



School Planning Strategies

Grade Level	Strategies
Pre school	<ul style="list-style-type: none"> • provide pre-wrapped snacks • provide an frozen meal for emergencies • provide cafeteria staff with list of safe foods • make sure the student has access to wash hands with soap and water rather than just a hand sanitizer • only one way share rule
Grade school	<ul style="list-style-type: none"> • create a snack box with your child • make cupcakes to be kept in the freezer for unexpected celebrations • provide an frozen meal for emergencies • work with cafeteria staff to provide gluten free versions of the usual cafeteria offerings GF chicken nuggets, pizza • check with teachers on a routine basis for upcoming events that may involve food or snacks • make sure the student has access to wash hands with soap and water rather than just a hand sanitizer • only one way share rule
Middle and High School	<ul style="list-style-type: none"> • research cafeteria for naturally gluten free offerings such as grilled chicken, tacos • make arrangements with local caf��s, diner etc where kids tend to gather, to carry at least a few either naturally gluten free items or prepared gluten free items
College	<ul style="list-style-type: none"> • contact the director of dining services *check for gluten free meal plan *schedule an appointment with the director for when you are visiting the school *schedule a tour of the dining hall that will be providing your meals • check to see if apartment style rooms are available • locate local markets and restaurants that provide gluten free options