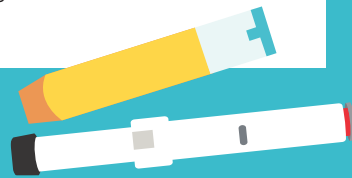


Being prepared



- Always carry your ASCIA Action Plan and adrenaline (epinephrine) injector with you (if prescribed)
- If you do not have your adrenaline injector (such as Anapen®, EpiPen®) with you, **DO NOT EAT**
- If at any time during your meal you think you may be having an allergic reaction, **STOP EATING**. Tell those around you and follow instructions on your ASCIA Action Plan carefully. If an adrenaline injector is administered, call 000 (triple zero) for an ambulance
- Research studies show that giving adrenaline soon after someone shows signs of a severe allergic reaction can save lives
- **Do NOT stand up or walk** if you think you are having a severe allergic reaction. Lay flat on the ground. If breathing is difficult, sit up on the ground with legs outstretched, but do not stand up



Use this QR code to view A&AA chef cards, eating out webinar and other tips to help you eat out safely when you have a food allergy.

To the Chef:

I have severe food allergy. To avoid a life-threatening allergic reaction, I must avoid foods that contain / might contain:



For more information about food allergies, contact Allergy & Anaphylaxis Australia on 1300 728 000 or visit allergyfacts.org.au

The information contained in this brochure is not medical advice. Those concerned about food allergy should always consult a doctor.
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Eating out with food allergies

There are many ways you can help reduce the risk of an allergic reaction.

Plan ahead and tell food service staff and people you are eating with about your allergy.



Enjoy eating out with careful planning



Where should I eat? | 🔍

1. Finding a restaurant or food outlet

- Speak to the manager or chef before you arrive, if possible
- Try to go to a restaurant at a less busy time
- Check the menu on the restaurant website and in person when you arrive
- Tell the staff/chef about your food allergy and ask if they can make you a meal that does not contain the food you are allergic to

Beware: examples of 'hidden' ingredients

- Pesto may contain tree nuts or peanuts
- Satay sauce contains peanuts
- Worcestershire sauce often contains anchovies
- Tahini is made from sesame seeds
- Hummus contains chickpeas, tahini (made from sesame seeds)
- Sweet pastry bases may contain ground peanuts or tree nuts
- Marzipan contains ground almonds and may contain egg
- Praline contains tree nuts and nougat contains tree nuts and eggs
- Breads, cakes and pastries that are shiny may have been glazed with milk or egg
- Breads and ice cream may contain egg.



2. Avoiding high risk places and dishes

- If you are allergic to fish or shellfish, avoid seafood restaurants. Keep cross contamination in mind at other restaurants
- If you are allergic to peanut or tree nuts, avoid Asian and Indian style dishes and restaurants
- If you are allergic to sesame, avoid most Middle Eastern style dishes, desserts/cakes and salads including dressings and toppings such as za'atar and dukkah
- Avoid buffet style restaurants where serving utensils can be shared and foods may be mixed
- Be aware that fried foods may share cooking oil with shellfish, fish, egg and other allergens
- If you are allergic to egg or milk, avoid crumbed or battered foods and creamy sauces that contain these ingredients
- Some pasta dishes, meatballs and hamburgers may contain egg or peanut/tree nuts, and often contain wheat
- Vegetarian style food often contains peanut/tree nut ingredients, including vegetarian cheese, which may be made from tree nuts such as cashews
- Remember pastries and desserts often contain common allergens



3. Ordering food and drinks

- Always tell staff about the food you are allergic to before ordering, even if a QR code ordering system is in use. If the staff are unsure, ask them to speak with the chef
- Menus do not need to list food allergens, so always speak to staff about your food allergy
- Use an A&AA Chef Card to list your food allergen/s. Ask that the card go to the chef and be returned with your meal, so it's more likely the right meal is given to you (see QR code link to Chef Card)
- Be prepared to wait while staff check ingredients of the food you have ordered, and while they speak with the staff preparing your food
- Restaurants cannot give a guarantee that cross contact/cross contamination has not occurred – the risk can be reduced with careful meal preparation and label reading by the chef, but it can never be removed completely
- Choose dishes with fewer ingredients as there is less chance of a mistake
- Check salad toppings and dressings
- You may be served first or last – be patient



4. Making careful food choices

- Consider ordering simply prepared dishes with a few simple ingredients such as grilled meats with steamed vegetables, and a baked potato. Consider avoiding sauces as they may contain allergens
- Consider fresh fruit for dessert, if not allergic to fruit
- You need to tell staff about your allergy when ordering every time, even if you have previously eaten the same meal at the same restaurant
- Do not assume a dish in one restaurant is the same in another
- Do not share food or taste someone else's food
- Do not share straws, cups, cutlery or any other food utensils

For my meal, can you please make sure that my food does not contain these ingredients and that only clean / washed (hot soapy water) food preparation equipment and surfaces are used e.g.:

- Chopping boards
- Mixing bowls
- Utensils
- Knives & tongs
- Pans & saucepans
- Surfaces

For more information about food allergies contact Allergy & Anaphylaxis Australia on 1300 728 000 or allergyfacts.org.au
For free food service e-training go to: foodallergytraining.org.au