



Allergy Navigator

EDUCATION • SUPPORT • PREPAREDNESS

KNOW BEFORE YOU GO

Here's what we are looking out for...

Eating Out

- Choose chain restaurants when traveling as they are most likely to use the same ingredients and preparation will be very similar.

- Avoid restaurants that use the same utensils to serve different food items or serve from a line like Qdoba, ice cream shops, bakeries and pastry shops, etc. as cross contact can be a really dangerous problem. Also, bakeries and pastry shops tend to use the same surfaces to make many kinds of food items, and they also use many of the

main allergens as common ingredients.

- Choose fresh made foods or made to order food restaurants over foods that are already prepared. The foods made to order can be made without the allergen, premade items are opened to cross contact and unfamiliar ingredient lists or no ingredient lists at all.



- Avoid catered foods, call the caterer and ask if there will be any allergy friendly options. Either plan a meal with the caterer for your needs or plan to take your own meal if you can't eat before or after the event.
- Look at menu online before you go.
- Pick two options that seem safe (have a back up).
- Call ahead to restaurant and speak to the chef.
- Speak to the waiter/chef and order before you go.
- Ask questions about their preparation methods and how they avoid cross-contact.
- Let the restaurant know how you would like to be approached (business meeting, large group—it can be embarrassing).
- Understand how things are generally made.
- Google general recipes of items you're not familiar with, and see how they are made (this is usually what will be in the restaurant version, too).
- Google ingredients you aren't familiar with.
- Know what sneaky names are used for different ingredients (maltodextrin).
- Ask, if an item is removed or substituted will it be safe to consume?
- When ordering Take Out, avoid the apps and call the restaurant to speak to a live person. Always ask them to read your order back to you.



- Take precautions. Have your medications, medical emergency card and chef cards whenever you leave your home. It is better to be safe than sorry.

- Share your medical emergency card with the person you're with so they can help if you are unable to communicate.

Travel

- Plan Ahead
- Pack your own food (flying, hotel stay, visiting other homes, parties, etc.).
- Will you need to eat when you get there?
- Prepare for any delayed flights.
- Take an empty water bottle with you wherever you go. Fill it up when you arrive after going through TSA.



- What time does it leave, can you eat before you go?
- What time of day will it be when you land?



While In The Airport

- Use airport maps to help you plan ahead.
- Figure out which terminal and gate you will be arriving or departing from and use the maps to help you find food at restaurants or convenience stores near your gate.

Hotel



- If you're staying for a night or for a week plan ahead for any accommodations you might need before arriving, call the hotel and request:

1. Room location (away from pools, the higher the floor the better)

2. Room amenities (special snacks, or drinks you may need added to your room)

3. Room amendments (i.e. pillow changes, filter changes)

Cruise

- Call ahead to the company and explain any special needs, ask them to make note of it on your account and room check in.
- Upon arrival speak to the matre d about any special food needs and ask for your meals to be set aside or plan to meet with the mater d every day to go over the meals and make a plan for that day.
- Room location (away from pools, the higher the floor the better)

- Room amenities (special snacks, or drinks you may need added to your room)



Traveling Abroad

- Call ahead to all destinations (call ahead a few days in advance of your arrival, not too many days ahead, your information may be lost in the shuffle.)
- Share your medical emergency card with the person you're with so they can help.
- **MAKE SURE** to have our chef cards and the use of a translation app.
- Familiarize yourself with the ways of the culture and country. (For instance, in Italy, many places who are gluten free actually have two separate kitchens, so cross-contact is not as much of an issue.)
- Europe is great for allergy menus, where as, the USA is not, and you would need



to ask for a gluten free menu to get you started in most places.

- Still, always check the menu online or before you are seated to avoid any issues.
- Learn how to say the words of your food allergies in the language of the country

