



TAEG tips from March 5, 2013 Meeting

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Travelling with Allergies

Airlines/Airport

- Members shared that WestJet has allowed for time to pre-board and wipe down the surfaces nearby in prep for allergic traveler; on another occasion WestJet created a separate space on flight when it was not fully booked, to clear rows ahead and behind of allergic traveler

- Freezer packs – when traveling with food through security, make sure your freezer packs are frozen as security may question those in liquid form and may take those ones away
- Member recommended airline kit for traveling with food:
<http://www.nutritionforyourcondition.com/nfycairlinekit.html>

Accommodation / Eating when on vacation

- Stay in accommodation with a kitchen
- Some members like to only travel to cities with familiar grocery store chains (i.e. Whole Foods (USA, Canada); Loblaws (Canada); and only travel where they are familiar with labeling requirements
- <http://www.allergyeats.com/> is a great website to check for reviews of restaurants in the city you are traveling to; and also great to post feedback to help others and encourage/reward allergy-friendly restaurants
- Check local regulations for labeling ahead of time; members have avoided places where they have a language barrier
- Check the distance to a hospital and make sure you are comfortable with how long it would take to get there (within ½ hour, within 15 minutes etc); print out directions from your accommodation to the hospital or program your GPS (or both!)

All inclusive – it is possible with allergies!

- A member stayed at Beaches Resort in Turks and Caicos; there was a Food Concierge to help with family's allergy management; it was recommended to speak to them in advance of travelling as their food ordering is done 2 weeks in advance and they will be better able to accommodate special order foods
 - Also shared that you can book 2 meals in advance to have needs accommodated; chef came to speak with family to ensure food would be safe

Disney with allergies

- Disney restaurants are accommodating with allergies, book in advance, discuss your needs and when onsite, members have been able to speak with the chef and have had very positive experiences dining in a variety of DisneyWorld restaurants
- Member had positive experience with first aid response at Disney when they discovered their child was allergic - had first ever reaction and went into anaphylactic shock at Epcot; Disney staff responded quickly, administered first aid and Celebration hospital was very close by

Driving holidays

- Member suggested having a plug in cooler and bringing your food for the road; then you can wheel it into your hotel and plug in again (no ice needed)

- Call ahead to hotels to request a fridge, microwave as needed
- Plan your meals ahead of time so you can bring any special ingredients you need from home/your local store

Food Prep Packing Tip

- <http://www.nutritionforyourcondition.com/allergy.html> offers “carry all kitchen”, “meal mate”, “airline kit” etc – GREAT compact resources!

Insurance

- Check with your insurance provider to ensure anaphylaxis is covered (pre-existing condition); some providers require that there hasn't been a reaction within the last six months

Eating out with Allergies

Restaurant chains with great allergy info

- McDonald's website has full allergy info, you can also ask to see the printed copy in store to check for top allergens
<http://www1.mcdonalds.ca/NutritionCalculator/IngredientFactsEN.pdf>
- The Keg has full allergy info:
<http://www.kegsteakhouse.com/en/menus/nutritional/allergy-guide/>
- Swiss Chalet has full allergy info with printed pamphlets in restaurant and info on <http://www.swisschalet.com/allergy.php> ; their allergy protocol includes double washing all utensils etc for allergic customer
- Milestone's full allergy info :
http://www.milestonesrestaurants.com/pdf/allergy_guide.pdf
- Chipotle's full allergy info: http://www.chipotle.com/en-us/menu/special_diet_information/special_diet_information.aspx
- East Side Mario's full allergy info:
<http://www.eastsidemarios.com/pdfs/EastSideMariosAllergendata.pdf>

Additional Restaurant suggestions:

- Il Fornello: members found this restaurant good with allergies, no allergy info online
- Hero Burger – members found this restaurant good with allergies; limited allergy info online (identifies vegan, vegetarian, gluten-free info)
- South Street Burger – members found this restaurant good with allergies; no top ten allergy info online

Local Eatery

- Loving Hut - Vegan and nut free <http://toronto.lovinghut.ca/>

Tips for dining out

- Speak with the kitchen manager to discuss how the food is prepared and if it will be okay to dine there
- Thank those that help with allergy management and post to facebook, twitter etc when they do a great job

Additional Resources / Tips

- Art of Dessert website - <http://artofdessert.blogspot.com/> great ideas for allergen-friendly baking
- Kids with Food Allergies - <http://community.kidswithfoodallergies.org/>
- Chocolate treats that are egg, nut and dairy free: <http://www.hypodelices.com/index-eng.html> as well as lots of other allergy friendly food options
- Sweets from the Earth offers lots of dessert options, including frozen cookie dough – easy to bake dairy, egg and nut free etc:
<http://www.sweetsfromtheearth.com/product-category.html?cid=24>
- Toronto Blue Jays – nut free days at games (thank you Debbie Bruce!!):
<http://www.peanutfreebaseball.com/search/label/Toronto>

Books, databases and info session

Join the free session April 9th 7-8pm at Runnymede Branch, Toronto Public Library (2178 Bloor St. West) for an overview of the resources available from the library on allergies, including:

- Let's Eat Out by Kim Koeller and Robert La France
- How to manage your child's life threatening food allergies by Linda Marienhoff Coss
- Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame; by Cybele Pascal

Thanks to everyone who shared recipes for our informal TAEG cookbook coming at our May 7th meeting! [Click to register](#) for TAEG May 7th.