

juvela

Gluten Free Foods on Prescription



All-Purpose Flour Mixes



White & Fibre Loaves



Soft White & Fibre Rolls



All-Purpose Flour Mixes



Coeliac Disease

Getting a diagnosis* of coeliac disease can be overwhelming at first; there is a lot of information to take in, especially as it affects your whole diet and lifestyle.

It's reassuring to know that once you adapt to a new way of eating gluten free, you will feel much better, and your symptoms will gradually disappear.

It's important for your long-term health that you follow a balanced gluten free diet for life. This is the only treatment for coeliac disease.

A good starting point after diagnosis is seeing a dietitian. They will guide you on how to remove gluten from your diet, answer any questions or concerns and provide lots of helpful advice on suitable foods, as well as advising what foods are available on prescription.

A gluten free prescription is a great way to ensure access to a safe and regular supply of gluten free foods. The products are all made specifically for people with coeliac disease and are fortified with vitamins and minerals to help you maintain a healthy lifestyle.

Dermatitis Herpetiformis (DH) is the skin manifestation of coeliac disease and occurs as a rash on certain parts of the body. The treatment for DH is a strict gluten free diet.

*For further information visit:

www.coeliac.org.uk/information-and-support/coeliac-disease/getting-diagnosed





About Juvela

We've been making gluten free foods for those diagnosed with coeliac disease for over 25 years, so we have developed a wealth of knowledge and expertise in all things gluten free. For us, providing the best gluten free foods and supporting the coeliac community is our ethos, which is why Juvela has always been the first choice for coeliacs.

We know that when you have been diagnosed with coeliac disease, you'll have lots of questions and it can take time to adjust. Don't worry, you are in safe hands and we are here to support you every step of the way on your gluten free journey.

Why Choose Juvela?

- ✓ **Available on prescription**
- ✓ **Dedicated gluten free bakery**
- ✓ **Taste and texture of 'real' bread**
- ✓ **Fortified with B vitamins, iron and calcium**
- ✓ **Recipe Inspiration**
- ✓ **Extensive support for coeliacs**

Customer Support

Our friendly and experienced customer support team are only a call or email away. Whether you have a query about our products, gluten free prescriptions, or one of our recipes, we're here to help. Please get in touch.

 **0800 783 1992**

 **info@juvela.co.uk**

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Carrot Cake



Bruschetta

I Live in England

WHAT FOODS ARE AVAILABLE?

A selection of gluten free loaves, rolls, and flour mixes are approved for prescribing. These are gluten free alternatives to everyday staple foods which are essential to a healthy balanced diet.

 <p>1 UNIT EACH</p>	 <p>1 UNIT EACH</p>	 <p>2 UNITS EACH</p>
<p>FRESH LOAVES AND ROLLS</p>	<p>LONGLIFE LOAVES AND ROLLS</p>	<p>FLOUR MIXES</p>
<p>Available in white and fibre</p>	<p>Available in white and fibre and part baked</p>	<p>All-purpose flour substitutes in white and fibre - for all your baking needs.</p>

HOW MUCH IS A GLUTEN FREE PRESCRIPTION?

If you pay for prescriptions and will be ordering gluten free food regularly, the most cost effective way to do this is to purchase a Prescription Prepayment Certificate (PPC). A PPC costs £30.25* for 3 months or £108.10* for 12 months and will cover all your gluten free foods and any other medicines you may require. You can apply online at www.gov.uk/get-a-ppc ; alternatively, call the PPC orderline on 0300 330 1341 or ask your pharmacist.

*April 2022

HOW MUCH CAN I ORDER EACH MONTH?

A monthly allowance of gluten free foods has been suggested by Coeliac UK and healthcare professionals. This is measured in units and differs depending upon age, gender and where you live.

AGE GROUP	RECOMMENDED NO. OF UNITS
Child under 10 years	8
Child 11 - 18 years	12
Female 19 years and older	8
Male 19 years and older	12

Ref: Gluten Free foods - revised guidance for England 2019

HAVE A LOOK AT PAGE 8 FOR A STEP BY STEP GUIDE TO SETTING UP YOUR PRESCRIPTION.

I Live in Scotland, Wales or Northern Ireland

WHAT FOODS ARE AVAILABLE?

Gluten free alternatives to everyday staple foods which are essential to a healthy balanced diet are available on prescription.

Prescriptions are free in Scotland, Wales and Northern Ireland so you won't pay for your gluten free food on prescription.



FRESH LOAVES & ROLLS

Available in white and fibre



LONGLIFE LOAVES & ROLLS

Available in white and fibre and part baked



FLOUR MIXES

All-purpose flour substitutes in white and fibre - for all your baking needs



BREAKFAST CEREALS

A selection of fortified breakfast cereals and 'pure' oats



PIZZA BASES & PASTA

Part baked pizza bases and a selection of white and fibre pasta shapes



CRACKERS & BISCUITS

Savoury crackers and crispbread (and plain sweet biscuits - only prescribed in exceptional circumstances)

HOW MUCH CAN I ORDER EACH MONTH?

A monthly allowance of gluten free foods has been suggested by Coeliac UK and healthcare professionals. This is measured in units and differs depending on age, gender and where you live.

AGE GROUP	RECOMMENDED NO. OF UNITS
Child 1 - 3 years	10
Child 4 - 6 years	11
Child 7 - 10 years	13
Child 11 - 14 years	15
Child 15 - 18 years	18
Male 19 - 59 years	18
Male 60 - 74 years	16
Male 75+ years	14
Female 19 - 74 years	14
Female 75+ years	12
3rd trimester pregnancy	Add 1 unit
Breastfeeding	Add 4 units

WHAT IS A UNIT?

Ref: Gluten Free foods - a revised guide 2012

1 UNIT =



1 (400g) loaf of bread / 1 (5x85g) pack of rolls

OR



1 (250g) pack pasta

OR



1 (200g) pack of crispbread/crackers

1.5 UNITS =



1 (300g - 500g) pack of breakfast cereal

OR



1 (500g) pack of Pure Oats

2 UNITS =



1 (500g) pack of flour mix

OR



1 (500g) pack of pasta

Setting up a prescription in England, Wales or Northern Ireland

STEP 1: MAKE AN APPOINTMENT WITH YOUR GP

Your GP or dietitian will explain how many units of food you are entitled to each month.

TOP TIP

It may help to estimate how much gluten free food you would use in a typical month, eg. how many slices of bread or bowls of porridge. Remember to include the flour you might use in cooking and baking.

STEP 2: CHOOSE YOUR FOODS

Once you have tried the products in your starter pack and decided which you would like to receive on prescription, use our handy request form (included in the pack) to help your GP set up your prescription.

TOP TIP

Calculate the number of units and check this is in line with your monthly allowance.

STEP 3: NEXT STEPS

Take your prescription to any pharmacy who will order the gluten free foods for you; they will let you know when your order is ready for collection (usually within 48 hours). Choosing a reliable local pharmacy is helpful so that you are aware when your order arrives.

Most prescriptions are repeated monthly without needing to see your GP; check with your pharmacy that this is the case.

TOP TIP

Fresh bread has set ordering and delivery days, which your pharmacy should be familiar with. For further information, have a look at the fresh bread leaflet included in your starter pack.

STEP 4: MAKING CHANGES TO YOUR PRESCRIPTION

This will vary depending on your surgery, but can usually be done with a quick call to your GP surgery to make any changes or to add a new product to your prescription.

Setting up a prescription in Scotland

If you have a confirmed diagnosis of coeliac disease, you can access staple gluten free foods on prescription through the Scottish Gluten Free Food Service. This is an NHS service that allows you to manage your gluten free food on prescription through your pharmacist rather than via your GP.

Once diagnosed, your GP will register you with the Gluten Free Food Service. They will explain the number of units you are entitled to each month and will provide you with an order form to give to a pharmacy. You can then nominate a pharmacy of your choice who will set up and dispense your gluten free prescription.

Each month you will need to complete a new order form with your selection for that month. This gives you the flexibility to change or add to your order regularly. Prescriptions are free in Scotland so you won't pay for your gluten free food on prescription.

WHAT ARE THE BENEFITS OF USING THE GLUTEN FREE FOOD SERVICE?

Feedback from those using the Gluten Free Food Service has identified several benefits:

- Access to a reliable monthly supply of safe, staple gluten free foods.
- More control over how you manage your gluten free diet.
- Ability to make changes to your monthly order without the need for a GP appointment
- Access to an annual health check with your local pharmacist
- Regular support and advice from your local pharmacy team

Read more information about the Gluten Free Food Service at www.nhsinform.scot

TURN OVER FOR A STEP BY STEP GUIDE TO SETTING UP YOUR PRESCRIPTION

STEP 1 - MAKE AN APPOINTMENT WITH YOUR GP

Your GP or dietitian will ask you to complete a Patient Registration Form for the Gluten Free Food Service. They will ask you to nominate a local pharmacy who will dispense your prescription.

STEP 2 - YOUR MONTHLY ALLOWANCE

Your GP or dietitian will explain how many units of food you are entitled to each month.

TOP TIP

Once you have tried the products in your starter pack, you can choose which ones you would like to include on your gluten free prescription.

TOP TIP

It may help to estimate how much gluten free food you would use in a typical month, eg how many slices of bread or bowls of porridge. Remember to include the flour you might use in cooking and baking.

STEP 3 - CHOOSE YOUR FOODS

Your GP or dietitian will give you an order form and will provide you with a list of gluten free foods available from your local Health Board. Availability may vary slightly due to local prescribing policies.

TOP TIP

Calculate the number of units and check this is in line with your monthly allowance.

STEP 4 - NEXT STEPS

Pass your completed order form to your nominated pharmacy; they will let you know when your order is ready for collection.

Each month, you will need to complete a new order form from your pharmacy for that month. This allows you the flexibility to change or add to your order.

TOP TIP

Fresh bread has set ordering and delivery days, which your pharmacy should be familiar with. For further information, have a look at the fresh bread leaflet included in your starter pack.

Product Availability

The Juvela range of staple gluten free foods is available on prescription to those clinically diagnosed with coeliac disease and dermatitis herpetiformis. **The table below indicates availability across the UK.**

Access and availability may vary depending on local prescribing policies.

PRODUCT	Pack Size	England	Scotland, Wales & Northern Ireland	PIP Code	Unit Value
JUVELA LOAVES & ROLLS					
Fresh White Loaf	8x400g	✓	✓	322-0217	8
Fresh Fibre Loaf	8x400g	✓	✓	339-9789	8
Fresh White Rolls	8x5x85g	✓	✓	355-8871	8
Fresh Fibre Rolls	8x5x85g	✓	✓	355-6800	8
White Loaf sliced	400g	✓	✓	074-8590	1
White Loaf unsliced	400g	✓	✓	031-4781	1
Fibre Loaf sliced	400g	✓	✓	074-8632	1
Fibre Loaf unsliced	400g	✓	✓	010-1675	1
White Part Baked Loaf	400g	✓	✓	273-6882	1
Fibre Part Baked Loaf	400g	✓	✓	273-6890	1
White Rolls	5x85g	✓	✓	010-5916	1
Fibre Rolls	5x85g	✓	✓	080-3668	1
White Part Baked Rolls	5x75g	✓	✓	243-7267	1
Fibre Part Baked Rolls	5x75g	✓	✓	262-9020	1
<i>NB: White Loaves and Rolls may be listed without the word 'white' in their description on your GP/Pharmacy system</i>					
JUVELA ALL-PURPOSE FLOUR MIXES					
White Mix	500g	✓	✓	035-2161	2
Fibre Mix	500g	✓	✓	023-6042	2
Harvest White Mix	500g	✓	✓	247-7875	2
<i>NB: The Juvela Gluten Free White Mix may be listed as 'Juvela Gluten Free Mix (without the word 'white' in its description) on your GP/Pharmacy system</i>					
JUVELA BREAKFAST CEREALS					
Flakes	300g	✗	✓	371-1652	1.5
Fibre Flakes	300g	✗	✓	371-1660	1.5
Corn Flakes	375g	✗	✓	388-2990	1.5
Crispy Rice	375g	✗	✓	388-2982	1.5
Pure Oats	500g	✗	✓	371-1678	1.5
JUVELA PASTA & PIZZA BASES					
Fusilli (spirals)	500g	✗	✓	280-7980	2
Spaghetti	500g	✗	✓	280-7998	2
Macaroni	500g	✗	✓	280-8004	2
Lasagne Sheets	250g	✗	✓	280-7972	1
Tagliatelle	250g	✗	✓	319-3497	1
Fibre Penne	500g	✗	✓	332-8010	2
Pizza Bases	2x180g	✗	✓	265-4390	1
JUVELA CRACKERS & BISCUITS					
Crispbread	200g	✗	✓	236-6136	1
Savoury Biscuits	150g	✗	✓	310-7893	1
Digestive Biscuits*	150g	✗	✓	210-0923	1
Tea Biscuits*	150g	✗	✓	276-4959	1
Sweet Biscuits*	150g	✗	✓	210-0915	1

* only prescribed in exceptional circumstances



All-purpose Flour



Soft & Crusty Rolls

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