



Upcoming events:

- Celkids OK picnic and park day : September 2, 2006
- Oklahoma Celiac Support group meeting: September 12, 2006

Volume 1, Issue 1

August 2006

Contact: Joey Rodman
Joey.Rodman@gmail.com
405-286-2899

The Oklahoma CelKids news!

Back to school tips

School starts again very soon, and I can almost hear all of you cringing at the thought. Summer was too short this year for the kids, and too long for the parents. It's funny how as we get older we see things differently.

For kids the beginning of school is sometimes a bitter-sweet event, being in a new grade with a new teacher, learning new things, it's exciting, but for a kid with Celiac it can also be scary and just plain stressful.

It's important to have some adults on their side. Here are a few "get ready for school" tips that I hope will help both parents and kids.

It's important to talk to the principal, teachers and school nurse before school starts.

Fall Fun!

We are having a picnic and park day September 2nd at Southlakes Park in Oklahoma City, it's at SW 119th and Meridian. We will meet there at noon. Please bring your own picnic lunch and come dressed to play.

Tips for Parents:

- Come prepared to answer questions, make sure you have enough time to cover everything, even if you are going to the same school with the same staff it pays to cover all your bases every year.
- Bring printed information for the school to keep on file, there are great form letters at www.csaceliacs.com on the "kids" section, print out one for the principal, the teacher, the school nurse, and the cafeteria manager.
- Make sure the school knows that they can call you with questions, offer to bring some gluten free snacks for your kids and let them know to call ahead before doing any "food activities" so that you can make sure your child isn't left out.
- Remember that Celiac disease is covered both under the American's with Disabilities act, and the "no child left behind" law, the school must make reasonable accommodations for your child.

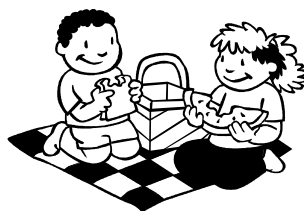
Tips for Kids :

- You might want to bring your lunch to school, make sure that the table is clean before you get your gluten free food out, crumbs of unknown substance are a Celiac's enemy! Bring a variety of foods, it's okay not to have a sandwich everyday, bring food you like to eat, make sure if it needs to be microwaved to let your teacher know so she can let you go to lunch early.
- Don't eat anything unless you check the ingredients first, it's not okay to assume, we need to check every time in case the ingredients changed.
- Don't be afraid to ask for help, or for special treatment, sometimes you have to do what it takes to stay healthy.
- Sometimes your friends or classmates won't understand why you can't eat what they do. Once people understand that you eat gluten free to stay healthy, they are almost always willing to help.

The park has playgrounds, swings, room to run, and picnic tables, although some of us might just bring a blanket and eat on the ground.

It's probably going to be pretty hot so don't forget to bring plenty of water to drink.

Don't forget the sun block!



In the kitchen

Cross contamination, usually when we hear these words we think of food poisoning, but it's also something to pay attention to when cooking gluten free foods in a non-gluten free kitchen.

Even a crumb of gluten can make someone with celiac sick, whether they have symptoms or not the damage is still there.

My whole kitchen is gluten free, but for some other families that's just not an option.

Things to keep in mind:

- Don't share mixing spoons between gluten free dishes and gluten full dishes, if for example you are cooking spaghetti with regular noo-

dles and gluten free noodles, use separate spoons to stir the noodles, and strain the gluten free noodles first, so that there isn't gluten residue in the colander.

- Wash your hands between touching gluten and gluten free food. Alcohol sanitizer isn't enough since gluten isn't a germ you can't kill it, you have to physically remove the gluten from your hands, 45 seconds of scrubbing with soap and water should do the trick.
- Keep community foods separate and marked. Things like peanut butter, margarine, jelly, and mayo are what I call "crumb catchers" make sure that you have dedicated jars and

tubs of community foods, so that there isn't a chance of "crumb contamination" Mark them on the lid with a marker "GF" so that everyone in the house knows which ones are "crumb safe" and which ones aren't.

A lot of people get special "gluten free" dishes, to further combat cross contamination, and it's not a bad idea, although some people don't think it's necessary. At the very least I recommend a new toaster, you can buy one at the store for less than \$10 and it saves a lot of time and worry knowing that the good gluten free bread you bought isn't getting contaminated when you toast it. I would also recommend a new colander for gluten free noodles only.

Gluten free school supplies

When shopping for school supplies sometimes it's hard to verify the gluten free status because non-food items don't have ingredient statements a lot of the time. I have called companies to check things out for you! (aren't I so nice?) So here is the current (as of July) list.

Elmer's Glue -All products except Elmer's finger paints are GF. These include Tempera paints, watercolors, glues, glue sticks, crayon sticks, squeeze and brush paints, and glitter paints.

Roseart-

All products are GF except Roseart fun dough and modeling clay. (Their stickers are GF!)

Crayola/Binney and Smith-

All products are GF except for Crayola Dough.

GF products include: Silly Putty, ColorWonder Finger-paints, Paints, Crayons, pencils, Markers, Modeling Clay, Glue, Glitter Glue, and Chalk.

Cool Stuff

(gluten free need to knows)

Do you miss really good mac and cheese? Guess what? The Kraft cheese sauce (powdered cheese) is gluten free. The coolest thing is you can just buy the powder! I have found it at Walmart and also at Albertsons, it's on the isle with the shelf stable cheeses (like the parmesan that you sprinkle on spaghetti) it's in a small blue can and says it's for

popcorn, but I called Kraft and it's the same stuff that comes in the box. It's about \$2 for the can and it makes about 2 big batches of mac and cheese. I like to use the Tinkyada brand of gluten free elbow noodles, they are not mushy like most gluten free noodles, and my friends who are not gluten free can't tell the difference.

You can call your local store to see if they stock it, or you can call Kraft directly to find out if it's in a store in your area, if it's not Kraft will let you order it directly from them. Helpful Hint: Mac and cheese actually freezes better than you might think, go ahead and freeze a serving or two for later, reheat it thawed with a few drops of milk to add moisture.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.