

# Gluten Free for College Students

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## Before you go:

- Check each school's dining hall web page to find out how special dietary needs are handled. Get in touch with the school's dietitian or head of dining services and ask directly about gluten-free options. You can do this by phone or email before visiting or you can set up a meeting for when you visit.
- Visit [glutenfreetravel.com](http://glutenfreetravel.com) for reviews of colleges by students. The site also includes colleges and universities that have gone through the National Foundation for Celiac Awareness GREAT Kitchens Program, which provides a course for chefs and food service managers on safe gluten-free food handling and preparation. You'll also find links to some campus dining web pages.
- Go to the dining hall when you visit a campus. This will allow you to see how accessible and well-maintained any areas set aside for gluten-free students really are. If possible, eat in the dining hall on your visit to get a first-hand look at what it's like to get a gluten-free meal.
- See if there is a gluten-free student group on campus and get in touch with members to ask about the reality of eating gluten-free on campus.
- Find out if you will be required to pay the full fee for on-campus dining or if there may be other options depending on how well the school can meet your needs.

## What to bring:

1. A microwave and mini refrigerator

Some schools require you to rent these items, so check before you purchase. Toasters and hot plates are usually not allowed in dorm rooms, but check to see if special accommodations can be made.

2. Plate, bowl and utensils

If you are going to prepare food in your room, you will need these basics. Disposables may be a good idea if it's difficult to clean these items, for example, if you don't have a sink in your room.

3. Gluten-free staples

Bring non-perishable items including cereal, energy bars, crackers, peanut butter and snacks. If you have access to a microwave, bring gluten-free instant oatmeal, soups, popcorn and ready-to-heat entrees. These items will come in handy when the dining hall options are getting repetitive or when you need to eat something quickly in your room.