:

- Fresh fruit (see high risk food guidelines below)
- Fresh vegies and add GF hummus. (see high risk food guidelines below)
- Cheese or (dairy free cheese substitute)
- Tuna
- Boiled eggs
- GF bread or wraps + salads and deli style meats
- Make your own sushi
- Include leftovers from dinner i.e. GF pasta, rice
- Most fresh meat is GF anyway unless it has added marinades, and sauces etc

High Risk Foods:

As identified in the MOH in their 2020 guidelines are: whole or pieces of nuts, large seeds (like pumpkin or sunflower seeds), crisps or chippies, hard rice crackers, dried fruit, popcorn, marshmallows sausages, saveloys or cheerios' are not given to children in any setting unless modified "such as grating" to reduce the risk. Older children (four years and older) may need to be reminded to take small bites and chew well.

Please see the Ministry of Health. 2020. *Reducing food-related choking for babies and young children at early learning services.* <https://www.health.govt.nz/publication/reducing-food-related-choking-babies-and-young-children-early-learning-services> or FAQ document attached



Spread the Word Not the Germs

CALL FOR VOLUNTEERS – WE NEED YOU

Coeliac New Zealand Inc members are located around the whole of the country and to help us support our members we are looking for a coordinators and others to support in your area!

WHAT'S INVOLVED

- *Spread the word.* Share our information, and toolkits with friends, family, early childhood education centres, schools, and workplaces and the local community to raise awareness and understanding of coeliac disease.
- Share information with members of Coeliac New Zealand
- Support others with coeliac disease

If you have some knowledge of coeliac disease, great communication skills and willingness to share info with our members in your community *get in touch* admin@coeliac.org.nz or visit our website www.coeliac.org.nz

If you have any questions or want to know more contact our Health Promotion Manager
Email: healthpromotion@coeliac.org.nz or phone Lisa: 027357110



Become a Coeliac New Zealand Youth Advocate

The youth advocacy group is a collaborative approach that promotes innovation and opportunities for provision of a healthy school environment for students with Coeliac Disease.

What's Involved?

- Are you aged 16+
- Represent your region within New Zealand
- Able to meet via zoom once per month
- Gain support from others with coeliac disease
- Share experiences
- Learn to advocate for your own and others with Coeliac Disease requirements and needs
- Identify the problems and challenges to address
- Raise awareness within your school community about CD and its impact on your life
- Utilise social media avenues
- Increase education of the food service providers within your school community
- Encourage healthy change for students with Coeliac Disease (for example, gluten free food available in you school or university cafeteria that is safe for someone with CD)
- Develop possible solutions
- Understand member and public attitudes
- Respect and value other people's views

WHAT SORT OF THINGS CAN YOUTH ADVOCACY TEAMS DO!

Tools to implement and advance a student-centred agenda.

- Make the most of collective bargaining power

Real Stories – Real People

- Collect stories from students with Coeliac Disease to show the issues and then the possibilities for change

Assess

- Bring together your team
- Conduct a SWOT analysis
- Understand member and public attitudes

1. BRING TOGETHER YOUR TEAM

Aim to establish an initial group to engage others in the advocacy effort. Target initially one teenage/student member from each region within NZ to form your ACTION TEAM.

Keep governance –Coeliac NZ involved and informed: These leaders will bring valuable insight and contacts. Recruit them early on to support your work. Discuss the problem(s) you are tackling, get their input, ask them to champion your work, and discuss the roles they can play in advancing the solutions. Throughout the process keep them informed and engaged to ensure success.

Identify a 'Leader' to help manage the process. With support from your team, this person will:

- Set agendas
- Arrange to keep minutes
- Follow-up with individuals on assigned tasks
- Share information with the group

Establish roles:

2. DEFINE POSSIBLE SOLUTIONS

You will probably identify more problems than you can take on at one time. Don't try to solve every problem. Your team can prioritise which issues are the most important.

3. UNDERSTAND MEMBER AND PUBLIC ATTITUDES

Collect data on the views of key stakeholders (student with CD, school families, and members of the broader community that are essential players in advocating for better schools) about the priorities and possible solutions you hope to address.

There are several ways to collect this data:

- » Surveys
- » Small group discussions, such as PTAs
- » Community forums/events

4. CONDUCT A SWOT (STRENGTHS, WEAKNESSES, OPPORTUNITIES AND THREATS) ANALYSIS

A swot (strengths, weaknesses, opportunities and threats) analysis is a technique used to define your Strengths, Weaknesses, Opportunities and Threats (SWOT) facing your coeliac student community.

SWOT EXAMPLE	
STRENGTHS	WEAKNESSES
<ul style="list-style-type: none">• Membership database• CNZ support• School mandate to differentiate learning and support	<ul style="list-style-type: none">• Schools' system• Teenagers not currently engaged as members
OPPORTUNITIES	THREATS
<ul style="list-style-type: none">• Gain support from others with coeliac disease• Share experiences• Raise awareness within your school community about CD and its impact on your life• Utilise social media avenues• Increase education of the food service providers	<ul style="list-style-type: none">• Lack of support within the school governance• Team members that do not understand the role of advocacy for others and change

Plan

- Set specific, measurable, and achievable goals
- Send a copy of your plan to CNZ Health Promotion Manager
- Launch your Coeliac NZ Youth Advocacy Team: Target your audiences
- Establish functional supports
- Engage others in your school community for example, create a Facebook page (invite others to join, high school/uni students with coeliac disease wanting to get involved 'JOIN')
- Post on community forums i.e., Coeliac Disease Facebook page, Instagram
- In the future set up regional youth advocacy/support groups

Evaluate

- Evaluate your plan

REGISTER YOUR INTEREST: to Lisa Jury, Health Promotion Manager

Email: healthpromotion@coeliac.org.nz

Full name:

Age:

School:

Region:

Why would you like to be part of the Coeliac NZ Youth Advocacy Group?

Building Resilience

Learning to Cope with the Diagnosis of Coeliac Disease

Building Resilience

Being diagnosed with a chronic illness like coeliac disease can affect a person psychologically. The degree of impact is dependent on the person's history, environment, personality, and resilience.

When a person is first diagnosed, they may feel they are on a roller coaster of emotions – feeling several emotions like the stages of grief – denial, disbelief, and shock. Sadness and depression are common emotions when they realise the changes they are going to have to make. Others may feel guilt, wondering if they could have done something to prevent the illness or even anger that they made poor choices, knowingly.

Staying optimistic

Staying optimistic about having coeliac disease can be hard at first, when food is a part of our daily life and you are now having to think about removing some of your favourite foods from your diet, worrying about the additional cost or feeling anxious about eating out. Research shows that many people with coeliac develop anxiety around food and social situations, so it is important that we learn how to build resiliency and learn self-management techniques when adapting to a coeliac lifestyle.

Most people go through these types of emotions and go through a similar process of making sense of it all. Being mindful about how you are feeling and doing something about it like call a friend or family member if you are feeling angry or frustrated. Seeking support from those who care about you including health professionals or someone in the coeliac community to get support will help strengthen resilience.

How we view adversity and stress strongly affects our ability to adapt, and this is one of the most significant reasons that having a resilient mindset is so important. Resilience (or resiliency) is our ability to adapt and bounce back when things don't go as planned.

Support structures play an important role on a person's ability to cope, however a person will tend to go through various stages of dealing with the condition before they are able to adjust to the realities of living with coeliac disease.



Emotional Awareness

Emotional Awareness is about responding to the challenges of having coeliac disease with positive action, an awareness and understanding about what you're feeling (grief, anger, anxiety, guilt) so that instead of ignoring and avoiding the feelings that we take steps to remodel what is before us. Making even slight changes to improve and manage your health contributes to building your resilience. In your own time you will learn what coping strategies are right for you and this will help you increase resilience.

When you take care of your mind and body, you are better able to cope effectively with challenges or setbacks. Start by developing a good sleep routine and try to incorporate both regular physical exercise and relaxation techniques, such as meditation or breathing into your daily life.

Communicating Effectively With Family, Friends and Health Professionals

Good communication is important in all kinds of relationships. It is especially needed when we are managing a chronic health condition, where we seek information about the condition, keep others informed about our health, and to help others understand how they can help.

- Telling our family, friends and health care providers how we feel, think, and what we need, helps them help us
- Saying things in a different way makes it easier for someone to listen "use I messages"

Talking with your health care provider is very important. Talk to friends and family or see a health professional if you are having difficulty facing a particular challenge in your diagnosis journey and learn how to reframe disappointments or setbacks into more optimistic thinking. It's ok to ask for help.

If you or someone you care about is struggling with the diagnosis of coeliac disease and need a bit of extra help, don't hesitate to contact a professional:

- Your GP or family doctor
- Free text or call '1737' to talk/text with a counsellor (available 24/7)
- Lifeline (0800 543 354) to speak with a counsellor (available 24/7)