

Dear _____,

These books are being sent to you as a donation from _____.

On behalf of all your students who require a gluten free diet (or any special diet), I would like to thank you for accepting these books and for sharing them with your staff: school nurses who know which classrooms to direct this resource, classroom teachers and cafeteria workers who require an understanding of this strict diet, and classrooms, in order to help increase empathy and understanding of special diets amongst peers.

While we are seeing an increase in children (and adults) with celiac, many more remain undiagnosed. Celiac affects nearly 1% of us, yet over 95% are still suffering symptoms without correct diagnosis. With an understanding of the disease and the symptoms, school nurses could offer parents of symptomatic children information about celiac and possibly direct them towards testing.

Here is a link to a series of short videos that offers information about celiac symptoms, testing, and the gluten free diet. www.harriswholehealth.com/gfvideos
These videos were coordinated by Cheryl Harris, a registered dietitian and nutritionist, and are presented by healthcare professionals who not only know celiac, but are able to educate the viewer in an easy to understand manner. An even more essential resource is your local support group,

Sincerely,