

## **Travel Tips for Food Allergies & Celiac Disease**

[www.TheSuperAllergyCookbook.com](http://www.TheSuperAllergyCookbook.com)

We have been traveling successfully for many years with three children who require a gluten-free, dairy-free, egg-free, peanut-free, tree nut-free and other allergen free diet. One of my children has IgE or life-threatening food allergies to nuts, peanuts, milk and eggs, and one has celiac disease. You can travel safely with food allergies and celiac disease. It just takes a bit of forethought and planning for a successful trip. We don't let our food limitations limit our life!

### **1. Plan Your Food Route**

- What meals will you be eating?
- Where will you be eating?
- Call ahead to restaurants, health food stores and grocery stores as needed and find out what they stock. Do they carry the food items you require?
- What other information do you require for the best planning?

### **2. Ask For What You Need**

- What minimum accommodations do you require?
- Make a list of what the minimum requirements are and use it as a checklist.
- If you require a foam pillow instead of a feather pillow then request it.
- If you require access to a kitchen or partial kitchen or freezer, make it known right up front.
- We are the worst case for travel requiring a freezer and full kitchen when we travel. We have had success with bed and breakfasts and other lodges that have accommodated our kitchen requirements.

### **3. Take Foods As Required**

- If you have no idea what is available on your travels then take your own food and supplies. We do this all the time, and it works great.
- If you are not sure what's being served at the event or function, you can pack a few selections either as frozen food items or as mixes to bake if you have access to a kitchen.

### **4. Remember Safety**

- Keep hot foods hot in a thermos and cold foods cold in a cooler with ice packs or ice for food safety.
- Extra caution is advised if you or your child has life-threatening (IgE) food allergies to avoid any cross contamination issues.

### **5. Pack Medications and Medical Supplies All in One Handy Bag**

- Pack Benadryl® or other fast acting allergy medication(s), asthma medications and an Epi-Pen® and any other medical supplies in one handy bag that is accessible at all times.
- Take your doctor's phone number, and any important medical information with you when you go, including your health insurance card or information.