

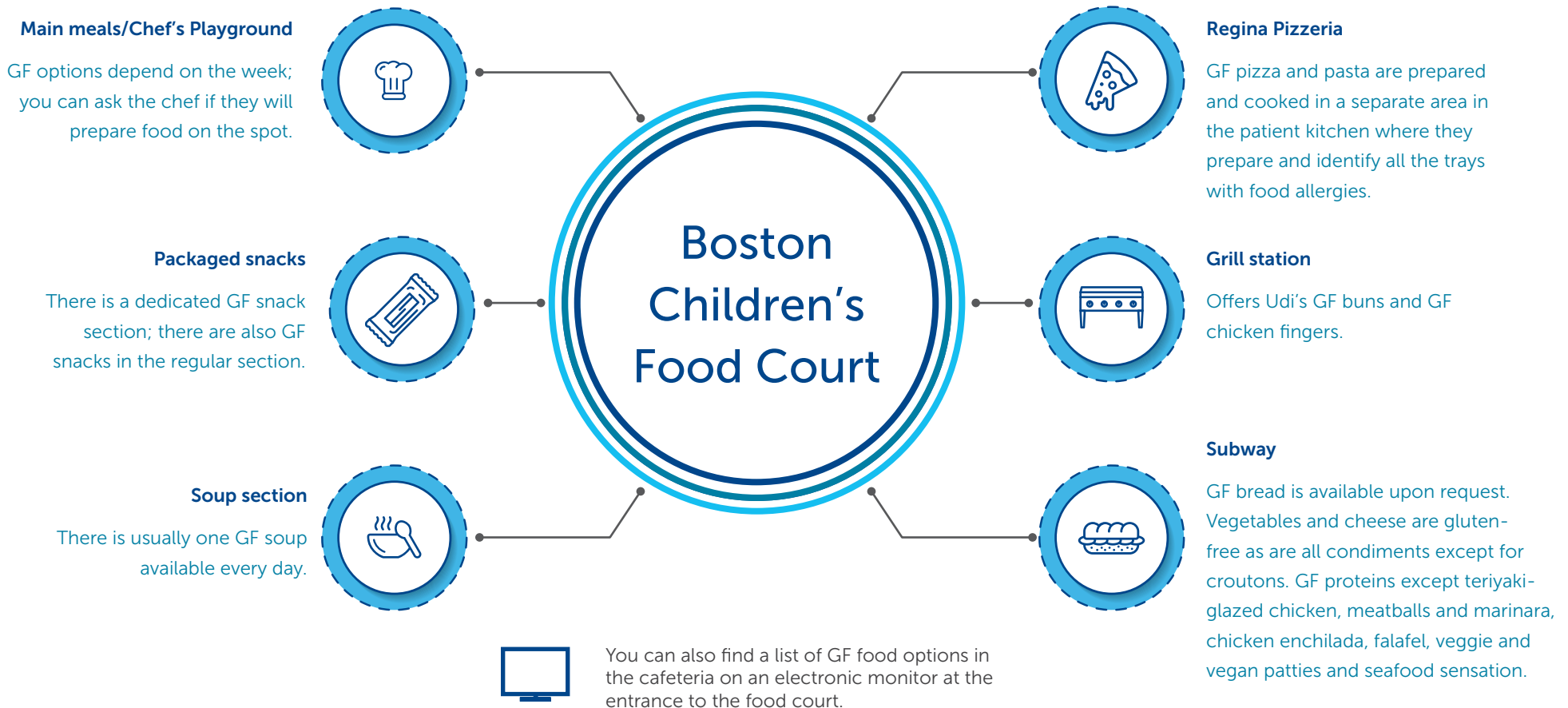
# Gluten-Free Food Options at Boston Children's Hospital Main Campus



Where the world comes for answers

There are plenty of gluten-free (GF) options for kids and parents alike in our main hospital facility.

Please always identify yourself to a food service staffer as needing a GF meal for celiac disease. This will help remind the staff to activate all food safety protocols for families with celiac disease. Our staff is trained with Servsafe and takes allergens and elimination diets very seriously.



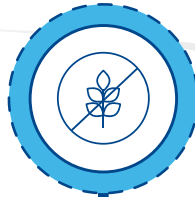
# Inpatient food service



The inpatient menu varies and the GF options also change throughout the year.

## STEP 2

Your child will receive a special GF menu for each meal service while in the hospital.



## STEP 1

A dietitian who specializes in celiac disease checks the menu and verifies the GF status of food products.



## STEP 3

Once your child's order is placed, the staff member putting the tray together receives a color-coded ticket to mark the meal as GF.



## STEP 4

The food service staffer then changes their gloves and proceeds to a separate area designated for GF food preparation.



## STEP 5

The tray is prepared using separate utensils. Both a kitchen staffer and a manager then double check and sign off on the tray.



**Boston Children's Hospital** | Celiac Disease Program

Please contact our Celiac Disease Program with suggestions at [celiac@childrens.harvard.edu](mailto:celiac@childrens.harvard.edu).