

GLUTEN FREE DIETS & THE CACFP

Children with celiac disease, a wheat allergy or gluten sensitivity may need to follow a **gluten free diet**.

Grain is a required component at meals in the Child and Adult Care Food Program (CACFP). Even on a **gluten free diet**, a creditable grain is required. Creditable grains are listed on an ingredient label as "enriched" or "whole" grains.

WHAT IS GLUTEN?

Gluten is a protein found naturally in wheat, barley and rye. While oats are naturally gluten free, they may become contaminated with wheat, barley or rye during packaging.

GRAINS TO AVOID ON A GLUTEN FREE DIET:

- Wheat
- Barley
- Rye
- Oats (unless labeled "gluten free")
- Triticale
- Malt
- Spelt

LOOK OUT FOR HIDDEN SOURCES OF GLUTEN:

- Broth
- Dextrin/Thickeners
- Imitation Meat and Seafood
- Malt Syrup
- Some Lunch Meats with Fillers (deli meats, hot dogs, brats, etc.)
- Modified Food Starch
- Sauces/Soup Bases
- Soy Sauce (unless labeled "gluten free")

BE MINDFUL OF CROSS-CONTAMINATION

- Always wash your hands and clean work surfaces and utensils BEFORE and AFTER handling foods for a child on a gluten free diet.
- Additional warnings like "may contain" and/or "manufactured on equipment with..." can be a warning sign of cross-contamination and should be avoided.

CREDITABLE WHOLE GRAIN-RICH AND GLUTEN FREE FOODS:

- **Hot Cereals**
 - Bob's Red Mill Gluten Free Rolled Oats
 - Quaker Oats Gluten Free Quick 1 Minute Oats
 - Aldi Live G Free Oats
- **Ready to Eat Cereals**
 - Cheerios (Original or Multigrain)
 - Chex (Rice, Corn, Blueberry, Cinnamon or Vanilla)
 - Barbara's Brown Rice Crisps
- **All brands plain brown rice**
- **All brands plain quinoa**
- **All brands plain wild rice**
- **Brown Rice Pasta/Noodles**
 - Aldi Live G Free Brown Rice & Quinoa Fusilli or Penne Pasta
 - Aldi Live G Free Brown Rice Spaghetti Pasta
 - Tinkyada Brown Rice Pasta
- **Brown Rice Crackers**
 - Aldi Live G Free Multiseed Snack Crackers (Sea Salt or Rosemary & Olive Oil)
 - Simply Balanced Brown Rice Crackers (Sesame or Multigrain with Flax)
- **Popcorn**
- **Rice Cakes**
 - Quaker (Lightly Salted or Apple Cinnamon)
- **Whole Corn Tortillas**
 - Mission Yellow or White Corn Tortillas
 - Guerrero Corn Tortillas or Tostadas
 - La Banderita Corn Tortillas
- **Whole Corn Tortilla Chips**
 - Mission Corn Tortilla Chips
 - Calidad Corn Tortilla Chips

Creditable but NOT whole grain-rich:

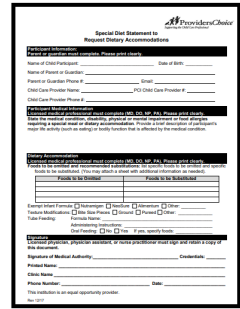
- Enriched white rice
- Quaker Cream of Rice Gluten Free
- Sam's Club Franz Gluten Free Mountain White Bread
- Walmart Sam's Choice Gluten Free Classic White or Multigrain Bread

Note: Products change frequently. Always check labels to confirm products are gluten free and creditable.

REQUIRED DOCUMENTATION

Children that require a gluten free diet may keep a note on file with their child care provider that indicates the request for a gluten free diet, the reason for the request and is signed by the parent or guardian.

Children with a medical condition that requires a gluten free diet can also obtain a Special Diet Statement that must include the medical condition, a list of foods/beverages to avoid and a list of foods/ beverages to substitute in place of the avoided foods. The statement must be signed by a Medical Doctor (MD), Nurse Practitioner (NP) or Physician Assistant (PA). The Special Diet Statement form, once completed, should be submitted to the Providers Choice office for approval. A Special Diet Statement is **not required** for children following a gluten free diet.



FREQUENTLY ASKED QUESTIONS

• **CAN I SERVE ANY GLUTEN FREE PRODUCT?**

Unfortunately, many products labeled as "gluten free" are NOT creditable. All creditable grains must be enriched or whole grain. The majority of creditable gluten free products on the market list "brown rice" or "brown rice flour" as their first ingredient. Items that list tapioca flour, tapioca starch, rice flour, potato starch, modified food starch, almond flour, coconut flour or potato starch as the first ingredient are **not** creditable. Non-creditable items can be served as an extra as long as a creditable gluten free item is served as the grain component for that meal or snack.

• **AS A CHILD CARE PROVIDER, AM I REQUIRED TO SUPPLY GLUTEN FREE FOODS?**

If the child has a medical need for a gluten free diet with a Special Diet Statement on file, then the child care provider is required to supply a creditable substitute. The substitute does **not** need to be a special food from the specialty section of the grocery store. Gluten free items that are easy to find in most grocery stores are brown rice, quinoa, Chex or Cheerios cereals.

• **CAN A PARENT/GUARDIAN SUPPLY GLUTEN FREE FOODS?**

Yes, if a parent would like to supply creditable gluten free foods they can provide up to one creditable food item per meal/snack. If a parent would like to supply non-creditable gluten free foods as "extras" they can also do this, as long as a creditable gluten free food is served.

• **WHAT IS WHOLE GRAIN-RICH AND DO I NEED TO SERVE WHOLE GRAIN-RICH FOODS?**

Whole grain-rich foods are foods that contain 100% whole grains or at least 50% whole grains and the remaining grains are enriched. The CACFP requires that at least one whole grain-rich food must be served per day. Examples of whole grain-rich gluten free foods are: gluten free oats, Cheerios, Chex, brown rice, quinoa, whole corn tortillas, whole corn tortilla chips, popcorn, brown rice pasta, brown rice crackers, etc.

SAMPLE GLUTEN FREE WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Gluten Free Oats Apple Slices Milk	Chex Cereal Pears Milk	Cream of Rice Mixed Fruit Milk	Cheerios Banana Milk	Scrambled Eggs Oranges Milk
Lunch	Bean & Cheese Quesadillas on Corn Tortilla Green Beans Peaches Milk	Chicken Quinoa Broccoli Melon Milk	String Cheese Brown Rice Crackers Vegetable Soup Oranges Milk	Chicken Stir Fry Brown Rice Stir Fry Veggies Applesauce Milk	Sloppy Joe Meat Whole Grain Tortilla Chips Carrots Mixed Fruit Milk
Snack	Celery Sticks Nut/Sunbutter	Grapes Sliced Cheese	Popcorn Dried Fruit	Yogurt Apple Slices	Cucumbers Milk

PLEASE NOTE:

This handout is for informational purposes only. Always consult your medical provider or the Providers Choice Nutritionist for any questions or concerns about food allergies or medical conditions.

ADDITIONAL QUESTIONS?

Contact the Providers Choice office at 800-356-5983



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