

# Your Celiac-Friendly Disaster Supply Kit

The disaster preparations of a person with celiac disease are only *slightly* different from the preparations of a person without celiac disease. As long as your disaster supply kit has **enough gluten-free items to last up to five days**, you will be well-prepared to handle emergency situations without facing a gluten response.

Your home and vehicle supply kits should include the following in addition to those recommended by FEMA and the American Red Cross in the publication *Preparing for Disaster*, pages 8 and 9.

- Gluten-free sanitation and hygiene items, such as hand sanitizer and moist towelettes.
- Gluten-free canned foods.
- Gluten-free non perishable granola, energy bars, crackers, etc.
- Gluten-free sunscreen, lip balm
- Gluten-free infant supplies (if applicable) such as formula, diapers, bottles, pacifiers
- Gluten-free over the counter and prescription medications
- Contact information for local and area celiac support groups; national CSA office.

Local American Red Cross chapters, in conjunction with supportive hotel chains, may be offering gluten-free food to celiac refugees in your area. This may not be the case, however, in all areas and not all volunteers working in disaster relief are familiar with celiac dietary needs. *The primary responsibility for your own well-being lies with you.* It is important to keep your own kit with everything you may need, in case certain things are not readily available to you.

If no emergency food supplies can be found near you, please contact a local or nearby celiac support group, the national CSA office or American Red Cross offices for help.

During emergencies and disasters, CSA will maintain an emergency page on the CSA website [www.csaceliacs.org](http://www.csaceliacs.org) for posting of updates from those who have found safety as well as coordination of gluten-free product contributions and distribution.