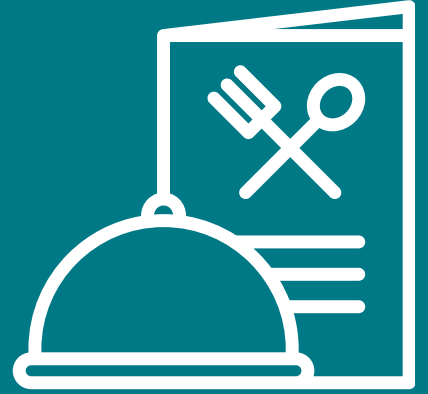


## TOP TIPS FOR EATING OUT

Eating out with food allergies can be overwhelming, but it doesn't have to be. Here are some of our best tips to guide you towards a safer and more enjoyable dining experience.



### PLANNING

Before choosing a restaurant, look up their menu online and check for allergy-friendly options. Reading reviews or contacting the restaurant in advance to discuss your allergies can help ensure they can accommodate your dietary needs.



### COMMUNICATION

When you arrive, let your server know about your allergies and how serious they are. Be clear about which ingredients you need to avoid, ask how dishes are prepared, and double-check when your meal arrives that it's the correct allergen-free option.



### CONTAMINATION

Even if a dish doesn't contain your allergen, there's still a risk of cross-contamination in the kitchen. Request your meal be prepared away from dishes containing your allergen, and remind the staff about the importance of avoiding cross contact.



### MEDICATION

Make sure you have your medication on you when dining out. If you have been prescribed adrenaline auto-injectors, always carry two and make sure both are in date. At least one person dining with you should know about your allergy and understand how to support you.



### TAKEAWAYS

Make sure to always phone the food business in person to discuss your allergy requirements. NEVER rely on notes or messages relayed online or through third party apps that may get missed. Ask about the dishes that you would like to choose and if they are suitable.



## THE HIDDEN BATTLE WITH ALLERGIES

