



# Gluten Intolerance: What's all the fuss?



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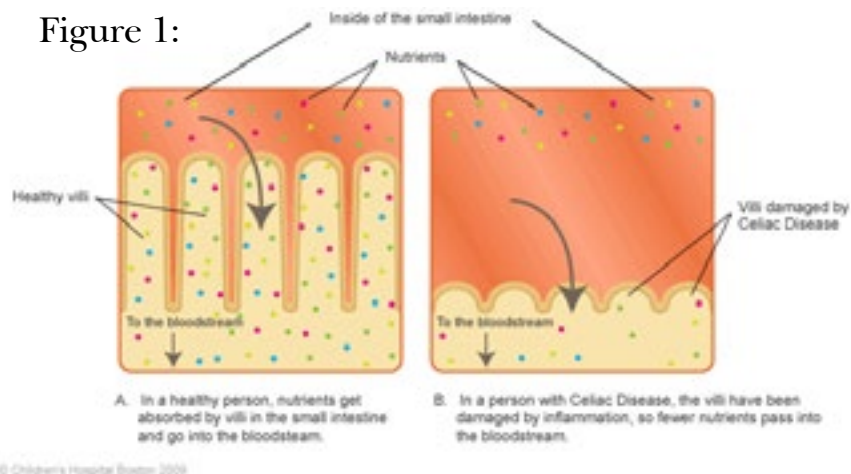
Approximately 3 million North Americans are considered gluten-intolerant and require strict adherence to a gluten-free diet for the rest of their lives (1). So, who are these people and why are they restricted to a gluten-free diet? People diagnosed with celiac disease or who have a gluten-sensitivity, such as a wheat allergy, are considered gluten-intolerant and must constantly avoid gluten-containing foods and products in order to avoid painful consequences. There are others who do not suffer from a gluten intolerance, but choose to follow a gluten-free diet for personal reasons.

## What is Gluten?

Gluten is a protein found in grains such as wheat, rye and barley – grains used in many foods eaten every day. Gluten may also be found in products such as vitamins, lip balms, and medicines (2).

## What is Celiac Disease and Gluten-Sensitivity?

Celiac disease is a genetic digestive disease that is both chronic (long term) and common among children and adults. When people with celiac disease eat foods or use products containing gluten, they have an autoimmune response resulting in: damage or destruction of the villi lining the small intestine (see Figure 1). Intestinal villi (tiny, finger-like projections lining the small intestine walls) are responsible for absorbing most nutrients from digesting food. When intestinal villi are damaged, as occurs in people with celiac disease, the villi fail to absorb dietary nutrients properly, often leading to malnutrition (2). **Gluten-sensitivity** differs from celiac disease in that damage of the small intestines and malabsorption does not occur. People with a *wheat allergy* experience an allergic reaction to some wheat proteins, such as gluten, and must therefore avoid gluten-containing foods due to gluten-intolerance (4). Despite the lack of damage to the digestive system, symptoms for gluten-sensitive individuals may be as severe as for those with celiac disease (3).



## Symptoms of Gluten Intolerance

Symptoms of gluten intolerance vary from person to person. Common symptoms among children include (2):

- Abdominal bloating and pain
- Chronic diarrhea
- Vomiting
- Weight loss
- Pale, foul-smelling, or fatty stool
- Constipation
- Irritability
- Poor growth

## Importance of a Gluten-Free Environment

Gluten to children with a gluten-intolerance is like Kryptonite to Superman – the two just don't mix. Encountering the slightest bit of gluten in foods and products can set off a painful inflammatory reaction in children with celiac disease, thereby causing damage to their small intestines. Providing children who are gluten-intollerant or on a gluten-free diet with an environment that is safe, healthy and free of gluten is very important and should be a priority for parents and caregivers alike. Although daunting at first, providing gluten-free food options becomes easier with practice (2).

**\*See the Celiac Disease insert for diet recommendations.**

## Avoiding Gluten-Contamination

Avoiding gluten is a daily challenge for those with a gluten-intolerance. Cross-contamination—when gluten-free foods and surfaces come into contact with gluten—is an everyday concern. The simplest way to prevent gluten cross-contamination in the kitchen is to be 100% gluten free. When that is not practical, the key is to keep food and cookware clean and separate.

### **Tips To Reduce Risk of Gluten Cross-Contamination (1)**

- ❖ Wash all pots, pans, dishes and utensils after every use.
- ❖ Use non-porous metal or plastic spoons and cutting boards in place of wood.
- ❖ Use separate baking pans, measuring cups and spoons, and other cooking utensils and cookware when preparing gluten-free foods.
- ❖ Use a separate toaster for gluten-free products and label it accordingly.
- ❖ When planning parties, prepare a variety of foods that are 100% gluten-free and serve in a separate area to prevent accidental cross-contamination.
- ❖ Use multiple condiment containers or squeezable bottles labeled as gluten or gluten-free.
- ❖ Prevent cross-contamination among foods in the pantry and refrigerator by storing gluten-free foods on the top shelves.
- ❖ Use an permanent pen or different colored stickers to label gluten-containing and gluten-free food containers.
- ❖ When shopping in grocery stores, do not buy unpackaged food sold in bulk and stored in bins. The scoops used to put food into grocery bags may have been used interchangeably between a gluten-containing bin and a gluten-free bin without being washed properly between uses.
- ❖ Purchase certified gluten-free grains to ensure no cross-contamination occurred in the processing plant.
- ❖ Avoid purchasing imported foods as other countries may not follow the same gluten-free standards as the United States.

Here are some examples of how gluten-free package labels could appear:

Again, beware of labels that only say “wheat free” because they may contain other forms of gluten, such as rye, barley, or other by-products.



## Gluten-Free Food: Where to start?

A variety of supermarkets, health stores, budget supermarkets, corner stores and farmer's markets sell processed and fresh foods that are gluten-free. Shopping at several stores may be required when looking for gluten-free foods that are healthy and affordable. Processed, pre-packaged gluten-free foods are typically more expensive than unprocessed gluten-free counterparts (5). Planning gluten-free meals and collecting recipes will help make providing gluten-free options easier. Shopping for foods naturally gluten-free and in season, as well as looking for sales and avoiding pre-packaged gluten-free goodies will help save money. Baking and freezing gluten-free foods a few times each month will reduce future preparation time and is more affordable than buying food that was bought frozen and pre-packaged.

\* See the Gluten-Free Living insert for planning, shopping, and cooking tips.

## Beware! Gluten is found in many unsuspecting food sources

When purchasing pre-packaged gluten-free foods, be sure to read the food labels very carefully. Packages should be labeled "gluten-free" and the food product should have been made in a facility that does not process gluten-containing grains, such as wheat (6). Stay clear of packaged rice mixes, lunchmeats, sausages, instant cocoa, canned soups, soy sauce and salad dressing until you have verified that they're gluten-free. Also, beware of the required labeling for all products that are wheat-free, because "wheat-free" doesn't necessarily mean "gluten-free." For example, a product may be considered "wheat-free" but still contains rye or barley, both of which are sources of gluten (7).

## Healthy Gluten-Free Snacks for Kids!

**Fruits and vegetables:** try fresh, frozen and dried varieties. Raw carrots and broccoli are easy to pack for snacks or lunches. Add frozen berries to yogurt, oatmeal, and smoothies. Raisins go great in homemade trail mix!

**Dips:** hummus, salsa and yogurt-ranch dip. Pair with corn tortilla chips, gluten-free pita bread or fresh vegetables for a tasty snack or side dish.

**Cereals:** look for corn, whole grain rice and oatmeal. **Make sure all cereals are certified gluten-free.** Add cereal to homemade trail mix for a healthy and filling snack!

**Crackers and chips:** look for "gluten-free" labeling. Mary's Gone Crackers makes organic, gluten-free crackers in a variety of kid-friendly flavors (available at many supermarkets and health stores!)

\* See the Gluten-Free Living insert for planning, shopping, and cooking tips.







## Gluten-Free Living



If you need to follow a gluten-free diet, you may get frustrated by trying to fit expensive gluten-free foods into your budget. Here are money-saving tips that will keep you on track with your budget and dietary needs.

### Meal Planning and Sharing Tips

- **Plan meals:** Some gluten-free foods, such as gluten-free flours, cereals, and breads, may be expensive. Check for sale items in weekly grocery ads so you can add these items to your meals.
- **Collect recipes:** Once you find a recipe that you like, file it so you can access it easily. Many gluten-free recipes are also available online.
- **Buddy up:** Buy gluten-free products in bulk and split the cost with another family.
- **Have a swap:** Get together with other gluten-free families and have a dinner swap or potluck dinner.

### Shopping Tips

- **Choose foods that are naturally gluten free.** Buy fruits, vegetables, beans, and lentils. Corn tortillas are another good choice. They are inexpensive and do not contain gluten.
- **Look for sales** on pantry items like dry beans, rice, and canned goods, like tomatoes.
- **Be careful when buying packaged foods.** Some packaged foods contain added gluten, sugar, and salt. Look for packages labeled “gluten free” and make sure the foods were not processed in a facility with wheat. If you are unsure if a food contains gluten, do not buy it.
- **Choose in-season produce.** Fruits and vegetables that are in season cost less.
- **Skip packaged snacks.** Instead, make your own snacks, like trail mix or hummus, which only take minutes to prepare.
- **Buy gluten-free pasta in bulk or use coupons.** To find coupons, check product Web sites.



## Cooking Tips

- **Make soup:** Soups are an easy way to use leftover vegetables, grains, beans, peas, and lentils.
- **Bake and freeze:** Once or twice a month, bake items like gluten-free bread, muffins, and pizza crust. They freeze well and are cheaper than the packaged varieties.
- **Mix up some cookie dough:** Prepare gluten-free cookie dough from scratch. Bake cookies now or roll the dough in a log, wrap it tightly, and freeze for another time.
- **Go meatless:** Chicken, beef, and pork can be expensive! Aim for at least one or two meatless meals a week. At these meals, enjoy less-expensive protein foods like eggs, tofu, beans, or lentils.
- **Keep your cookware safe:** To avoid cross-contamination, have separate baking pans, measuring cups and spoons, and cookie sheets to prepare your gluten-free goodies. Use coupons or buy cookware items on sale. Avoid using single-use pans. They can be costly in the long run.

## Gluten-Free Recipe Finder

- **National Foundation for Gluten-Free Awareness:**  
[www.celiaccentral.org](http://www.celiaccentral.org) (Click Resources to access recipes.)
- **Celiac Sprue Association:**  
[www.csaceliacs.org/recipes.php](http://www.csaceliacs.org/recipes.php)
- **Gluten Intolerance Group of North America:**  
[www.gluten.net](http://www.gluten.net)
- ***Easy Gluten-Free: Expert Nutrition Advice with More Than 100 Recipes.***  
Request this cookbook at your bookstore or local library.



# Celiac Disease

*National Digestive Diseases Information Clearinghouse*



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Institute of  
Diabetes and  
Digestive  
and Kidney  
Diseases

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## The Gluten-Free Diet: Some Examples

In 2006, the American Dietetic Association updated its recommendations for a gluten-free diet. The following chart is based on the 2006 recommendations. This list is *not* complete, so people with celiac disease should discuss gluten-free food choices with a dietitian or physician who specializes in celiac disease. People with celiac disease should always read food ingredient lists carefully to make sure that the food does not contain gluten.

Allowed Foods		
Amaranth	Job's tears	Sago
Arrowroot	Legumes	Seeds
Buckwheat	Millet	Soy
Cassava	Nuts	Sorghum
Corn	Potatoes	Tapioca
Flax	Quinoa	Wild Rice
Indian rice grass	Rice	Yucca
Foods To Avoid		
Wheat		Barley
• Including einkorn, emmer, spelt, kamut		Rye
• Wheat starch, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein		Triticale (a cross between wheat and rye)
Other Wheat Products		
Bromated flour	Graham flour	Self-rising flour
Durum flour	Phosphated flour	Semolina
Enriched flour	Plain flour	White flour
Farina		
Processed Foods that May Contain Wheat, Barley, or Rye*		
Bouillon cubes	French fries	Seasoned tortilla chips
Brown rice syrup	Gravy	Self-basting turkey
Chips/potato chips	Imitation fish	Soups
Candy	Matzo	Soy sauce
Cold cuts, hot dogs, salami, sausage	Rice mixes	Vegetables in sauce
Communion wafer	Sauces	
* Most of these foods can be found gluten-free. When in doubt, check with the food manufacturer.		



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Adapted from the following resource: Thompson T. *Celiac Disease Nutrition Guide*. 2nd ed. Chicago: American Dietetic Association; 2006. Used with permission. For a complete copy of the *Celiac Disease Nutrition Guide*, please visit [www.eatright.org](http://www.eatright.org).

## Acknowledgments

The gluten-free diet chart was reviewed by Alice Bast and Nancy Dickens, National Foundation for Celiac Awareness; Cynthia Kupper, R.D., C.D., Gluten Intolerance Group; and Elaine Monarch, Celiac Disease Foundation.

## The Celiac Disease Awareness Campaign

To meet the need for comprehensive and current information about celiac disease, the National Digestive Diseases Information Clearinghouse (NDDIC), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), launched the Celiac Disease Awareness Campaign. The Awareness Campaign is the result of the combined ideas and efforts of the professional and voluntary organizations that focus on celiac disease, along with the NIDDK, the National Institutes of Health, and the Centers for Disease Control and Prevention.

Visit [www.celiac.nih.gov](http://www.celiac.nih.gov) to learn more about the Awareness Campaign.



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National Institutes of Health

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## National Digestive Diseases Information Clearinghouse

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The National Digestive Diseases Information Clearinghouse (NDDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services. Established in 1980, the Clearinghouse provides information about digestive diseases to people with digestive disorders and to their families, health care professionals, and the public. The NDDIC answers inquiries, develops and distributes publications, and works closely with professional and patient organizations and Government agencies to coordinate resources about digestive diseases.

Publications produced by the Clearinghouse are carefully reviewed by both NIDDK scientists and outside experts.

This publication is not copyrighted. The Clearinghouse encourages users of this fact sheet to duplicate and distribute as many copies as desired.

This fact sheet is also available at [www.digestive.niddk.nih.gov](http://www.digestive.niddk.nih.gov).

When you have completed this course, click **HERE** to take the test.



### GLUTEN-FREE

#### Blueberry Yogurt Belgian Waffles

6 Servings

- 3 eggs
- 1 ½ cups fat-free vanilla yogurt
- 1 teaspoon vanilla extract
- 1 cup brown rice flour
- ½ cup tapioca flour
- ½ teaspoon xanthan gum\*
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 2 tablespoons butter, melted
- ¾ cup fresh or frozen blueberries

\*Available online

Why eat frozen waffles when you can so easily make your own? Every waffle maker is different, so be sure to follow the cooking instructions that came from the manufacturer.

1. In a large bowl, beat together the eggs, yogurt and vanilla. Add the dry ingredients, flour through nutmeg; then add the butter and mix everything well.
2. Stir in the blueberries until just combined.
3. Heat a waffle iron.
4. Pour enough batter for one waffle onto the waffle iron and cook until golden on both sides.
5. Serve immediately. These waffles are delicious plain or served with apple butter or warm maple syrup.

Serving size: Two 4x4-inch waffles

#### Nutrition Facts per Serving:

Calories: 227.5	Fat: 7.1 g	Cholesterol: 116.7 mg
Sodium: 457 mg	Carbohydrates: 33.7 g	Fiber: 1.9 g
Protein: 6.8 g	Calcium: 103.7 mg	Iron: 1 mg

*Recipe provided courtesy of John Wiley & Sons, from Easy Gluten-Free: Expert Nutrition Advice with More than 100 Recipes by Tricia Thompson, MS, RD and Marisa Brown, MS, RD, CDE, CDN and American Dietetic Association. ©2010, John Wiley & Sons.*

### GLUTEN-FREE

#### Crispy Fish Sticks with Cocktail Sauce

4 servings

- Gluten-free cooking spray or about 2 teaspoons vegetable oil
- 1 pound fish fillets, such as tilapia, cod, or sole
- 1 cup gluten-free corn flakes, processed into crumbs (see tip)
- 1 tablespoon dried parsley
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 egg
- 2 egg whites
- ½ cup brown rice flour
- ½ cup gluten-free chili sauce
- 1 tablespoon horseradish (or more to taste)
- 1 tablespoon lemon juice

These fish sticks are a real treat and, oh, so easy to prepare.

1. Preheat the oven to 425 degrees. Coat a large baking pan with the cooking spray or vegetable oil.
2. Cut the fish into strips, about 2 inches long by ½ inch wide.
3. Mix the cornflakes with the parsley, onion powder, salt, and pepper.
4. In a separate dish, beat together the egg and egg whites.
5. Place the brown rice flour in a gallon-size zipper-lock bag. Add the fish, a few pieces at a time; coat each piece with flour, then dip it in the egg, then into the cornflake mixture, making sure to coat the fish stick completely. Place the fish on the prepared tray.
6. Bake for 12 to 15 minutes, or until fish is cooked through.
7. To make cocktail sauce, mix the chili sauce, horseradish, and lemon juice in a small bowl. Serve with the fish. If you prefer tartar sauce with your fish, simply mix ½ cup mayonnaise with 1 tablespoon pickle relish and 1 tablespoon lemon juice.

**Tip:** To crush cornflakes, put them in a gallon-size zipper-lock bag, close the top, and pound them gently with a mallet or a rolling pin until they're crushed to coarse crumbs.

Serving size: 4 to 5 fish sticks with 2 tablespoons sauce

#### Nutrition Facts per Serving:

Calories: 323	Fat: 3.8 g	Cholesterol: 109.5 mg
Sodium: 825 mg	Carbohydrate 40.6 g	Fiber: 2.9 g
Protein: 30.4 g	Calcium: 35.5 mg	Iron: 5.4 mg

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### GLUTEN-FREE

#### Wild Rice Spring Rolls

8 Servings

- 1 teaspoon vegetable oil
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup frozen corn kernels, thawed
- 1 cup cooked wild rice
- 1 cup shredded cabbage
- ½ teaspoon salt
- ¼ teaspoon pepper
- 8 100-percent rice paper spring roll wrappers or 8 iceberg lettuce leaves

These spring rolls are a fun way to get your children to eat more vegetables. They are delicious on their own or served with Asian Dipping Sauce. This recipe can be doubled or tripled as needed. You can even cut each roll in half to serve them on an appetizer platter.

1. Heat the oil in a large skillet over medium heat. Add the garlic, ginger, onion, and pepper. Saute for 3 to 4 minutes.
2. Add the corn, rice, cabbage, salt, and pepper. Cook for 3 to 4 more minutes, or until heated through.
3. Cover a baking sheet with parchment paper.
4. Dip a rice paper wrapper, one at a time, in hot water for a couple of seconds to soften. Place 2 tablespoons of the mixture in the center of the wrapper, fold in the sides, and roll them up. Place the rolls on the baking sheet. Repeat with the remaining wrappers.
5. Place the rolls in the refrigerator to cool for about 10 to 15 minutes, or until ready to serve.

**Tip:** Iceberg lettuce leaves work well in place of the spring roll wrappers. Just separate the large leaves from the outside of the lettuce, and serve the lettuce leaves with the filling on the side. Each diner will then roll his or her own spring roll at the table.

#### Nutrition Facts per Serving:

Calories: 78.8	Fat: <1 g	Cholesterol: 0 mg
Sodium: 152 mg	Carbohydrate: 16.6 g	Fiber: 1.5 g
Protein: 1.8 g	Calcium: 10.6 mg	Iron: <1 mg

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### GLUTEN-FREE

#### Asian Dipping Sauce

Makes ½ cup

- ¼ cup apricot preserves
- ¼ cup peach preserves
- 1 tablespoon gluten-free soy sauce
- ½ teaspoon red pepper flakes (optional)

This sauce goes great with any Asian recipe and also works well as a coating for chicken, fish or pork. If you're using it as a coating, brush the sauce on during the last few minutes of cooking to prevent burning.

In a small food processor, blend all ingredients until well combined.

Serving size: 1 tablespoon

#### Nutrition Facts per Serving:

Calories: 45.4	Fat: <1 g	Cholesterol: 0 mg
Sodium: 130.8 mg	Carbohydrate: 11.6 g	Fiber: <1 g
Protein: <1 g	Calcium: 2.4 mg	Iron: <1 mg

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## Hummus

**Prep Time:** 10 minutes      **Ready In:** 10 minutes

### INGREDIENTS:

2 cups canned garbanzo beans, drained	2 cloves garlic, halved
1/3 cup tahini (sesame seed paste)	1 tablespoon olive oil
1/4 cup lemon juice	1 pinch paprika
1 teaspoon minced fresh parsley	1 teaspoon salt

### DIRECTIONS:

1. Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
2. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley

**Crediting information:** Makes 8 servings. Each serving is creditable for 1/2 ounce meat alternate requirement as a snack for 3-5 year old children.



## Zesty Yogurt Ranch Dip

**Prep Time:** 10 minutes      **Ready In:** 2 Hours

### INGREDIENTS:

2 cups fat-free Greek yogurt	1/2 teaspoon dried basil
4 green onions, chopped	1/2 teaspoon dried thyme
1 tablespoon dried parsley	1/2 teaspoon ground black pepper, or to taste
1 teaspoon garlic powder	1/4 teaspoon paprika
1 teaspoon onion powder	1/4 teaspoon chili powder (optional)
1/4 teaspoon sea salt	1/4 teaspoon dried dill weed

### DIRECTIONS:

Mix yogurt and green onions in a large mixing bowl. Season with parsley, garlic powder, onion powder, basil, thyme, pepper, paprika, chili powder, sea salt, and dill. Mix until evenly blended. Cover and chill several hours to allow the flavors to meld.

**Crediting information:** Makes 8 servings. Each serving is creditable for 1/2 ounce meat alternate requirement as a snack for 3-5 year old children.





## Basic Gluten-Free Trail Mix

**Prep Time:** 5 minutes      **Ready In:** 5 minutes

### INGREDIENTS:

- 1/2 cup raisins
- 1/2 cup dried apricot
- 1/2 cup dried cranberries (unsweetened)
- 1/2 cup sunflower seeds (hulled, without the shell)
- 1/2 cup almonds
- 1/2 cup peanuts
- 1/2 cup dry oatmeal (certified gluten-free)



### DIRECTIONS:

Mix and serve family style!

**Crediting information:** Makes 12 servings. Each serving is creditable for 1/2 ounce snack meat alternate for 3-5 year old children

## Ultimate Gluten-Free Trail Mix

**Prep Time:** 10 minutes      **Ready In:** 10 minutes

### INGREDIENTS:

- 1/2 cup unsalted cashews
- 1/2 cup unsalted walnuts
- 1/2 cup unsalted almonds (raw)
- 1/4 cup sunflower seeds (hulled, without the shell)
- 1/4 cup dried cranberries (unsweetened)
- 1/4 cup raisins
- 1/4 cup dried fruit (choice, everyone is different, so throw in what you want. I like dried blueberries)
- 1 cup rice krispies (certified gluten-free)



### DIRECTIONS:

Mix and serve family style!

**Crediting information:** Makes 14 servings. Each serving is creditable for 1/2 ounce snack meat alternate for 3-5 year old children.





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