



THE GFCF DIET AT SCHOOL

(information and tips for awesome teachers)

WHAT IS THE GFCF DIET?

The gluten-free, casein-free (GFCF) diet is a medical intervention that helps alleviate digestive problems and inflammation in people with autism.

THE SCHOOL'S OBLIGATIONS

Federal law mandates that all school staff must follow a student's dietary needs as written in their IEP or 504.*

These regulations apply not only in cafeteria settings but throughout the school and at school-sponsored events, including:

- Classrooms
- Recess
- Specials
- Class Celebrations
- Extra-Curricular Activities
- After-School Programs

SCHOOL SUPPLIES

Some school and craft supplies contain gluten and/or dairy. Examples include:

- Play-Doh
- Modeling Clay
- Glue and Craft Paste
- Finger Paint
- Stickers
- Envelopes
- Stamps
- Paper Mache
- Sunscreen
- Hand Soap

Teachers and school staff should always check labels and confirm with parents that items are safe for use.

TIPS FOR SUCCESS



COMMUNICATE

- Give parents 48 hours' notice to provide alternative food.
- If you are unsure, contact the student's parents.
- Make a classroom food policy at the beginning of the year.
- Never single out a student over food restrictions.
- Contact parents immediately if the student comes in contact with restricted food.

BE PROACTIVE

- Store safe food items in your classroom or school freezer.
- Use positive language when discussing food restrictions.
- Be creative with non-food reinforcers and events.
- Focus on *fun*, not food.
- Get the students involved in planning safe alternatives for the whole class.

USE ALTERNATIVES

- **Reinforcers:** verbal praise, token system, positive note/referral, class helper, free choice break.
- **Birthday Celebrations:** Student of the Day, class birthday book, student choice of game/activity, birthday banner made by classmates.
- **Other Celebrations:** games, outdoor activities, crafts, movie party, dance party, community service project.