



# Email Template

## Copy and Paste

Dear [PARENTS, TEACHERS, FOOD SERVICE PROVIDERS],

In honor of Celiac Disease Awareness Month this May, we want to support students with celiac disease at [SCHOOL NAME] by raising awareness of this serious autoimmune condition. On May 15th, Celiac Strong Day, students in [TEACHER'S NAME]'s class will be learning about celiac disease. It's equally important for our entire school community to understand how we can help students with celiac disease thrive 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 possible symptoms that can impact growth, digestion, energy levels, and overall health.

There is currently 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 and ask parents/guardians before sharing.
- Create an Inclusive Environment – Make school events, lunchrooms, and classroom activities welcoming for all students, including those who need to eat gluten-free.
- Educate & Advocate – Help raise awareness so students with celiac disease don't feel left out or misunderstood.

### Helpful Resources

- Resources for Students – Access a variety of guides, tips, and tools, including information for families, educators, and food service professionals to support students with celiac disease in learning environments. [celiac.org/school/](https://celiac.org/school/)
- School Support Sessions – Join our free, expert-led virtual sessions designed to help families, students, and school staff navigate 504 plans, school accommodations, and practical strategies for a safe, gluten-free learning environment. [celiac.org/school-support-sessions](https://celiac.org/school-support-sessions)

### 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](https://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]