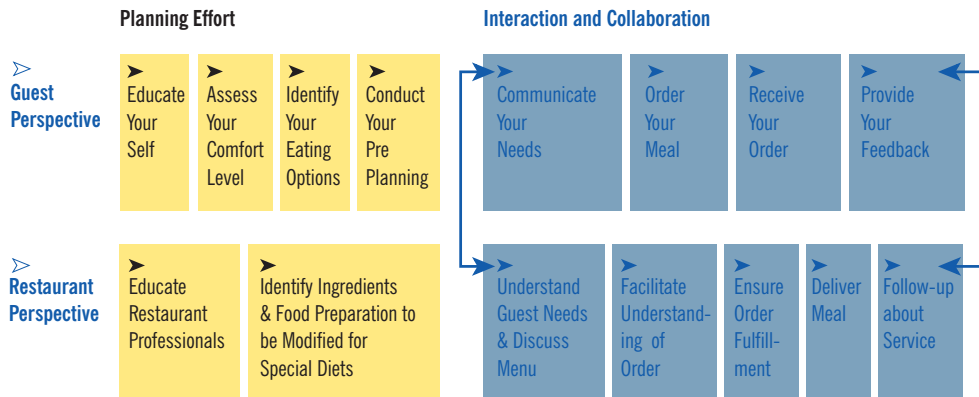


Confidently Eat Out Gluten & Allergen-Free!



Eating out at restaurants is the most frequently cited concern for individuals managing gluten and allergen-free diets. Education, communication and preparation are the keys to safely and successfully eating out. The following chart outlines the collaborative process between guests and restaurant professionals. Understanding both perspectives will give you a level of comfort as you learn to effectively communicate your needs. You can do it!

Collaborative Process Between Guests and Restaurants



Excerpted from the award-winning *Let's Eat Out!* book series, written by Kim Koeller and Robert La France and published by R & R Publishing, LLC. ©AllergyFree Passport®, LLC 2005-2009.

Planning Checklist for Dining Anywhere

For effective planning and preparation, did you:

1. Educate yourself about eating out?
2. Assess your dining comfort level?
 - a. Evaluate what cuisines are low and high risk for you?
 - b. Assess specific cuisines?
3. Identify your eating options?
 - a. Determine what type of establishment and atmosphere you prefer?
 - b. Choose somewhere new, familiar or recommended?
4. Determine the level of pre-planning effort desired?
 - a. Conduct research on ingredients, preparation and menu items?
 - b. Consider the best time for your reservation?
 - c. Determine communication needed with restaurant prior to your meal?
 - d. Bring reference materials to help order your meal?

Visit

www.GlutenFreePassport.com or www.AllergyFreePassport.com

Safely Eat Around the Corner and Around the World

Checklist for Tableside Communication

To effectively communicate with your restaurant professional, did you:

1. Discuss your special dietary needs?
 - a. Determine your communication approach?
 - b. Initiate your first contact with restaurant?
 - c. Explain dietary needs to staff? Allergy? Anaphylaxis? Celiac/Coeliac?
 - d. Request a manager or the chef, if needed?
2. Evaluate what to order?
 - a. Review the menu?
 - b. Determine items most likely to be "safe"?
 - c. Discuss menu options with restaurant professionals?
 - d. Identify problematic ingredients?
 - e. Confirm menu item descriptions?
3. Receive your order?
 - a. Confirm your order upon delivery?
 - b. Enjoy your meal?
 - c. Appreciate the dining experience?
4. Provide feedback?
 - a. Give feedback to the restaurant?
 - b. Recommend the dining establishment?
 - c. Notify applicable restaurant awareness programs of your experience?
- f. Ask about potential hidden ingredients?
- g. Ask about specific food preparation techniques?
- h. Place your order?
- i. Repeat your special requests?



Intention of these Materials

These materials are intended for informational use only and should not be viewed as medical advice. R & R Publishing, LLC, AllergyFree Passport, LLC and GlutenFree Passport (collectively "we") have made reasonable efforts to make sure that the information is accurate and complete as of the date of publication, however, there is no warranty or guarantee that this information is accurate or complete, and we disclaim any responsibility for any personal injury or other damage that may occur as a result of reliance on these materials. You should contact your doctor to discuss diet issues related to celiac/coeliac, specific food allergies, specialized diets, drug and food interactions.

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