

MOVING ON

Your gluten free guide
to leaving home



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ALSO INCLUDED IN PACK:

- Recipe cards
- Toaster bags
- GF stickers
- Fridge magnet
- Gluten free checklist

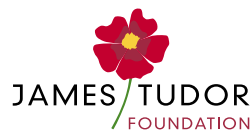
FEELING NERVOUS?



You're not alone. If you Google “nervous about starting university”, over 46 million results come up. For travelling, it's 17 million and for starting a new job a whopping 124 million. So you're not alone – feeling nervous about being in a new environment is completely normal, even before you bring gluten free into the equation! So breathe – this pack is full of information, true stories and top tips to calm your nerves and help you come out of the other side smiling.

THANK YOU

We'd like to say a huge thank you to our GUTs (Gluten Free Under Thirties) Group and our other amazing young members who helped us put together the content for this pack. We'd also like to thank the **James Tudor Foundation** for their generous grant and **Planit Products Ltd.** for their fantastic donation of toaster bags.



Moving out



Chances are, if you've been following a gluten free diet since childhood, your family have gone above and beyond to keep you safe at home. So it can be daunting moving to a new place with people who don't know about you or your condition.

Although it may be the last thing you want to discuss with new people, it's best to tell your housemates and colleagues about coeliac disease and the importance of sticking to a gluten free diet sooner rather than later. Plus with gluten free foods being so much more prominent now, there's a good chance that they have at least some idea about living gluten free. Remember, people are eager to make a good impression, so they're likely to want to support you. Just make sure you get these three key points across:

- Coeliac disease is an autoimmune condition, not an allergy.
- Eating gluten won't cause an

anaphylactic (life threatening) reaction, but even just a few crumbs will make you ill – you don't have to go into detail about your symptoms if you don't want to!

- You need to be really careful that your food doesn't become contaminated with gluten, so you'll need your own butters, spreads etc, to be kept gluten free. Remember to use the stickers we've provided and show them to your housemates so they know what to look out for.

▶ DID YOU KNOW?

Coeliac UK offers a concessionary rate membership for students at just £1 per month and members can save over £200 a year on exclusive gluten free products and offers.

3 things you **need to do** when you leave home

So you've decided where you're going and you've got a plan of action to explain gluten free to your housemates. But here are some other steps to ensure you look after your health in your new home...

1. Be choosy with your halls. If you're off to university, picking your halls for freshers' year is one of the biggest choices you'll make. Most unis offer a mix of catered and self catering halls. It might be easier to stick to self catering so you have more control over your food. If you do find yourself in catered halls, make yourself and your needs known to the catering team as soon as possible. Our Catering gluten free guidance can help with this – contact volunteering@coeliac.org.uk to order a copy.

2. Register with a new GP. To keep on top of your health, you need to make sure you've got a GP nearby so you can arrange your annual review and your gluten free prescriptions, if you're entitled to them. Find a surgery you like that's near to you and complete a registration form. To note, some universities have their own healthcare services you can register with directly.

3. Come prepared. Invest in toaster bags, food containers and storage boxes so that you can keep your gluten free food and kitchen utensils safe and separate. Always keep a stock of labels on hand to mark up food you buy as gluten free. It may even be worth buying your own toaster if there's space.



► TOP TIP

Why not put out some gluten free biscuits or other treats to share on the first day? It will help you break the ice, normalise the concept of gluten free and show your new housemates and colleagues that your food isn't weird or hard to get hold of.

HOW TO SURVIVE IN A SHARED KITCHEN

From storage to preparation, cooking and eating in a shared kitchen can feel like a potential minefield. But following our simple tips will keep you safe and gluten free.

Storage

Smart storage will help you stay organised and keep your food safe from contamination:

- Try and get your own cupboard and fridge space, and make sure you always pack your stuff away – people are more likely to grab food and utensils left on the counter than rummage through cupboards.
- If you do have to share cupboards, make sure you store gluten free

foods on top shelves to stop crumbs from gluten containing foods accidentally falling into your food. The same goes for fridges too.

- Food containers are your new best friend – labelling your gluten free foods in boxes not only prevents them from coming into contact with gluten, but should discourage would-be food thieves.
- If you have bread bins, make sure you have a separate one for your gluten free bread.
- Try colour coding your cooking utensils – there are so many bright colours available, it will help your stuff stand out from the rest.



Did you know that just a crumb of gluten can cause intestinal inflammation in people with coeliac disease? Make sure your housemates know how important it is to avoid cross contamination, because even the tiniest amount can make you poorly.

Food prep and cooking

After going to all that effort to store your food away from gluten, the last thing you want is to contaminate it while you cook, so follow these steps:

1. Keep it clean. That means your utensils and your work surfaces. Always wipe down the kitchen surface before you start – it's better to be safe than sorry. When it comes to pots and pans, sharing shouldn't be a problem. Standard washing up liquids and dishwashers will remove gluten from utensils, chopping boards, pots and pans. Just make sure they're clean when you start using them.

2. Invest in the right tools. Toaster bags are a lifesaver and will save you from having to buy your own toaster. Plus they're great for toasted sandwiches! And if you plan on using a microwave, a dedicated microwave dish and cover is a must – unless you want to scrub down the microwave every time you want to use it. If your housemates struggle to keep the grill pan clean and you're tired of tidying up after them, invest in a George Foreman grill and store in your room when not in use.

3. Buy in the right ingredients. We all know that butter, jam and other spreads are the biggest danger zones for cross contamination – that's why we've included handy stickers in this pack. But if you're still really worried about crumbs, why not order single use packets online to use for

the first few weeks? Also, when you're buying sauces and condiments (think mustard, mayonnaise, ketchup etc) try and choose squeezey packaging to avoid the chance of contamination.

4. Keep careful when cooking. When frying, always use clean oil or a separate fryer completely. For all the bakers and pasta lovers out there – use separate flour sieves and pasta strainers to be safe.

► TOP TIP

Attach a copy of our gluten free checklist fact sheet to the fridge or a cupboard in the kitchen – it's an easy way for your housemates or colleagues to quickly check if something is gluten free. Extra copies can be downloaded at

www.coeliac.org.uk/gfchecklist



Factfile: Reading labels

If you're new to the gluten free diet or shopping for yourself for the first time, labels can be tricky. This at-a-glance guide should help you and your housemates alike:

Gluten free labelling

When you see 'gluten free' on a label, you know it's suitable for your diet. Only foods which contain 20 parts per million (ppm) or less of gluten can be labelled 'gluten free'. This can apply to specialist substitute products which may contain gluten free wheat starch (Codex wheat starch), as well as processed foods made from naturally gluten free ingredients and uncontaminated oat products.

Ingredients list

All packaged foods in the UK must list all ingredients and emphasise allergens, including wheat, rye, barley or oats.

'May contain' labelling

The Food Standards Agency (FSA) provides voluntary guidance to manufacturers on when to label a product with a 'may contain' statement (like 'may contain traces of gluten' or 'made in a factory also handling wheat'). When you see this on a product, the manufacturer has decided that there's a risk the product is contaminated with gluten. It's up to you if you want to eat the product, but we don't recommend it, unless it's listed in our Food and Drink Information.



Crossed Grain symbol

Coeliac UK's Crossed Grain symbol (pictured above) is a quick and easy way for you to identify safe food and drink. When you see it on a product you can feel confident that the manufacturer meets our standards, including annual testing, audits and special packaging requirements to provide the best quality products for consumers.

More information

You can read more about food labelling online and watch our handy food labels video too (you can also find it on our Gluten free food checker app): www.coeliac.org.uk/labels.



Sharing food

Whether it's a special occasion with your housemates or someone's birthday in the office, situations will inevitably crop up where people will be sharing their food. It's only natural for this to make you feel a bit left out sometimes – it's one of the hardest things for people with coeliac disease to deal with.

With no parents around to send you off with a gluten free alternative, you've got to be proactive. Try keeping a stock of treats in your desk drawer or in your room so you can join in. Some gluten free biscuits come in individual packets, great for storage and portion control!

On your birthday, when it's your turn to provide a cake or treats, if you don't fancy making your own at home, they're easy to get hold of in the free from section of most supermarkets. Or why not try something different, like a pavlova, chocolate mousse or even cheese and gluten free crackers? You never know, you may set a trend for the next birthday!

Cooking in a group

Everyone has a different attitude to food – from those who eat out for

almost every meal to those who love cooking, eating together is a great social experience. One advantage to cooking as a group is that your housemates will be able to learn about and support your diet quickly. And don't forget that cooking and shopping together is a great way of keeping costs down!

If you're very protective over your food, there is a danger that you either end up taking on the role of head chef (great for ensuring food is gluten free but probably not what you signed up for) or find yourself being isolated. To avoid this, help your friends as much as you can and they'll soon find cooking gluten free comes second nature. Lots of meals are, or can be, naturally gluten free. Try meals served with rice like chilli con carne or bean chilli, curry or risotto. Shepherd's pie is a great option and even roast dinners can easily be made gluten free too. Use the recipe cards in this pack or for more recipes have a look online at www.coeliac.org.uk/recipes.

Cooking for one

Whether by choice or circumstance, sometimes you'll find yourself cooking solo. But that doesn't mean you have to resign yourself to jacket potato and beans for dinner. Cooking for one can be a fun chance to experiment and build your kitchen skills, especially when you follow our top tips:

Buy what you need. When buying fresh foods – fruit and veg, meat and fish – you can buy smaller quantities at the fresh food counters rather than the packaged aisles. You won't just save money by sticking to individual portions, but reduce food waste too.

Stock up on staples. Dried rice, gluten free pasta and quinoa will keep for a long time in the cupboard. If you just cook a single serving each time (your measuring cups and kitchen scales are a must for this) then these will last you a long time.

Got freezer space? Use it! You're probably already familiar with the high price of gluten free bread, so try and keep it in the freezer if you can – just take what you need when you need it. Frozen fruit

and veg is also just as good for you as fresh and often more cost effective.

Plan ahead. Have a list of go to meals for one that you love so you can add the ingredients to your shopping list.

Visit the Coeliac UK Home of gluten free recipes. We have over 30 'Meal for 1' recipes on the Coeliac UK website. Log in to find our delicious, tried and tested recipes for breakfast, lunch, dinner, snacks and dessert.

Adapt recipes. Don't be scared off by recipes for more than one person – you can easily scale down the ingredients so it's suitable for one. Just watch out for tricky ingredients like eggs when baking and always taste test while cooking, because adapting spices can be a fine art. Likewise if you see a gluten containing recipe you like the look of, you can always adapt it with gluten free alternatives instead.



Sticking to a budget



Costs can be a problem for everyone leaving home for the first time, let alone when you factor in the cost of gluten free bread! Here are some easy things you can do to keep costs under control:

1. **Speak with your GP about prescriptions.** If you live in and are registered with a GP in Wales, Scotland or Northern Ireland you will be eligible for free gluten free food on prescription. Prescriptions are not free in England and some areas recommend GPs don't prescribe gluten free foods (you can check the policy in your area at www.coeliac.org.uk/prescription-policies). Whatever the local position it's worth having a discussion with your GP as they can use their discretion to prescribe outside of the local guidelines. If you do get prescriptions, make sure you buy a Prescription Pre Payment Certificate as it will save you money in the long run. Also, if you're a student you might be able to get help paying for your prescription under the NHS Low Income Scheme (apply by filling in an HC1 form).

2. **Batch cook if you can.** Space may be an issue, but if you can batch cooking is very cost effective. Eat one portion and then freeze single portions to eat later.

3. **Consider shopping together.** Sharing can keep costs down.

4. **Choose own brand essentials.** Branded foods can be significantly more expensive than supermarket own brand counterparts. Coeliac UK have information on suitable products for all the major supermarkets. Simply scan the item using the Gluten free checker app.

5. **Don't limit yourself to bread.** Gluten free bread is on average five times more expensive than gluten containing bread. Gluten free staples: potatoes, rice, rice noodles and gluten free pasta are great alternatives to bread that you can all share and make the budget stretch further!

6. **Make friends with vegetables and pulses** (yes, mum really did know best!) Not only are vegetables and lentils naturally gluten free but they are usually really cheap and they're a great way to bulk out meals to make them go further.

7. **Stick to a list.** Plan ahead and make a strict list of food you need to buy – hopefully you'll be less likely to splash out on unnecessary items or be tempted by special offers.

Check out www.coeliac.org.uk/gfmealplan for even more tips and information.



Eating (and drinking) out

If you're used to your parents doing the talking when you eat out, then you're not alone. But even though the thought of eating out gluten free without that additional support can be daunting, it's still possible to enjoy a great meal out with friends and feel safe.

"My housemate at uni had coeliac disease and was very shy to the point that she never mentioned her condition to waiting staff and would instead pick her way around the menu. After weeks of her settling for a side salad whilst we tucked into our main course we'd had enough and so we started speaking up for her. It made eating out loads better for us as we could enjoy a meal together rather than spending it worrying about her or nagging her to speak out." **Miranda**

5 essential steps to eat out stress free and gluten free

1. **Plan ahead and do your research.** When you're eating out at a restaurant, visit their website or give them a call to find out what their gluten free options are and discuss your needs. If you're attending an organised event, make sure you contact the organisers to find out what gluten free food they can offer you.
2. **Check to see if a venue is GF accredited** (more information on this opposite).
3. **Speak to your server and make sure they understand your needs**, especially cross contamination.
4. **Don't always expect to eat from the menu.** Although restaurants have to tell you what's in each dish, they don't have to provide a gluten free meal. But some chefs may be able to provide something that's not on the menu, especially if they know the reason for the request.
5. **Speak up.** If you're not sure about something, just ask. If the thought of that is too worrying or you're a bit shy, chat to your friends and get one of them to speak up for you. No one will want you to get ill!

What does the law around gluten free mean for eating out?

Just like with food packaging legislation, according to the law caterers have to tell you which allergens are in each dish on the menu. So if cereals containing gluten have been used, you'll know about it. They can provide this information in person/verbally, in writing or clearly signpost to where it can be found (like on their website). They don't have to offer you a gluten free meal though, so it's always best to call ahead or check their website to see what their gluten free offering is.

I'm worried about cross contamination!

You're not the only one. Cross contamination is one of the trickiest things about eating out. Talk to your server or the manager, and ask them to make sure that your meal is prepared well away from gluten containing ingredients, in different pans and different oil, etc.

Pick accredited and recommended venues

Coeliac UK's GF accreditation scheme was launched to give people who need to live gluten free confidence when eating out. Restaurants signed up to the scheme undergo rigorous training on gluten free catering and are audited to make sure their processes are up to scratch. GF accredited restaurants will always clearly show gluten free options on their menus using the GF symbol and many have separate GF menus.

You know a restaurant is accredited when you see our GF symbol. We've accredited over 3000 high street chains as well as local independent venues so we've got you covered for every occasion. When you dine at an accredited restaurant you can be confident that the staff understand your needs. Some universities have committed to our GF accreditation, in most cases as a result of student demand for safe gluten free options. If you'd like to see more gluten free choices at your own university, why not let them know about our accreditation scheme and get them involved? Email volunteering@coeliac.org.uk to find out more.

All of our accredited venues are listed in the Venue Guide alongside user recommended places to eat. Visit www.coeliac.org.uk/venueguide and filter by your location to find out where members are eating out gluten free in your area. There's also a rating feature so you can leave your feedback for other diners. Don't forget you can download our Gluten free on the Move app to help you find suitable venues when you're out and about.





What do I say to my server?!

If you're not used to speaking up about your condition it can be difficult to know what to say. Stick to the information they really need to know:

- Explain why you can't eat gluten and what you can and can't eat.
- Give them examples of which foods are naturally gluten free and specific examples of what is not safe, like wheat flour in sauces, breadcrumbs, oil used to fry gluten containing foods, etc.
- Explain about cross contamination.

Don't be afraid to speak to the manager or the chef if you're not convinced your server understands your needs.

What about takeaways?

Pizza shouldn't be a problem with major takeaways like Dominos and Pizza Hut accredited, but with Chinese you may run into problems due to soy

sauce not being gluten free. Indian and Thai can be great options as they're often naturally gluten free. Fish and chip shops are increasingly offering gluten free options. However, as with dining out, we recommend you talk to the takeaway venue before ordering and let them know what you need. Again, check the Coeliac UK Venue Guide which has over 2000 take away listings!

On the go snacking

Grabbing a gluten free snack on the go is getting much better and most shops will now have popcorn, gluten free crisps, nuts or snack pots to tide you over. That said, for the first few weeks, or if travelling somewhere new, we'd recommend carrying a few snacks in your bag just to make sure you don't get caught out.

Late night snacking

Nights out and greasy takeaways seem to go hand in hand. But what



CAN I DRINK THAT?

Whether its rugby initiation, fresher's week fun, or payday drinks, alcohol is part of the social scene for the vast majority of us. If you do choose to drink, remember to drink responsibly. For more information visit www.drinkaware.co.uk.

Lager, beer and ales* – possibly the most popular drink at university and beyond. But unfortunately it's not gluten free, so beer pong is off the table, as well as other beer related drinking challenges. The good news is that cider is gluten free, so you can still have a pint or two with everyone else at the pub.

Cider – gluten free.

Wine – also naturally gluten free.

Spirits – vodka, rum, gin, even malt whisky – they're all gluten free!

Mixers – whatever your mixer of choice, the chances are that it's likely to be gluten free. Juices, ginger beer, lemonade, tonic and soda water are all gluten free. Branded cola drinks are also suitable for your diet, but some own brand colas have too much barley malt extract in to be safe.

Alcopops – some may be suitable, but others contain barley malt extract and are not gluten free. Unless you are in a position to double check the ingredients, it's best to avoid them.

Jagerbombs – if made the old school way (with beer) then this would not be a suitable drink. However most bars use Red Bull which is gluten free.

Cocktails – with spirits and liqueurs being gluten free, you shouldn't have to miss out on cocktail night. Just check the menu to make sure you know what's going in your drink.

* Some gluten free beers are available, but on a limited basis and not always in pubs/clubs.

do you do when it's 3am and the only place to get food is a gloriously greasy kebab van?

- Ask anyway. Of course, the chances of getting a gluten free meal in the early hours are slim. But it's worth checking what fryers are used for the chips at least. If they're not contaminated

with breaded foods like chicken nuggets then you could be on to a winner.

- Be prepared. Before you leave for your night out, make sure you have a stock of stodgy gluten free goodies ready for when you come back in with the late night munchies.

GLUTEN FREE TRAVELLING



Travelling the world is a wonderful way to spread your wings and learn more about different cultures. Planning ahead is key, because awareness of coeliac disease and the gluten free diet varies wildly across the globe. Just like in the UK, it depends on where you go so do your research ahead of time, using our travel tips to help you!

Your gluten free travel tips

- **Planning is key.** Make sure you research as much as you can before you leave for your trip.
- **Print out copies of your Coeliac UK country guide.** We have guides for over 50 countries with information on cuisine, gluten free brands and handy translations.
- **Research tour and travel operators and hotels.** This is so that you can gain a better understanding of what they offer. Some airlines will not offer gluten free food so it's worth speaking to the airlines when booking to make sure they can accommodate your needs – and even then we'd recommend

taking a few snacks as a back up. If you're planning on staying in hotels, contact them in advance to make sure they can cater gluten free.

- **Contact the country's coeliac society.** If they have one, it's worth seeing if they can give you any tips to help you on your trip. Contact information for international coeliac societies are included in Coeliac UK's travel guides.
- **Research local restaurants and supermarkets.** Knowing ahead of arriving where you can buy gluten free foods and eat out takes away the worry before travelling.
- **Take a phrase book.** If you don't speak the language you'll still need a way to communicate your needs to caterers.
- **Pack snacks in your hand luggage.** Food at airports can be very expensive and gluten free options on flights is notoriously hit and miss. To make sure you're not caught short make sure you've got some filling snacks in your hand luggage. Airport security will let you take "solid" food onto the plane – so no humous, dips or soup. Whilst getting food onto the plane is fine, it's worth noting that border control in your destination country may only allow you to bring in unopened, commercially packaged foods. So, if you've been gifted a homemade sandwich and treat for the flight make sure you eat it!



Europe

EU countries are subject to the same food labelling legislation as the UK, so you should be able to easily identify gluten free foods in supermarkets, and restaurants will have to let you know which allergens are in dishes they serve. However awareness of coeliac disease and gluten free is better in some countries than others so still do your research before travelling.

Africa & Middle East



If you're staying at a hotel or resort tailored to Western tourists you'll find the food is prepared fresh and staff will be willing and eager to cater for you. However as a general rule, there is not a good level of awareness of coeliac disease in that part of the world.

Some local food will be naturally gluten free, especially when made with gluten free staples like potato, maize, cassava (manioc), plantain, millet, teff or chickpeas, but cross contamination could still be a problem so make sure you're prepared with your travel guide. If you are worried, focus on countries where English is widely spoken or they

have strong links with the UK so you're not having to deal with a language barrier too.

South & Central America



Throughout South and Central America there are varying levels of awareness of gluten free, though many countries do have coeliac societies. However part of the joy of visiting these beautiful countries is getting out of the cities for trekking adventures. If you're planning on travelling far from the main cities, then there isn't likely to be good awareness of gluten free so plan ahead and bring a phrase book to help you explain your needs. Some local foods may be naturally gluten free, especially when tapioca or cassava flour is used.

USA & Canada




Though awareness of coeliac disease and gluten free varies throughout the states, you're more likely to find gluten free options in larger cities. In the USA wheat must be declared on food labels but this doesn't apply to barley, rye or oats so be careful. In Canada labelling legislation is similar to our own.

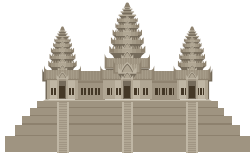
Australasia



Australia and New Zealand are known to be good destinations for gluten free travellers. Both countries have coeliac societies offering venue guides to help you find places to eat out and other advice. Plus there's a selection of gluten free brands in supermarkets.



"There are many different tour operators out there, so you need to look around and make sure they offer you exactly what you need in terms of accommodation, food (dietary needs), inclusions, activities and transport just to name a few. Everyone has diverse needs and wants and what they want to get out of the experience." Priscilla



Asia

Asia is famous for its street food and hawker stands. The great thing for people on a gluten free diet is that you can see exactly what ingredients are being used and how they are being prepared so there's little chance of any hidden ingredients. Make sure you have your travel leaflet with you and double check before you dig in!

India

Much of the cuisine is naturally gluten free, but remember to check and avoid naans, parathas and chapatis which are made with wheat flour. South Indian food in particular is largely gluten free and due to the lack of wheat used, cross contamination can be less of a problem.



Far East

The main issue is soy sauce which is very popular and not gluten free. But once you get over that barrier, so many dishes are based on rice (including desserts) and rice noodles that you should be able to find a gluten



free meal. Some countries are better than others – members have had great experiences in Vietnam, whilst Japan is known to be more difficult. It's best to stick to plain rice, steamed vegetables, and plain grilled meat and fish when in doubt.

Overseas placements

There are hundreds of different companies offering amazing experiences across the world. Before you book make sure you speak to them about how you will be catered for in your host country. It's also worth asking if they've had other people with coeliac disease do the placement you're looking at (it's no good finding out what they did for somebody on a medical placement in Bolivia if you're doing a teaching placement in Cambodia) and see if you can be put in touch with them to find out about their experiences.

"I did a teaching placement in China where I lived with a host family for six months. They couldn't have taken better care of me, cooking delicious meals at home, inviting me to meals out and making sure I knew what I could and couldn't eat. Their care made all the difference when I then went travelling across China with my friends. I didn't get sick once!"

Anna



GETTING INVOLVED

50 years ago, passionate volunteers gathered around a dining room table and decided they wanted to change things for people with coeliac disease. Today their organisation has grown into the world's oldest and largest coeliac disease and gluten free charity, supporting over 60,000 members to live well, gluten free. Coeliac UK is living proof that by working together we can make a real difference. And there are so many ways to get involved.

Being a force for change at university

Getting involved with your Students' Union (SU) is a great way to make a

positive impact and create change on your campus. Plus your involvement in societies and campaigning could help you develop useful skills and experience for your CV. Here are some ideas to get you started – remember that different SUs will have different processes:

- **Create a society** – a uni support group would be of great benefit to those living gluten free on campus. Contact both Coeliac UK and your Student Activities department or the Societies Guild within your Student Union to set one up.
- **Run a campaign** – raising awareness about coeliac disease

can help drive positive change. Having a stall on campus in support of the charity's work can help to make a real difference. Whether you are looking to help get more people diagnosed, raise funds for research or improve gluten free catering at your university, we're here to help you to be a force for change.

- **Create change** – members can create change in their Student Union, such as lobbying your University to become an accredited venue, by going through the democratic process. While each SU will have different methods, essentially if students agree with your proposed change the SU can help you make it happen. Speak to the SU or Sabbatical Officers to find out how to make the changes you want to see.

Coeliac UK campaigns

You don't have to be a student to get campaigning! Through the charity's Awareness Week and campaigning initiatives you can help raise awareness in your work place,

► DID YOU KNOW?

The University of Leicester was the first university to achieve Coeliac UK's GF Accreditation after students successfully lobbied for the change.

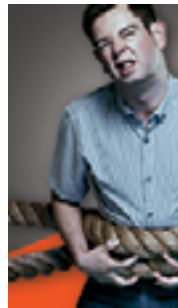
community or amongst your friends. To learn more or to take part email volunteering@coeliac.org.uk.

COELIAC UK CAMPAIGNS AT A GLANCE

There's a surge of campaigning activity every May during Awareness Week, but our key campaigns run continuously throughout the year.



Gluten Freevolution targets caterers to brush up on their gluten free skills and offer more gluten free choices on menus.



Is it coeliac disease? aims to find the half a million people in the UK living with undiagnosed coeliac disease. Over 100k people used our online assessment in the first 3 years.



Our **Research Fund** is an appeal to raise £5 million for vital research into coeliac disease and the affects of gluten. Members like Hinesh (left) have helped us by sharing their stories.

ADDITIONAL SUPPORT



The GUTs Committee

GUTs

GUTs (Gluten free under thirties) are the brains behind this pack and we would like to thank them for all of their help. They are a group run by volunteers who provide information and support to Coeliac UK members aged between 18-30 years old through their newsletter, social media channels and at events. Through GUTs you can learn from others, share experiences, and feel confident living well gluten free (let's be honest, it takes guts to be

gluten free sometimes)! Visit the GUTs facebook page at www.facebook.com/coeliacukguts for advice, recommendations and general chit chat about life on a gluten free diet or follow them on Instagram [@coeliacukguts](https://www.instagram.com/coeliacukguts). There's also a great blog (gutscoeliacuk.wordpress.com) with lots of information and the group regularly runs competitions with fantastic gluten free goodies up for grabs.

Get involved today and email guts@coeliac.org.uk. Whether you'd like to contribute to the blog by sharing your story or would like some specific support the team would love to hear from you!

► DID YOU KNOW?

In a survey conducted by Coeliac UK in March 2018 amongst students with coeliac disease, 44% said they were diagnosed whilst at university.

Coeliac UK

Our dietitians • our helpline team • our volunteers • our whole community - whatever your question, one of us has the answer. And we're always here to help. So wherever you are in your gluten free journey, our community is the place to be.

If you're not already a member, it's really easy to join online and students are eligible for our £12 concessionary rate (per year of membership). Visit www.coeliac.org.uk/join and you'll get instant access to our two apps (including one with a barcode scanner), online Food and Drink Information listing over 100,000 gluten free products, travel guides, a venue guide, recipes and exclusive member offers.

Coeliac UK local groups

Coeliac UK has over 70 local groups across the UK led by volunteers who

have years of knowledge about the condition and gluten free diet. Each local group is different, but many host regular events including coffee mornings, quiz nights, meals out, and even cookery demonstrations and talks from healthcare professionals. Find out where your nearest group is at www.coeliac.org.uk/localgroups.

Member2Member

Our Member2Member peer support service matches new members with more established members for one to one support. Members are matched based on experiences, ensuring you will be able to share your story and get advice, by phone or email, with someone who understands. Find out more at www.coeliac.org.uk/member2member.

Accessing additional support

Coeliac disease is not classified as a disability however, if you have another disability or are worried about managing your condition at university we recommend contacting the university's Disability Service to see if they can provide any practical or financial help.

If you require further information on this or if you have any other queries please contact the Helpline on **0333 332 2033** or email volunteering@coeliac.org.uk / generalenquiries@coeliac.org.uk. You can also find us on Facebook at facebook.com/CoeliacUK, Twitter [@Coeliac_UK](https://twitter.com/Coeliac_UK) and Instagram [@coeliacuk](https://www.instagram.com/coeliacuk).

Coeliac UK is the charity for people who need to live without gluten. For nearly 50 years we've been helping people with coeliac disease and other gluten related conditions live happier, healthier lives.

We do this by striving for better gluten free food in more places, providing independent, trustworthy advice and support and funding crucial research to manage the impacts of gluten and find answers to coeliac disease.

And we do it all so that one day, no one's life will be limited by gluten.



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