



Birthday Party Checklist



STEPS FOR PARTIES AWAY FROM HOME

1. CONTACT THE PARTY HOST



Explain that your child has celiac disease and cannot eat gluten. Ask what foods and drinks they will be serving at the party and review for gluten content. Also ask about the activities they will be doing and if they involve foods/art supplies.

2. GET FOODS TO BRING

Children often like to get foods that are similar to the ones that are served at the party. Get your child involved with picking what treats to bring.

Gluten-free cupcakes are easy to bring, and can be made in advance and frozen. Gluten-free pizza is another good savory treat that is easy to bring.



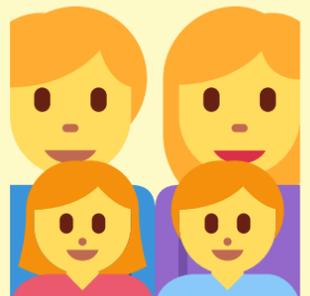
3. PACK THE FOOD WELL



Pack the foods in a sealed leak-proof container, make sure that cakes/cupcakes do not move around or it will be a mess when your child unpacks it. Clearly label the container with your child's name.

4. PREPARE YOUR CHILD FOR THE PARTY

Explain to your child ahead of time about the party and what foods they will be serving. Practice explaining about the gluten-free diet and how to ask if a food is gluten-free. Also go over how to watch out for cross-contact. Reassure your child that it is ok to be different.



5. CHECK IN WHEN YOU ARRIVE



Walk in with your child and talk to the host. Help your child find a place for the gluten-free foods. Make sure the food is covered and away from gluten-containing foods. Ask how the foods are going to be served, and tell them that the gluten-free foods have to be kept separate from the other foods. Check about seating, so that your child's food is not contaminated during eating. If possible, stay with your child at the party.