



# HOW TO SUPPORT A FRIEND WITH CELIAC DISEASE

## Snack Safely!

- Fresh fruits & veggies
- String cheese
- Popcorn
- Yogurt
- Rice cakes with a spread



*Tip: Always **check labels** to make sure snacks are gluten-free before sharing!*

## Include Everyone!

- If you or your class is having a party, make sure there are **gluten-free options** so everyone can join in.
- Suggest **non-food celebrations** like stickers, games, or crafts.

## Be A Friend, Not A Food Tester!

- Don't share your food unless you're sure it's gluten-free. Even a tiny crumb can make someone with celiac sick!
- Avoid cross-contact: Don't use the same dirty utensils or plates for gluten and gluten-free foods.

## Fun, Gluten-Free Activities!

- Play games, sports, or do arts and crafts—activities that don't involve food.
- If cooking or baking is part of the fun, look for gluten-free recipes so everyone can participate!



## Respect Their Needs!



- If your friend brings their own lunch or asks about ingredients, they're not being picky—they're staying safe!
- Be supportive if they have to say "no thank you" to certain foods.

