Your Passport to Safe Travel

Presented by
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Welcome to our webinar!

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www.foodallergy.org
Today’s Presenter

Lori Enriquez, MPH, RD, LDN, CHES, FAND
Your Passport to Safe Travel

Traveling with Food Allergies

Lori Enriquez
MPH, RD, LDN, CHES, FAND

March 11, 2015
“A good traveler has no fixed plans and is not intent on arriving.”
— Lao Tzu
Key Statistics

- Every 3 minutes, a food allergy reaction sends someone to the emergency department – that is more than 200,000 emergency department visits per year in the USA.

- Teenagers and young adults with food allergies are at the highest risk of fatal food-induced anaphylaxis.

from FARE
Today’s Objectives

1. Learn Practical Tips for Traveling Successfully with Food Allergies
2. Discuss Challenges & Lessons Learned
3. Identify Resources for Traveling with Food Allergies
4. Encourage You to Explore the World

Kenya, Africa
Safety Concerns

- Eating out
- Not being familiar with restaurants that can accommodate your needs at your destination
- Not having access to a kitchen
- Tempted to take risks
- Street food
- Hungry
- Being in the moment
- Feeling you are missing out
- Remote locations and being far away from emergency care
- Not knowing the foods or ingredients
My Travel History

Continents
- Africa
- Asia
- Australia
- Europe
- North America

Modes of Travel
- Airplane
- Biking
- Boat/Cruise
- Bus
- Car
- Hot Air Balloon
- Train

Cape of Good Hope, South Africa
Boulders Beach, South Africa
Before You Go

- If flying, choose an airplane based on their policies regarding food allergies that suite your needs best and communicate with them when scheduling.
- If going out of the country, consider going to a travel clinic to determine health risks and possible medications/immunizations that are suggested and buying travel health insurance.
- Consider staying at a place with a small kitchen or ask hotel for a small refrigerator in room for medical needs.
- Make sure you have enough of your emergency medications, I take extra when traveling.
- Research, Research, Research.
What To Pack

- Emergency Medications and Care Plan – may need to pack extra
- Safe Foods - to sustain during travel and for when it is difficult to find safe alternatives
- Wet wipes or other cleaning products
- Cooler
- Chef Cards (in foreign language if needed)
- Notes on any research you did for places to eat or visit
- Backpack, messenger bag, fanny back or other bag to carry emergency medications
Airports & Planes

- Ask your doctor for a letter confirming your allergy to carry with you
- Bring the original labels for your prescription medications, liquids keep out in a clear quart plastic bag; don’t check these, carry on
- Search airport websites online ahead of time for potential food options that will work with your allergy
- Alert flight attendants about your allergy early on
- Clean seat and seat tray when boarding plane
- NEVER eat risky food in flight
- Communicate your allergy to any seat mates
All Inclusive/Cruise

- Contact ahead of time to alert of your food allergy and determine if they can safely accommodate your needs
- Ask if there is a nurse or doctor on site
- Follow-up before you go to confirm they have your special needs recorded
- When arrive communicate with the staff and every time before you eat
- Caution with buffets
- Even if one restaurant is safe another may not be, check/communicate every time
- Consider working with a travel agent
Health Insurance

● Check with your health plan if you are covered where you are going or for any special instructions
● If traveling out of the country and need coverage for emergencies consider purchasing a plan to cover your trip such as MEDEX
● If traveling for work internationally, check with your company on health insurance coverage while away
Eating Out

- Try to research restaurants or food establishments that can accommodate your food allergy ahead of time
- Search menus online and call restaurants ahead of time to determine safe options
- If making reservations online, type in your food allergy and special requests
- Communicate, Communicate, Communicate
- Chef Card, Emergency Meds & Plan

Mexico City, Mexico
USA Travel

- Easier to plan and research
- Learn about regional food differences from where you live to help identify high risk issues before you go
- Tap into food allergy groups and resources to search for safe places to eat at your destination
- DISNEY, DISNEY, DISNEY
Traveling Alone

- If sitting next to a stranger on a bus, plane, train, etc. let them know about your food allergy and emergency medication (use good judgment)
- BRING Safe Foods and extra to share
- Wear a “medical alert” bracelet
- Don’t take risks
- Sometimes you may need to choose a safe food over a healthy food or more interesting food
Traveling with Others

- Disclose your food allergy and educate as needed
- Share your emergency plan and how to administer any emergency medications
- Discuss that there are certain places you may not be able to eat due to your food allergies
- Food courts or take out from different places may allow you to pick a safe option while others pick what they want
Being Safe

- Bring safe foods
- Plan ahead
- Chain restaurants
- Repeat restaurants where you have had successful experiences
- Grocery shop at your destination
- Sometimes it means not eating when others are
- You may have to choose safety as a priority over healthy or exotic choices
- Single ingredient foods
- Packaged & labeled foods
Out of the Country

- Do research ahead of time
- Communicate your needs when making reservations for travel, housing and eating
- Learn about the foods/ingredients that are common to the country to help in determining high risk foods
- Bring a Chef Card in the country’s national language
- Bring some safe foods and consider going to a grocery store when you arrive
- Check with your health insurance company about coverage out of the country and if needed consider buying emergency health coverage
- Learn how to obtain emergency health services

Melbourne, Australia
Special Occasions

- Athletic Events
- Bed & Breakfast
- Birthday Parties
- Fairs/Festivals
- Holidays
- Weddings
- Conferences
- Work Functions

2015 New Orleans
Rock ‘n’ Roll ½ Marathon
Challenges

- Airplanes
- Being in remote places
- Not speaking the language
- Feeling “left out”
- Time constraints
- Being hungry

Specific Situations

- Thanksgiving Buffets in Cary, NC
- Peanut Butter in Enchilada Sauce in Old Town San Diego, CA
- Flying (peanuts everywhere)
- Mexico City
- DE/MD Boardwalks
- ½ marathon events
- Weddings
Successes

- Bringing safe food to complement a meal out
- Having several options of places to eat
- Chain Restaurants
- Not having a reaction

Specific Situations

- Thanksgiving Buffet - Pusser’s Annapolis, MD
- Remote Safari at Addo Elephant Park, South Africa
- Cruise to Greece & Turkey
- New Orlean’s Rock n Roll ½ Marthon (2 years in a row)
- Traveling to Canada > 5 times
- Orcas Island, WA
- Wedding in St. John VI
- Sports Exchange Program in Australia
In December 2014, there were changes in the EU regulations on food labeling and food allergy disclosure at restaurants and cafes.

14 major allergens must be declared

- **Anaphylaxis Campaign**
  check out the catering & food section
  www.anaphylaxis.org.uk

- **New EU Food Labeling Rules**

- **New EU Law on Food Allergy Information for Consumers**
  ec.europa.eu/food/food/labellingnutrition/foodlabelling/index_en.htm
Other Resources

- Smart Phone or Tablet/iPad with internet access
  - www.allerdine.com
  - allergyeats.com
  - www.eatfitthealth.com
  - www.emnet-usa.org/Community/finder.htm
  - www.foodallergy.org
  - www.medicalert.org
Lessons Learned

- Preplanning takes time, but will help ensure a safe trip and makes it more enjoyable.
- Reactions can happen even after taking all appropriate precautions, so be prepared for emergencies.
- Pack safe food as it will be needed.
- If you feel uncomfortable when trying to determine if a restaurant can accommodate your food allergy, try another place, don’t risk it.
- Ask for a refrigerator in hotel rooms.
- Visit grocery stores to supplement foods brought from home.
- Chain restaurants may be more consistent with ingredients.
- Notify places where you may be eating ahead of time when possible about your food allergy, contact during slow hours, like 2-4 pm.
- Identify restaurant options before your meal so when it is time to dine out it is less stressful.

Niagara Falls, Canada
Lessons Learned

- Most everywhere has someone that speaks English, seek help if needed out of the country to translate or ask questions about the safety of food
- Take advantage of the internet, smart phones, social media and food allergy community to aid in your planning
- Generally avoid street foods and carts
- Stick to simple ingredient food choices
- Bring several treat items so that when others are enjoying things you can’t you have something special
- COMMUNICATE, COMMUNICATE, COMMUNICATE

Have fun and explore the world with your Passport to Safe Travel
Foods to Pack

**Bring foods that are**
- hard to find
- full of nutrition
- treat options
- easy to prepare
- able to travel well
- allergy friendly brands
- favorites
Foods to Pack

A Few of My Favorites

- Bars with protein
- SunButter cups
- Oatmeal packets
- Chocolate
- Enjoy Life Foods Trail Mix
- Canned chicken
- Roasted chickpeas or sunflower seeds
- Mary’s Gone Crackers
A Few USA Favorites

Disney World
Orlando, FL

Meals from the Heart
New Orleans, LA

One Dish Cuisine
Ellicott City, MD

FARE Conferences

Castiglias
Fredericksburg, VA
Questions?

Castillo de Chapultepec, Mexico

Connect on FB- www.facebook.com/EatFitHealth
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Our Next Webinar

Dorm Life and Dining Plans
Planning for College with Food Allergies

Kristi Grim
College Outreach Manager, FARE
Wednesday, April 22
1:00 – 2:00 PM ET

Member registration opens
Friday, March 13

General registration opens
Monday, March 23