



Dear _____ and Grade ____ Teachers,

My child _____ is very excited to be in your class this year.

I am writing to let you know of a medical condition that _____ has. *She/he* has **gluten sensitivity and requires a gluten-free diet for medical reasons**. You may be familiar with this condition, but just in case, let me briefly explain. _____ cannot eat food that contains gluten, which is found in **wheat** (traditional flour), most **oats** (except that are certified gluten-free), **barley** and **rye**. Additionally, *she/he* cannot have any foods that are made from or derived from the above such as malt vinegar or soy sauce.

Gluten sensitivity is not a traditional allergy. Therefore, if there is an accidental exposure to gluten, *she/he* may become ill, but it will not be an immediate medical emergency (not anaphylactic shock). I want to make you aware of my child's condition 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. If flour or pasta is used in a class project or lesson, it may also need to be avoided. *She/he* is very aware of *her/his* diet and knowledgeable about ingredients.

If there is going to be outside food in the classroom, or if there is an assignment related to preparing food, we would greatly appreciate if you would let us know in advance and we can bring a similar item that is gluten-free for _____ or make some other accommodations. We would be happy to provide a container of 'treats' (gluten-free cookies, gluten-free pretzels, etc) 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.

_____ is perfectly healthy and happy and we do not anticipate this will affect *her/his* schoolwork or class participation in anyway. Thank you in advance for your awareness of and sensitivity to _____'s need for a gluten-free diet. I hope this explanation has been clear, however if you have any questions whatsoever, please feel free to contact me at anytime. I can be reached at (*mobile*) and (*email*).

Kind Regards,

Parent of _____

Resources:

For more information on gluten sensitivity and the gluten-free diet, please visit the International Gluten Free website at www.InternationalGlutenFree.com