

Students tackle coeliac disease with website

ZIZI SPARKS

A few months ago three students didn't even know what coeliac disease was, now they've created a website for those who are afflicted with it.

Nicole Ho, 15, Sarah Dixon and Sarah Swanepoel, both 14, wanted to help gluten-free people for their community project at Kristin School, as they all know someone who is gluten-free.

"We had a friend who told us that being gluten-free sucked and we decided you shouldn't dread what you eat," Dixon says.

The group researched the diet and got recipe ideas before adapting them to suit and trialling all of the recipes.

They also approached relevant organisations for support.

Coeliac New Zealand's general manager Carl Sunderland says it's nice to see young people taking the initiative.

"For these students to have thought about creating a website which profiles gluten-free recipes, all off their own bat, is fantastic," Sunderland says.

"This goes to show that awareness is growing all the time and that our young people are becoming more and more aware of the need for dietary options."

Programme coordinator Helen Mansfield says the com-



From left, Sarah Dixon, Sarah Swanepoel and Nicole Ho who created a website for gluten-free people.

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munity projects are a chance to do something "real".

"I think it's exciting that all of our year tens have an opportunity to find a need in the community that they're passionate

about," Mansfield says.

See the website at glutenfreerecipesforteens.weebly.com.

Go to coeliac.org.nz for more information.



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