



Dining Out

Eating out at a restaurant, bakery, cafeteria, or fast food establishment can be an enjoyable and convenient experience. However, because you have food allergies, it's imperative that every precaution has been taken to ensure the food being served to you is safe. Even then, it should not be relied on as a guarantee. Families and adults who eat out should always carry two (2) auto-injectable epinephrine devices at all times and be prepared to act quickly in an emergency.

When dining out with food allergies, question everything, assume nothing!

Do not assume that a bakery promoting allergy-free foods is safe.

- **Question** the bakery about their policy and knowledge, specifically on "food allergies."

Do not assume that a restaurant has a good policy in place just because it promotes itself as "allergy aware."

- **Question** what type of food allergy policy is in place. Ask the manager to walk you through the entire meal preparation.

Do not assume an item is free from your allergen because it "sounds" free.

- **Question** whether the item contains allergens or not. For example, depending on the manufacturer, "imitation crab" can, in fact, contain real shellfish in addition to soy, wheat, and fish

Do not assume your server knows the ingredients, even if he or she says they do.

- **Question** the ingredients in a dish with the chef and manager.

Do not assume your server will remember you on your next visit or your allergens, even if you frequent the restaurant often.

- **Question** food ingredients and inform the hostess and wait staff of your allergy each visit.

Do not assume because you had a dish once with no issues, the dish will be safe each visit.

- **Question** if the dish contains your allergen and if products have changed since your last visit.

Do not assume because you cannot see your allergen in a dish, that the dish does not contain it.

- **Question** what the item is made from and ask if it contains your allergen.

Do not assume the server, manager, or chef understands the severity of your allergy.

- **Question** whether they understand the difference between a true allergy, vegan, gluten, or other intolerances and dietary restrictions.

On the other hand, do assume the manager, server, or chef does not understand the severity of your allergy.

- **Question** yourself as to why they feel uneasy to confirm a particular dish can be created for you safely. If you sense any hesitation from the staff about any food item, don't chance it. Avoid it!

#KnowtheFAACTs

FoodAllergyAwareness.org