Does Your Child Have Food Allergies?
You Can Eat Out Safely!

GET READY...
› Call the restaurant ahead of time to see how they can meet your needs.

GET SET...
› Take along allergy medications.

GO...
Order Allergen-Free Meals
› Tell the server about the food allergy.
› Ask about ingredients and food preparation.
› Make sure the chef knows about the allergy.

Help Keep Meals Allergen-Free
› Keep meals simple — allergens often hide in sauces, soups, and dressings.
› Beware of deep-fried foods — oil may contain allergens from other foods.
› Ask the kitchen to start fresh — clean hands, gloves, workspace, utensils, pans, and dishes.

Ask Before You Eat: Were Meals Kept Allergen-Free?
› Confirm that the meal served was prepared as requested.
› Ask for a fresh meal if there are any doubts.

Enjoy an allergen-free meal every time!

Get more information: www.foodallergy.rutgers.edu
www.iowafoodsafety.org

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