



May Monthly Patch Program: Celia Kaye Explorer Patch Program

May is Celiac Awareness month. It is a time to reflect on those who are negatively affected by foods that contain gluten. Gluten is a type of protein that is found in several foods such as wheat, barley and rye. There are other common food allergies to be aware of as well. By completing these activities you will learn more about celiac disease and other allergies, and be sensitive to those who are affected. The first 30 people to complete all 10 of these activities will receive a copy of the book "The Adventures of Celia Kaye" by Kaitlin Puccio.

Patch Requirements:

To earn this patch, please complete the activities appropriate for each age level. Each age group must complete activity #10 as one of their selected activities.

- **Daisy (K - 1st grades)** - Complete 5 activities
- **Brownie (2nd - 3rd grades)** - Complete 6 activities
- **Junior (4th - 5th grades)** - Complete 7 activities
- **Cadette (6th - 8th grades)** Complete 8 activities
- **Senior (9th - 10th grades)** - Complete 9 activities
- **Ambassador (11th - 12th grades)** - Complete 10 activities

Activities:

1. *Research* and make a list of common food allergies. Examine the labels of some of the food that you have in your house. See how many of those items contain wheat (a food allergen) or item listed in the Additional Resources and Food Allergen Information section of this document. Make a list of those items and consider what it would mean if you were unable to eat them due to an allergy.

2. *Find out* more about how celiac disease affects people around the world. Did you know that it is genetic? Remember, eating gluten-free doesn't automatically mean that you are eating healthy. Put together a list of the top 10 countries where celiac disease is prevalent. Include some of the ways that it is handled. (E.g. In Italy, celiac disease is widespread, thus Italians are well-educated and very accommodating, as is the Italian government.)

3. *Make* a poster with three sections. Describe the ways that a wheat allergy, gluten intolerance and celiac disease are different. You can include details of what you find in the media and the facts about medical treatment, including the importance of

preventing cross-contamination. (E.g. The media might show that the gluten-free diet is a fad diet versus the medical community showing that it is a real medical treatment for some people.) Keep in mind that gluten isn't "bad." Some people just can't have it.

4. *Locate* 5 restaurants in your area (or close to your city if you cannot locate one in your city) that include gluten-free and carb-free menu items. Take some time to look at the differences between gluten-free and carb-free items. Most people who want a carb-free diet look for foods that don't contain starch. For example, rice has starch and wouldn't be listed under the carb-free section. However, it can be an option for someone who is looking for a gluten-free item. After looking at examples, pretend you are the chef that is creating new gluten-free and carb-free items on the menu. Using cardstock or construction paper, design a menu for an imaginary restaurant and be sure to include the new gluten/carb-free items.

5. *Design* and decorate a recipe box. Fill it with recipe cards including 10 that are gluten-free recipes. Feel free to use the recipes for future dishes or share the recipe box with a friend who has celiac disease.

6. *Learn* the ways that you can help a friend who may end up having an allergic reaction to a food. Think about the importance of educating others about celiac. Present a lesson to teach other girls in your troop how to be prepared. This is a great time to find out if someone in your troop has a food allergy or has tips to prevent an allergic reaction. During your lesson be sure to talk about the importance of treating others fairly without teasing them for having an allergy.

7. *Imagine* that you are planning a weekend campout with your troop or group of friends. Make a meal plan for breakfast, lunch and dinner for each day. When you list the items needed to prepare each meal, make sure they do not contain any of the eight major food allergens. **Examples of wheat- and nut-based items are below.

8. *Put* together green ribbons with Celiac Awareness written on them for your troop. You can get creative with the materials used for the ribbons. You could use glitter glue or bold markers for the lettering. Encourage your troop members to wear them throughout the month of May. This will promote community awareness and give others a chance to learn more about it.

9. *Write* your own story about someone who has a food allergy or celiac disease. It can be fiction or non-fiction. In your story share some of the challenges that this person may face. Include how he or she has to deal with being the only one in a group of friends with a food intolerance, wanting to be safe but not wanting to compromise everyone's else's fun. (E.g. choosing where to go out to eat together or planning food for a birthday party.) Some stories will be selected to be posted on the celiakaye.com website.

10. *Earn* the badge from the following list according to your level of scouting:

Brownies- Snacks

Juniors- Simple Meals

Cadettes- New Cuisines

Seniors- Locavore

Ambassadors- Dinner Party

10. *Create* your very own gluten-free recipe. Coordinate a pot-luck for the troop to share their recipes or share your new recipe with your family and friends. Once you have perfected your new recipe, submit your recipe with information about whom you made it for and why to programs@gsctx.org. Recipes will be featured on celiakaye.com.

As you complete the requirements, be mindful of the ingredients you select. When creating a gluten-free, dairy-free, or nut-free recipe be careful not to use ingredients that would be harmful for those particular allergies.

Additional Resources and Food Allergen Information

** Contains wheat: bran, bread crumbs, bulgur, cereal extract, couscous, cracker meal, durum, durum flour, enriched flour, farina, flour (all-purpose, enriched, graham, high gluten, high protein, pastry, soft wheat), gluten, hydrolyzed wheat protein, kamut, pasta, seitan, semolina, spelt, vital gluten, germ, malt, starch) whole wheat berries or whole wheat flour

**Contains nuts: beer nuts, cold pressed, expelled, or extruded peanut oil, ground or mixed nuts, monkey nuts, Nu-Nuts® flavored nuts, nut pieces, peanut, peanut butter or peanut flour

*May have peanut protein: chili, chocolate (candies, candy bars), egg rolls, marzipan, natural and artificial flavorings, nougat and sunflower seeds)

The Gluten Intolerance Group of North America

<https://www.gluten.org>

Celia Kaye

<http://celiakaye.com/gluten-free/>

Celiac Support Association

<http://www.csaceliacs.org/children.jsp>

Raising Our Celiac Kids

<http://www.rockli.com>

Teens Living with Celiac

<http://www.teenslivingwithceliac.org>

Kid Health Nut and Peanut Allergy

http://kidshealth.org/teen/food_fitness/nutrition/nut_allergy.html