

Where did you go and when?

- Road trip to Ottawa, summer 2016

How did you prepare?

- Stayed at apartment style hotel (Cartier Place Suite Hotel)
- Went with another family (similar allergies), and planned meals ahead of time
- Each family was responsible for half the dinners
- Brought some cooking utensils from home (cutting board, knives, pot, colander, etc.)
- Prepared a lot of food at home (e.g. cooked & froze dinners, baked muffins, bread, etc.)

How did you manage food?

- Brought all of the food we needed for trip (simple breakfasts, picnic lunches, sit-down dinners)
- Prepared meals at home & brought with us in a plug-in cooler
- Each family had breakfast in their room, and prepared picnic lunch to eat while out touring.
- Each night, one couple would look after kids while the other prepared the meal, then we would all eat together.



Lessons learned / tips to share / recommendations

- Plan food ahead of trip
- Buy & make as much food at home as possible
- Use coolers to transport perishable food
- If staying for longer period, call local grocery store to see if they carry any of your brands so you don't have to pack as much
- Run all the dishes through the dishwasher when you arrive
- Bring harder to clean cooking utensils
- If using a BBQ, bring BBQ Buddy foil pans & BBQ utensils from home
- Bring picnic blanket/ plastic tablecloth & picnic utensils for roadside stops