



Email Template

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Dear [PARENTS, TEACHERS, FOOD SERVICE PROVIDERS],

In honor of Celiac Disease Awareness Month this May, [SCHOOL NAME] is committed to supporting students with celiac disease and raising awareness of this serious autoimmune condition. While students will be learning about celiac disease in their classrooms on May 16th on Celiac Strong Day, it's just as important for our entire school community to understand how we can best support those living with celiac disease every day.

What is Celiac Disease?

Celiac disease is a genetic autoimmune disease where eating gluten—a protein found in wheat, rye, and barley—triggers an immune reaction that damages the small intestine. This damage makes it harder for the body to absorb nutrients, leading to over 200 symptoms that can impact growth, digestion, energy levels, and overall health.

There is no cure for celiac disease. The only treatment is a strict, lifelong gluten-free diet—even a crumb of gluten can trigger symptoms and cause lasting damage. Celiac disease affects 1 in 100 people worldwide, yet only about 30% are properly diagnosed.

How Can You Support Students with Celiac Disease?

- Be Mindful of Food – Even small amounts of gluten can make students sick. If you're providing snacks or classroom treats, check labels or ask before sharing.
- Create an Inclusive Environment – School events, lunchrooms, and classroom activities should be welcoming for all students, including those who need to eat gluten-free.
- Educate & Advocate – Help spread awareness so that students with celiac disease don't feel left out or misunderstood.

Helpful Resources

- School Support Sessions – The Celiac Disease Foundation offers free, expert-led sessions to help families navigate 504 plans and school accommodations. Learn more at celiac.org/school-support-sessions.
- Celiac Teen Talk – Do you know a teen with celiac disease? They can connect with other teens living gluten-free in a fun, supportive online space. Sign up at celiac.org/teen-talk.

Join Us in Taking Action!

The Celiac Disease Foundation, established in 1990, is a global leader in patient advocacy, dedicated to accelerating diagnosis, treatments, and a cure for celiac disease. You can help improve the lives of students, teachers, and families affected by celiac disease by donating at give.celiac.org.

Thank you for being part of Celiac Strong Day and helping to create a safer, more inclusive school community!

Sincerely,
[YOUR NAME]