



tackling CHALLENGING SITUATIONS

Food allergies and intolerances present unique challenges, but they don't have to hold you back from enjoying life!

With knowledge and planning you can handle these situations and live freely. Check out our tips!

The ideas shared here are foundational examples meant to guide you and your family as you navigate life with a food allergy or intolerance. Each person's condition is unique, so we encourage you to discuss these situations with your healthcare provider for additional direction.



GENERAL TRAVEL TIPS

- Do additional shopping when you arrive at your destination to stock up on more safe food for the duration of your stay or ship a box of safe staple foods to your destination ahead of time.
- Select safe restaurant options by using our “Dining Tips”.
- Look for lodging that accommodates people with allergies/intolerances or has a kitchen, which will allow you to prepare your own food.
- If staying with family or friends, communicate ahead of time. Explain the allergy/intolerance, share a list of foods not allowed along with substitute options and discuss precautions to take when preparing foods. Offer to purchase special foods and help with preparation.
- Bring extra medications and epinephrine, as well as copies of your emergency care plan.



TRAVELING BY CAR

- For your road trip, bring plenty of non-perishable food items, such as whole fruit, gluten free crackers or [**Enjoy Life Foods Chewy Bars, Grain & Seed Bars, Protein Bites, Cookies**](#) and [**Seed & Fruit Mixes**](#). You can also pack a cooler with perishable foods, such as carrots, hummus and dairy free yogurt or string cheese.



TRAVELING BY PLANE

- Review an airline’s allergen policy before booking a flight and find information about in-flight snacks. Some airlines may make special accommodations.
- Pack plenty of safe snacks for the flight and layovers, including extra for unexpected delays. [**Enjoy Life Foods**](#) provides a variety of travel-friendly options.
- Pack epinephrine injectors with other carry-on liquids (TSA considers these a medical necessity, but you should declare these at the security checkpoint).
- Speak to a gate agent before boarding to ensure the personnel are aware of you/your family member’s allergy.

DON'T LET FOOD ALLERGIES OR INTOLERANCES KEEP YOU FROM MISSING OUT ON LIFE ADVENTURES. USE OUR TIPS TO KEEP YOURSELF SAFE AND ALLOW YOU TO LIVE FREELY!



DINING OUT

- Research restaurants, menus and allergen statements online beforehand, or call a restaurant to discuss options and ask questions.
- Contact local allergy friendly and gluten free support groups for dining recommendations.
- Once you arrive, speak to a manager. Alert them of the allergy/intolerance and ask to review the menu items together to ensure they are made with safe ingredients.
- Choose restaurants that are not inherently risky. For example, cross-contamination risk is high at buffets and bakeries. Avoid venues that use allergens in many dishes (i.e. if you have a shellfish allergy, avoid seafood restaurants).
- Always bring medications with you in case of accidental exposure and make sure the people you are dining with know how to help administer.



SUMMER CAMP & ACTIVITIES

- Before selecting a camp, get answers to important questions and make sure the camp can support your child's needs. This includes information on medical staff, onsite medications, cafeteria policies and counselor training.
- Inform the camp director of your child's allergies and provide appropriate instruction. Share a list of foods your child is allergic/intolerant to, along with specific symptoms he/she experiences during a reaction, the emergency plan and extra epinephrine and other medications.
- Make sure all staff who will be caring for your child has this information, is trained properly and has your contact information.
- Provide a supply of shelf-stable safe snack foods, like [Enjoy Life Foods Chewy Bars](#), [Protein Bites](#) or [Seed & Fruit Mixes](#).
- Educate your child to help manage his/her allergy. This includes how to recognize safe and unsafe foods, potentially hazardous situations or symptoms of allergic reactions, to speak up if he/she has a reaction and, if your child is old enough, how to use epinephrine. Offering positive encouragement can help alleviate worries and ensure your child enjoys his/her experience.
- Consider selecting a camp that specializes in food allergies.



HOLIDAYS & BIRTHDAY CELEBRATIONS

- Reach out to the host or teacher in advance to discuss an action plan. On the day of the party, make sure they know where your child's medication is and have your location and contact information.
- Find out what food will be served and offer to provide safe items. You can buy your child's favorite **Enjoy Life Foods Cookies** or use **Enjoy Life Foods Baking Mixes** or **Baking Chocolate** to create a special homemade treat. Keep these foods separate from foods containing allergens.
- Talk with your child about safety rules to follow and what to do if they have an allergic reaction. Help your child avoid unnecessary anxiety by maintaining a positive perspective and demonstrating a calm approach to managing food allergies/intolerances.
- Take precautions for events where treats are given out, such as on Halloween or Valentine's Day. Provide a list of safe treats to buy, like **Enjoy Life Foods Halloween Chocolate Minis** or **Chocolate Bars**, or provide them directly. When trick-or-treating, look for teal pumpkins in front of houses — teal pumpkins represent your child can receive non-food treats or allergy friendly options there.
- When your child brings treats home, sort through them together to determine what is safe. This means always reading ingredient lists (you may have to look up information online for snack-size candy). Once the treats are separated, trade the unsafe foods with your child's favorite **Enjoy Life Foods** products or non-food goodies like glow sticks, stickers, pencils or bouncy balls.



BAKING CHOCOLATE

- ✓ FREE FROM 14 ALLERGENS
- ✓ ALL-NATURAL INGREDIENTS
- ✓ PALEO FRIENDLY
- ✓ VEGAN