

Tips for your tuckshop when considering students with coeliac disease

These helpful hints may be useful when considering students with coeliac disease:

- Most drinks are already gluten free (check ingredient labels).
- Unprocessed fruit and vegetables are naturally gluten free and are healthy choices. Vegetables can be used in a gluten free salad (ensure the dressing is gluten free).
- Many dairy items such as custard cups, yoghurts and cheese sticks may be gluten free (ensure you read the label as ingredients vary between brands).
- Gluten free sandwich options can be offered by substituting wheat bread for gluten free bread or rice cakes.
- When using stocks and sauces (for example when cooking savoury mince or fried rice), use a gluten free option so all children can enjoy.
- Ensure all tuckshop staff and volunteers are aware of the importance of avoiding cross-contamination in the preparation of food.

For more information on catering for students with coeliac disease visit www.coeliac.org.au/qld

For further information contact:

Coeliac Queensland
PO Box 3455
NEWMARKET QLD 4051
1300 458 836
www.coeliac.org.au/qld
qld@coeliac.org.au



Coeliac Queensland is not a medical organisation.
Persons reading this material should not act solely on it.
The advice of a medical practitioner should always be obtained.