

# DISNEY AND FOOD ALLERGIES



# Disney – *The gold standard in food allergy dining!*

- Over 655,000 food allergy meals served annually.
- Fully trained chefs and waitstaff in Disney-owned restaurants.
- Dedicated equipment and kitchen sections.
- Disney chef's give their food allergy patrons extra-special magic.



# Who is Pixie Lizzie?

- Mother of a daughter with severe dairy, peanut and tree nut allergies.
- Discovered Disney's food allergy policy in 2009, referred by another food allergy mom.
- Created AllergyFreeMouse.com in 2011.
- Helping food allergy moms get a stress-less vacation from home and the kitchen.



# Why use Pixie Lizzie?

- Experience and knowledge of planning and traveling to Disney with severe food allergies.
- Experience with all but two Disney-owned restaurants.
- Lots of Disney tips and food allergy travel advice.
- Will book your dining, if you like, providing many options suited to your food allergies and dining preferences.
- No additional cost than if you purchase straight through Disney.
- Price monitoring and other concierge services you won't get from Disney.



# FAQ: Disney & food allergies

Q: Should I get a kitchen?

*A: I've helped hundreds of clients, many with villas and most without. Most of those with kitchens say they will skip it next time.*

Q: What should I do with my EpiPens?

*A: We keep ours in a backpack and keep the backpack shaded wherever we go.*

Q: Are all restaurants on Disney property owned by Disney?

*A: No. Most are, but several in Epcot and all in Disney Springs are not.*

# Disney food allergy resources

- My clients receive hundreds of tips!
- Online:
  - *AllergyFreeMouse.com*
  - *Facebook.com/groups/DisneyFoodAllergyGroup*
  - *GfInOrlando.com*



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

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