

Mix it up

packing, don't forget to include resealable bags and bag clips to keep food from going stale or spilling. Single-use plasticware and containers are also a good idea for eating on the go.



IF SPREADSHEETS ARE YOUR BEST FRIEND

Why yes, it is perfectly normal to create a spreadsheet of safe restaurants, bakeries and grocery stores to visit while on vacation. A spreadsheet is a perfect way to “see” all of your options and form a plan of attack. Besides the name of the restaurant and phone number, I record hours, locations (side of the island, etc.), and the person who recommended it to prevent unnecessary trips, maximize eating and remind me who to thank. Why not take it one step further, like I do, and make reservations in advance at those “can’t-miss” places with the best reviews. Making notes on what you ate, ambiance and service, views and why you would/wouldn’t

come back is another great use of your trusty spreadsheet.

IF YOU MAKE FRIENDS EVERYWHERE YOU DINE, ONE CHEF AT A TIME

Even if you have researched dining options by perusing the menu, taking time to speak to the chef is paramount because it puts me at ease. It isn’t always easy to live this life, so taking that extra bit of time to discuss your dietary needs directly with the chef leaves little margin for error or miscommunication. And it can open the door to creating an entrée that meets your needs versus deconstructing a current menu option. Who wants to get sick on vacation and spend time in bed or the bathroom while everyone else is out enjoying themselves? Not me. And, I am guessing, not you.

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IF MENU READING HAS BECOME A RESUME-WORTHY SKILL

I don’t know about you, but I have perfected the skill of skimming a menu and spotting gluten in about five seconds flat. Partially because I was a chef in my teen years and partly from consulting experiences, I understand the busy environment of a kitchen and the shortcuts that are commonly taken to get food out fast. This knowledge helps me narrow down feasible choices to discuss with the server/ chef and formulate questions to ask to get the ordering ball rolling. Traveling with restaurant cards that cover the basics of the gluten-free diet and celiac disease are helpful because they help you convey the seriousness of your dietary limitations.

IF YOUR MOST-USED APPS ARE FOR FINDING SAFE DINING AND SHOPPING

I admit, there aren’t a lot of apps

on my phone, but I have every app designed to assist travelers with finding places to eat and shop with dietary restrictions. An electronic lifeline to safe eating and shopping—check. Dedicated Gluten Free from ForGlutenSake.com contains the 100% dedicated gluten-free restaurants,



food trucks, breweries, cideries, ice cream shops and bakeries all around the world—and it is free. Other free apps from Find Me Gluten Free, AllergyEats and Dine Gluten Free are full of restaurants to grab a gluten-free meal and include user reviews, consumer ratings, links to menus and customizable search features. After selecting the ingredients you avoid, iEatOut Gluten Free & Allergy Free lets you browse ingredients, food preparation and menu choices at ethnic restaurants and flags dishes. The Gluten Free Scanner, ShopWell and Sift Food Labels apps scan bar codes, read the ingredients for you, and determine if an item is gluten free.

I travel more now than I did before my celiac disease diagnosis. I am not going to let anything hold me back from traveling in the U.S. or abroad. I will gladly put in the work to ensure my vacation is memorable and delicious.

How many of our travel tips do you already follow?

Enjoy our delicious
GLUTEN FREE MUFFINS
any time of day,
individually wrapped
for on-the-go convenience!

Look for us
in your
grocer's
freezer!

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made with
Organic Happy Granola

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