

CATERING FOR CAMPS

★ WHAT IS COELIAC DISEASE?

★ GLUTEN FREE CATERING – THE HOW!



COELIAC DISEASE IS A TOTAL INTOLERANCE TO --



GLUTEN – *the coeliacs hidden poison*

a protein found in.....



wheat

rye

barley

oats



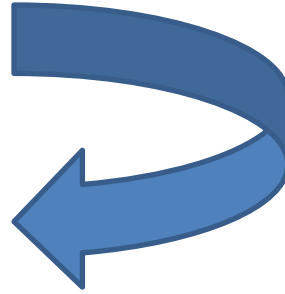
triticale

derivatives



COELIAC DISEASE IS

- a medical condition
- genetic
- influenced by environmental factors
- an autoimmune system antibody response
- damage to villi in the small bowel
- an inability to absorb vitamins/minerals/nutrients



Normal villi



Villi consistent with coeliac disease

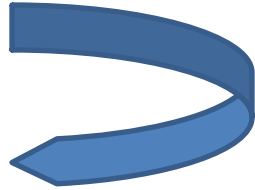


TYPICAL SYMPTOMS - one or more (not exhaustive and vary in degree)

- *extreme fatigue*
- *bloating*
- *diarrhoea and/or constipation*
- *nausea/vomiting*
- *anaemia*
- *joint pain*
- *itchy skin conditions*
- *mouth ulcers*
- *dental defects*
- *failure to thrive in children*
- *infertility*
- *miscarriage*
- *depression*



TREATMENT



- no cure
- no medication
- gluten free diet for life
- villi repair - symptoms improve/disappear

Undiagnosed or diet failure can lead to:

- ill health/symptom return
- infertility
- miscarriage
- osteoporosis
- liver disease
- cancer
- depression



HOW MUCH IS TOO MUCH??



>20mg per day



1/100 of a slice of bread



symptoms return



damage to small bowel will re-occur



NUMBERS

- ➔ 21000 members approx
- ➔ 40000+ past members(self managing diet)
- ➔ medically accepted 1 in 100 of population (210000)
- ➔ 3 out of 4 not diagnosed
- ➔ estimated 1 in 20 follow a gluten free diet (1M)
(RIRDC publication no. 05/011 of 9/2006)





IDENTIFYING GLUTEN FREE PRODUCTS

3 BROAD GROUPS SUITABLE FOR THE GLUTEN FREE DIET

Naturally gluten free foods

- * Fresh fruit and vegetables
- * Fresh meat, poultry and fish
- * Eggs, nuts and legumes
- * Milk (plain)
- * Fats and oils
- * Grains – rice, corn (maize), soy, sago, tapioca, buckwheat, millet, sorghum



Foods labelled 'Gluten Free'

'Gluten Free' has no detectable gluten and overrides the Ingredient Listing

Products that are gluten free by ingredient

- Labelling Laws require allergen notification
- Wheat, barley, oats and rye are all allergens and must be notified on the product



Exceptions (highly processed = gluten free)

- Glucose syrup from wheat/wheat glucose syrup
- Caramel colour from wheat/150, 150a, 150b, 150c, 150d
- Dextrose from wheat

AVOID

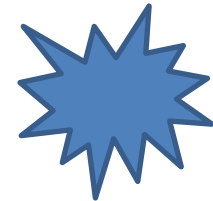
Products with advisory statements like ----

'May contain gluten'

'Manufactured on same line or same factory as gluten containing products'

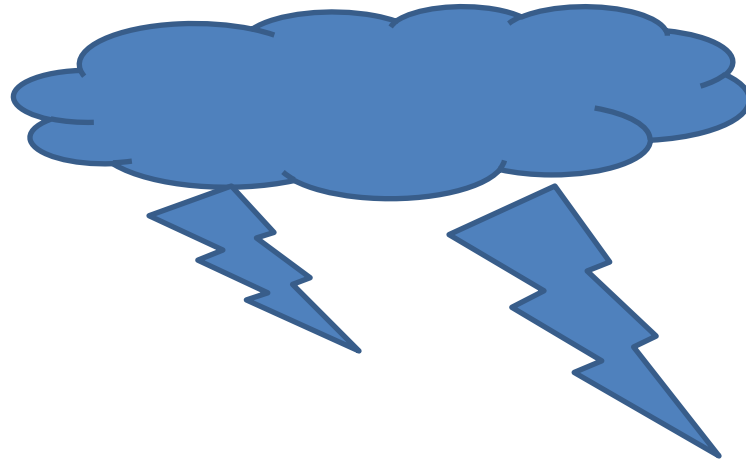
'Either/or' statements

E.g. Starch (wheat or maize)



COMMON NO-GO PRODUCTS

- wheat based bread, biscuits, cakes, donuts etc
- vegemite
- corn flakes
- rice bubbles
- hot chips
- cooked chickens
- soy sauce
- barbecue sauce
- choc/snack bars
- soup
- stocks
- pasta/pizza



CROSS CONTAMINATION RISKS

Many and varied but:

- Foods produced on same line/same premises
- Foods cooked/fried in same trays, pans, oils etc
- Foods handled with same tongs, utensils etc
- Foods prepared on same cutting boards
- Use of additives, colourings, preservatives etc



Providing Support

- Responsibility of parent/child/teacher to notify camp catering
- CD child is normal in all other respects – can participate in normal activities
- CD child can feel ‘left out’ as unable to eat many foods other children eat
- Important to treat as normal not as a burden
- Older children often sensitive to being ‘different’ – can be rebellious or withdrawn
- Unobtrusive support and understanding is very important



Yeast extract, salt, mineral salt (508), malt extract (from barley), colour (150d), (contains preservative 220), flavours, niacin, thiamine, riboflavin, folate.

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Water, cane sugar, vinegar, tomato paste, malt vinegar (**barley & wheat**), **wheat** flour, salt, dried glucose syrup, colour (150c), food acid (citric), paprika, vegetable gums (xanthan, guar), flavour.

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Extract of malted **barley** (16%) and rice an/or **barley** (total extract 35%), **milk** solids, sugar, cocoa, minerals (calcium, magnesium, iron) maltodextrin (corn), Vitamins(C, A, B1, B2, D) emulsifier (soy lecthin). **Contains gluten, milk and soy.**

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Water, **cream**, sugar, whey powder (**milk**), glucose syrup (**wheat**), skim **milk** concentrate, maltodextrin, emulsifiers (477, 471 (**soy**)), flavour, vegetable gum (412). **Contains milk, wheat, and soy. Made on equipment that also processes products containing peanut and tree nuts.**

