

## Hopping Off the Gluten Train

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I'll admit it I'm the type of mom who often scowls inside disapprovingly at doughnuts in preschools, elementary schools and birthday parties. I know it is judgmental of me, and I'm working on being more accepting. The schools in my area allow doughnuts because the first ingredient isn't sugar. Still, this makes no sense to me. I would rather teach healthier and simpler eating - a diet devoid of processed foods and full of natural options. In light of school policies, I had worried and fretted over how to best send my child to school and maintain his

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