



# National Celiac Association

## GLUTEN-FREE EMERGENCY FOOD

For many people eating gluten-free is a serious medical need. Here are some suggestions of items that could be given to people who need gluten-free (GF) food.

Ask staff and volunteers if anyone has knowledge of a GF diet and would like to lead on this. We recommend including a question on dietary restrictions on your intake questionnaire to help identify people in need.

### **MAKE IT CLEAR TO GF CLIENTS THAT THEY ARE RESPONSIBLE FOR CHECKING LABELS TO ENSURE PRODUCTS ARE SUITABLE FOR THEM TO EAT.**

GF products are not necessarily more expensive, in fact many **store brands** do a good job of GF labeling. Note that wheat free does not necessarily mean gluten-free.

## SPECIALIZED GLUTEN-FREE PRODUCTS

These are specialized items that are usually made of gluten containing grains but have been made GF. They include items such as GF bread, GF flour blends, GF pasta, GF cookies, GF crackers. Please consider setting aside such items received in donations for use by those with a medical need.

## NATURALLY GLUTEN-FREE

- Fresh produce such as unprocessed fruits & vegetables, plain meat, fish, poultry, eggs, milk
- Plain rice

## NATURALLY GLUTEN-FREE BUT HIGH RISK OF CROSS CONTACT, NEEDS GF LABEL

- Polenta / grits / cornmeal
- Quinoa
- Plain dried & canned beans / chickpeas / lentils
- Plain nuts & seeds, be cautious of seasoned and dry roasted varieties



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## **LIKELY TO BE GLUTEN-FREE, BUT LOOK FOR GF LABELLING OR ALLOW CLIENT TO CHECK LABEL**

- Frozen fruits and vegetables. Be wary of sauces, flavored varieties and mixes that contain grains
- Plain canned fruits & vegetables. Be wary of sauces, flavored varieties and mixes that contain grains
- Plain canned tuna and chicken
- Pasta sauce
- Instant mashed potatoes
- Corn products such as hard and soft corn tortillas (GF label recommended)
- Rice products, such as rice cakes, rice noodles
- Apple sauce, rice pudding, fruit cups
- Baked beans
- Peanut butter
- Processed meat products such as sausages, bacon

## **OFTEN CONTAIN GLUTEN WITH SOME EXCEPTIONS. BRANDS THAT LABEL GF ARE LISTED BELOW. ALWAYS CHECK FOR GF LABEL**

- Canned / carton soup. Brands which label gluten-free include Amy's, Dr McDougall's, Progresso , Wolfgang Puck, Gluten-Free Cafe & some store brands NOTE: NOT ALL VARIETIES WITHIN A BRAND WILL BE GF. Varieties that are more likely to be GF include those which are bean, lentil or vegetable based.
- Corn and rice based cereals. Chex & some store brands label when products are GF.



For further information see our website: <https://nationalceliac.org/>