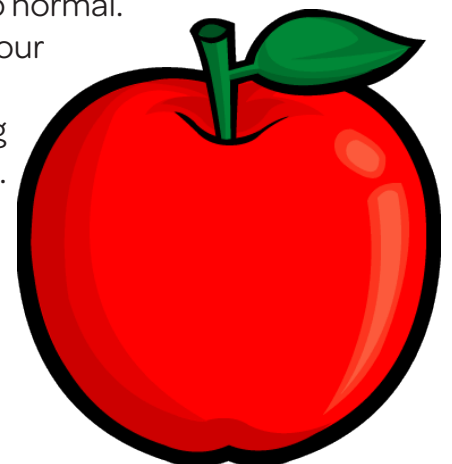


**Back to
School
Gluten
Free!**



**Back to school time is hectic for most households!
As a parent of a child with coeliac disease, we know just
how stressful it can be particularly if your child is
starting school/pre-school for the first time.
We've teamed up with Aldi to make things a little easier
with some top tips plus tasty gluten free lunch ideas!**

- Make sure the school staff is aware of your child's diagnosis. The Coeliac Society has a letter which you can give to your child's teacher explaining the basics of the disease plus tips on avoiding cross contamination. Email info@coeliac.ie for a copy to be sent to you.
- Remind your child not to share lunches. Even if foods in their friend's lunchboxes look similar, the gluten free status of brands can differ.
- On special occasions such as the last day of term, a teacher may give children treats. Have a chat with your child's teacher and let him/her know which treats are suitable for your child, ensuring they won't feel left out.
- Empower your child by helping them to understand and explain their disease. The Society has lots of information on their site to help.
- A hearty bowl of gluten free porridge may seem like a great breakfast. For coeliac children, it is recommended to avoid gluten free oats after diagnosis until Ttg levels return to normal. Have a chat with your health care team before introducing oats to child's diet.



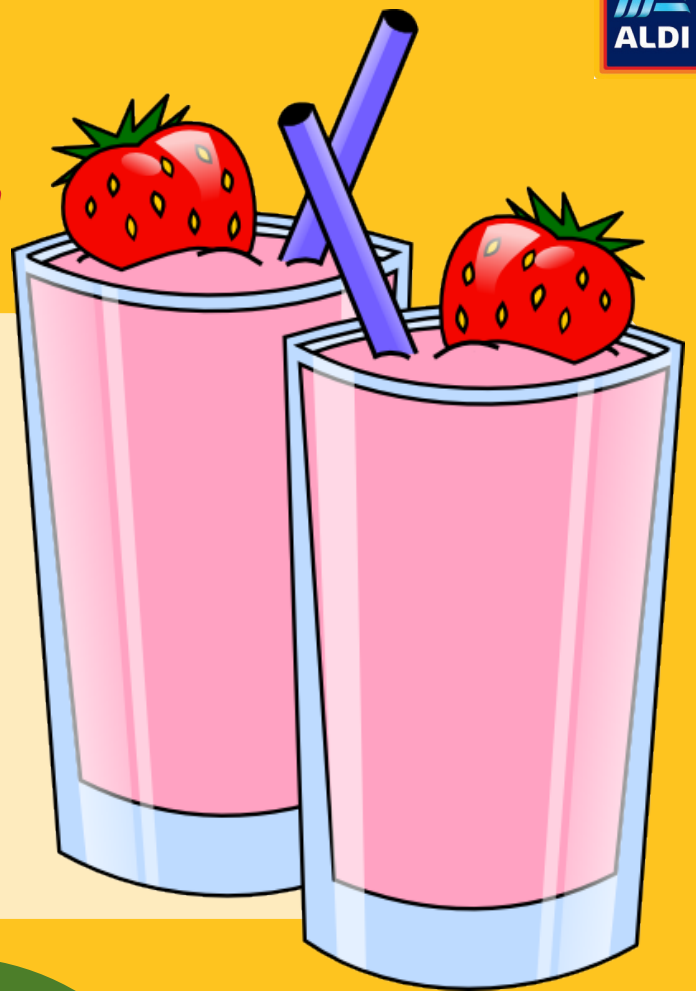
Kick start school mornings with a berry filled smoothie!

Ingredients

2 Bananas
125g Raspberries
50g Blueberries
3 tps Honey
235ml Apple Juice
5 ice cubes
A pinch of Ground Cinnamon*

METHOD:

Chop up all of the fruit, then place in a blender with all the other ingredients.
Blend until smooth and serve immediately.



Lunch Ideas!

The Foodie Market
Wholegrain Roll
with Chicken
& Tomato

Harvest Morn Linseed,
Sesame, Blueberries
and Raspberries

Free From
Gluten Free
Fusilli Pasta with
Tuna & Sweetcorn
Fruit Salad

Asia Specialities
Vermicelli Rice
Noodles with ribbons
of carrot & cucumber.
Add a squeeze of
lime for extra zest!
Chopped boiled egg



TOP TIP!

Use leftover chicken or other meats from a Sunday roast for Monday lunch. Add to gluten free pasta/bread or a salad for a filling, tasty lunch.