

FUN FACTS FROM THE ST. COLUMBKILLE KITCHEN

***** Come check out the delicious variety of items on the snack cart*****

THINGS TO REMEMBER WHEN USING THE MICROWAVES AT SCHOOL

Please always use a plate or a napkin to reheat your item. We have them if you don't!

Do not place any tin foil wrappers in the microwave!

Always remember to wait your turn!

GLUTEN

We have heard this word quite often lately, but do we really know what it is and how it affects us?

Gluten is a protein found in wheat, rye barley, and some oats. While grains are often found in breakfast cereals and baked goods, they can also be included in a variety of other foods that are not so obvious. Gluten can also be found in the following: soups, broths, gravies, sauces, ketchup, salad dressings, spice blends, coffees and dairy products. It can also be found in the substance used to seal envelopes since gluten acts as a stabilizer.

Some people are finding themselves sensitive to gluten and have to be very careful with the foods they eat. Gluten intolerance is a term used in part to describe three conditions: wheat allergy, non-celiac gluten sensitivity, and celiac disease. People who have celiac disease cannot outgrow it, and a strict gluten free diet is the only treatment. Research shows that between 5 and 10 percent of all people may suffer from some form of sensitivity.

In the school kitchen, we have a microwave that is specifically set up for use by the children who are sensitive to gluten and for those with a nut allergy. Please explain to your children that if they do not have gluten sensitivity and/or a nut allergy, we have three other microwaves available for their use. Cross contamination can make people with sensitivity very sick.