

From First Talk to Perfect Kiss: Have an Amazing Social and Dating Life with Food Allergies

Speakers:

Noreen Okarter & Amanda Orlando

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Today's Presenter



Noreen Okarter



Amanda Orlando



Have an Amazing Social Life With Food Allergies



Noreen Okarter
Founder of Food Sitch



YOUR SOCIAL LIFE MATTERS!



Put pennies in your emotional bank account



YOUR SOCIAL LIFE MATTERS, ESPECIALLY NOW!



There are great lessons to learn during times like these.



SELF-QUARANTINE WITH PURPOSE!



BE BETTER PREPARED



LEARN YOUR SOCIAL COMFORT LEVEL



HAVE MORE FUN!

****Increase Your Food Allergy Confidence!****



About Me

HI, MY NAME IS NOREEN!



- **Certified Health + Life Coach**
- **Multiple Life-Threatening Food Allergies**
- **New Yorker with Wisconsin roots**
- **“A petite person with a large social network”**



About Me



I understand your fears because I've been there myself.

Now, I have a thriving, fun social life.
You can have one, too!





Preparation Tips



BE BETTER PREPARED

- What are your favorite, allergen-free foods? Learn how to cook and package/transport them.
- **How do you want to socialize better with the people in your life? Based on your answer, how can you better plan for these social experiences?**
- What's your daily/weekly schedule like? Do you have allergy safe, healthy food prepared that aligns with your schedule?
- **Who do you need to have a conversation with about your food allergies?**
- What's your emergency plan of action? It's important for adults, too!



Preparation Tips



BE BETTER PREPARED

CARRY YOUR EPIPEN!



Obvious, but SO IMPORTANT!



LEARN YOUR SOCIAL COMFORT LEVEL

- At which places do you feel comfortable socializing with others?
At which places do you not feel comfortable?
- **What are your boundaries when it comes to your food allergies?
Contact your allergist.**
- Who respects your comfort level with your food allergens? Send them a thank you note today! Who does not respect them? Schedule a conversation with them today!
- **How will you stand up for yourself when your comfort level has been crossed?**



Comfort + Safety



LEARN YOUR SOCIAL COMFORT LEVEL

YOU'RE IN THE DRIVER'S SEAT!



Be comfortable with fitting *OUT* !



Building Social Connections



HAVE MORE FUN!!

BE INTERESTED

Ask people questions

Introduce yourself to **1** person

Develop good eye contact

Smile!!

BE INTERESTING

Learn something new

Have hobbies

Be your unique self

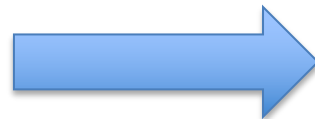
Become a good storyteller



Building Social Connections



HAVE MORE FUN!!



**THERE ARE
LOTS OF FUN
ACTIVITIES
THAT DON'T
INVOLVE FOOD!**



You Got This!

GET OUT THERE!



SOCIALIZE SAFELY + WITH FOOD ALLERGY CONFIDENCE!





Let's Stay Connected!

KEEP IN TOUCH!



[@foodsitch](#)



[Food Sitch Page](#)



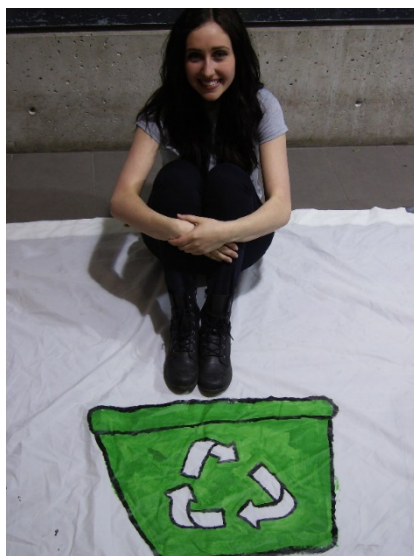
Noreen@foodsitch.com



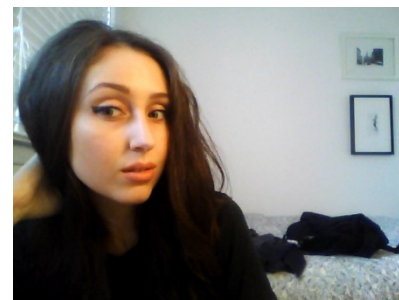
My Story

- Let's begin with an embarrassing story about when I first started dating my husband
- I was of the "trial and error" generation of allergy kids
- Did not have an allergy + dating conversation with my parents
 - We didn't know about kissing, birth control pills containing allergens, etc. I did my own research
- In mid-2000's a teen passed away after kissing her boyfriend who had peanut butter
- My first boyfriend in 12th grade
 - I explained my allergy but still tried to hide it due to bullying in class
- I was more open in later relationships and had a "toothbrush rule"
- I would choose the restaurant on dates
- Did have some close, scary encounters while away from home
 - Learned hard, fast lessons about university party culture and protecting myself

Myself as a teen, in one word: Drama!



2010



2009



Find a Partner Who Cares

- Seek empathy (not sympathy), confidence, and resourcefulness in a partner
- I've always sought out those who do things their own way, who make things work, who are not afraid to be different
- Olive oil vs butter?
- Does your partner advocate for you within their social circles?
- If someone makes you feel bad about yourself for having allergies, they don't deserve your time
- Hiding your allergy is a bad idea
 - the sushi story*
- If they still just don't get it after a while, it's time to move on
 - Ex. I sat through a very un-Mandy-friendly date and learned this lesson early on



2012



2019



Every Couple Makes Their Own Rules!

- There is no right or wrong way to be a food allergy couple
- Our life is not allergen-free, but my husband is considerate and thoughtful
- We don't have to kiss each other all the time to be happy
- I never want to restrict him; I like when he gets to enjoy the things he likes
 - He chooses to avoid nuts, and often avoids my other allergens too
 - I take him out for ice cream or bubble tea, and I bring a safe treat





Get in Touch!

amanda@everydayallergenfree.com on Email

Amanda Orlando on Youtube

@everydayallergenfree on Facebook and Instagram

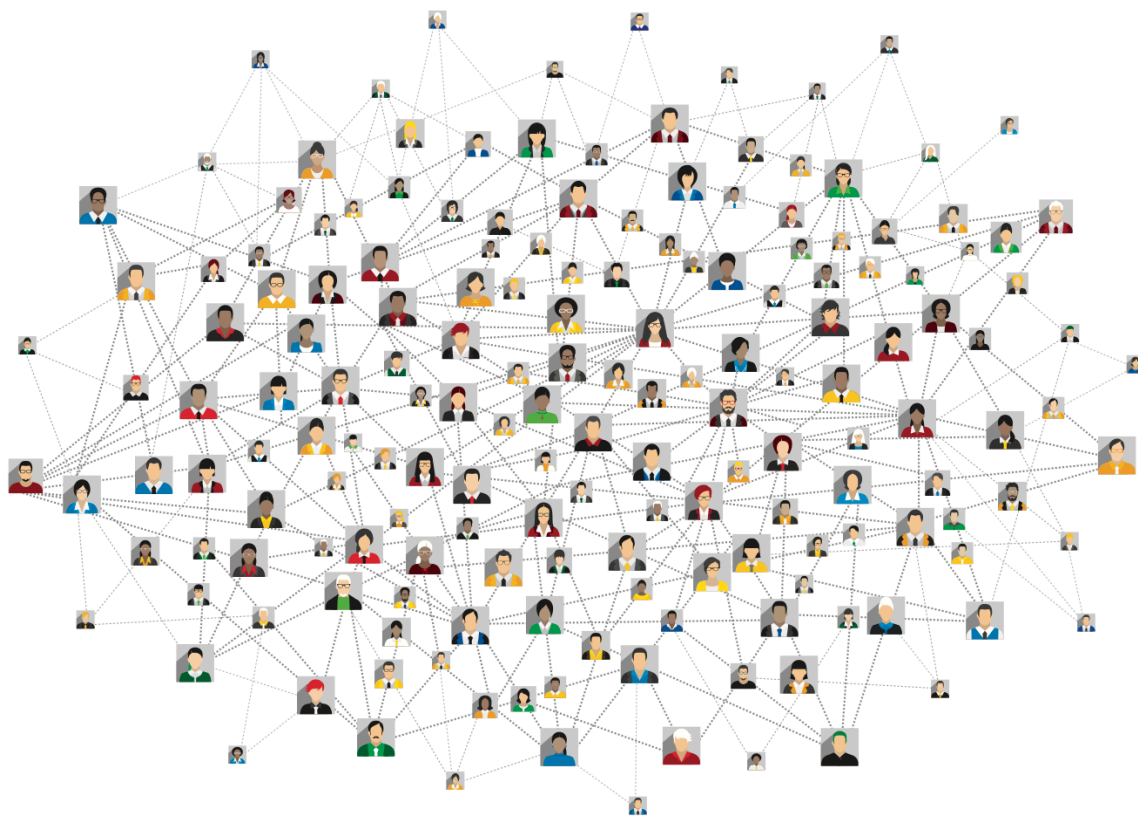


Question & Answer



YOUR Food Allergy Story Drives Research Forward

FARE Patient Registry[®]



The FARE Patient Registry connects people living with food allergies to researchers seeking answers.

1



Enroll for free

2



Create your confidential patient profile

3



Take our surveys

FoodAllergyPatientRegistry.org

Thank you!

