

COLLEGE *and* CELIAC

INSIDE THIS MONTH'S ISSUE:

*THE HARDEST
GOODBYE, THE
EXCITING HELLO*

*7 OF MY TIPS AND
TRICKS*

*SUPER IMPORTANT
INFORMATION!*

THE HARDEST GOODBYE, THE EXCITING HELLO

WRITTEN BY CLAYTON STEWARD

Whether you are a first time college student, a university frequent, a parent moving in your child for the first time, or a parent celebrating your last bird leaving the nest, college is one of the most exciting times of life for anyone! Navigating the life of a college student consists of meeting new friends, learning so much, facing first time challenges, but have some amazing times along the way. College can be tough, throw living with Celiac Disease on top of that and you're in for some added challenges.

Keep reading for some great information I have compiled while living life as **College&Celiac**. I hope you enjoy!

7 OF MY TIPS AND TRICKS

1. One word for ya; Plan. Plan ahead for everything you do. This is not just a celiac tip, this is a tip for any college bound student. College is full of unpredictability and spontaneity, having a restricted diet means with a little extra planning, life will go incredibly smooth.

Planning becomes so important, especially looking ahead at the next day to try and get an idea of where and when you will eat so that way you can plan accordingly as well as ask questions early enough in advance to make the proper arrangements.

2. Okay we all know you will go off to college, study hard, ace your exams and make the deans list every semester. But you can't study all the time! Parties are bound to happen in college, and if you choose to go, be smart! If you're at a party, you just can't take a drink out of your friends cup, not knowing what it is because yes, there is gluten in many types of alcohol, and you never know what your friends may have just eaten either. In a social situation like a party, it is much easier to use excuses like "I'm the DD tonight" "I've already switched to water" "I've tried it, don't like it" or just simply "No thanks" because those responses are MUCH easier than explaining to them your concerns about cross contact, gluten, celiac, etc.

3. Snacks are important. Take snacks everywhere.

4. Get familiar with the restaurants on campus and in your college town that have safe options for you.

5. Explore the farmer markets in town, see if there is a Celiac group page on Facebook for your college town, and try to connect others with gluten intolerances on campus so you can have more information on your town!

6. Don't waste your time on friends that don't respect the importance of your diet.

7. Stay positive, before long you'll be back home on break eating an amazing home cooked meal.

Planning is essential, but so is having fun!



Hi, I'm Clayton. A college sophomore living with Celiac!

READ THIS!!!

When I got to campus the first thing I did was set up a meeting with 1) Director of Student Life 2) Food Service Supervisor and 3) Campus ADA Representative. The director of student life is always the greatest point of contact to begin asking questions to see what resources are available for celiac students on campus. The meeting with the food service supervisor is to gauge how knowledgeable they are with cross contact and what gluten is. This is also your time to talk about the importance of not being exposed to gluten and then deciding if you feel comfortable enough to eat out of the dining hall. If you are, then great! If you are worried about it, then that leads to your new best friend and number three on the list, your campus ADA coordinator and representative. Dietary restrictions such as celiac disease and food allergies fall under the Americans with Disabilities Act (ADA). Your representative can set up a plan that will help keep you healthy and successful while on campus. I would try to do as much research as you can before you or your child gets on campus and maybe try and take care of everything before they even start classes in the fall.