

# PRODUCE

## How to Manage Social Activities

The key word for managing social activities is **PLANNING!**

### School or Sport Events Options and Tips:

- Have some baked goods in your freezer for last minute celebrations
- Have some baked goods in the freezer at the school nurse's office for last minute school celebrations
- Honey candy, some kind of bar or nonperishable snack (see list on [Favorite SCD Legal Snacks](#) handout) kept by the teacher for any rewards at school
- Make your own electrolyte drink for sporting events (see recipes)

### Party Tips:

- Call ahead
- Ask about the planned menu
- Offer to bring something so you know there is at least 1 safe thing to eat
- Have dinner before you attend a party or gathering
- Teach your child what is safe to eat

### Sleepover Tips:

- Call ahead
- Ask about the planned menu
- Send your child with food that is similar or complementary to what everyone else will be eating; if a complementary meal is impossible, send your child with his/her favorite meal
- Send instructions on how to cook or reheat meal
- Send them with dessert and snacks or offer to make a dessert for everyone so your child feels included

### Dining Out - Tips for Ordering a Meal:

- Tell the waiter that your child has medical dietary restrictions of all grains.; some parents have said it is easiest to explain as a "food allergy" to grains
- Grilled or broiled protein (seafood, chicken, steak) to be cooked in a separate pan with no vegetable oil or sauces
- Burger with no bun over lettuce or spinach
- Plain steamed veggies - you can always add salt and pepper at the table
- Fruit
- Salads with oil and vinegar (or bring your own dressing)
- Specify no dressing, breads, bacon or deli meats
- Smoothie or juice bars without any added sugars or powders
- Omelets with veggies (ask for no dairy added)

### Movie Theater Snack Options and Tips:

- Dry fruit, fresh fruit, nuts, bar or some nonperishable snack that will fit in a purse or a bag

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- Sparkling water or water that will fit in the purse, bag or purchase at location

## Travel Tips:

- Find a hotel with a kitchenette or a house for rent.
- Do your research, know the proximity of where the health food store(s) are from where you are staying.
- Bring a cooler for the car trip and your stay with items such as baked goods, yogurt, sauces, condiments, oils, butter, honey or any other items that might require kitchen equipment other than a basic pan.
- Bring snacks that you might not be able to find at your destination and for the trip itself
- Check if your destination has a blender for smoothie or bring a small one like a Bullet to prepare smoothies.
- Get a letter from your doctor. As far as air travel, if you have drinks or things like yogurt, Jell-O, nut butters, or other things TSA considers “liquid” or “gel-like”, it will make things much easier if you have a letter from your doctor stating your child is on a special medical diet. This will help get you through airport security with all your food.
- Learn important phrases if you are travelling to a country that speaks another language. Handy phrases are: “gluten free”, “dairy free”, “without additives”, “organic”, “free range” and “bathroom”.
- If you are going out of the country to a non-industrialized country, make sure you drink bottled water including to brush your teeth and do not consume any uncooked food.