

# How to Care for Children on a Gluten Free Diet

In recent years there has been an increase in the number of children requiring a gluten free diet for medical reasons. Feeding a child who is on a gluten free diet can be a challenge which can make it hard to get the child all the nutrition he or she needs to grow and develop. In this class we'll share information on how to care for children on a gluten free diet, from how to read food labels for gluten to tips and resources for success.

## You'll learn about:

- Overview of the Gluten Free diet
- How to read food labels
- How to identify food and non-food sources of gluten
- How to prevent cross contamination
- Which grains are safe
- Eating out and gluten free cooking
- The risks of a gluten free diet
- Multivitamins
- Resources

**Cost:** \$10.00

**Dates:** Tuesday, April 24<sup>th</sup> from 6:30-8pm  
Thursday, May 24<sup>th</sup> from 2-3:30pm  
Tuesday, June 5<sup>th</sup> from 6:30-8pm

**Location:** Children's Hospital of Wisconsin – Clinics Building Lobby Conference Room  
8920 W. Connell Ct  
Milwaukee, WI 53226

**Presenter:**  
Lauren Matschull, MBA, RD, CD, CNSC

Lauren is one of the few dietitians in Wisconsin specializing in pediatric celiac disease. She is an expert on the gluten free diet and how to incorporate it into one's lifestyle.

Please register at least two weeks prior to the class at [maxishare.com/conferences](http://maxishare.com/conferences).



Kids deserve the best.

For questions about registration, call (414) 337-7716 or email [jturkoske@chw.org](mailto:jturkoske@chw.org).  
For additional information about the class, call Lauren at (414) 266-2959.