



Food Allergies—Ideas for Social Situations, Parties and Holidays

(Especially for children, but can be adapted for adults)

Birthdays:

Always be positive! Try to avoid making a big fuss about the allergies in front of others.

If the party is away from home, let the hostess know of the food allergens. Either provide a treat for everyone that is allergen safe, or take a special allergen-free treat.

If the party is at home and you can't serve everyone the same thing, make cupcakes and bake the special allergen free cupcake in a different colored wrapper. If doing sugar cookies, make the allergen safe cookie in a different special shape.

Instead of frosting, serve plain, or with a dusting of powdered sugar, or a colorful dab of jelly or a lollipop (or other food allergen safe candy topper).

Make your own coconut ice cream and serve to everyone, or serve everyone else vanilla ice cream, or make ice pops instead.

Avoid buffets. If you serve from the kitchen, you can discreetly slip in your 'special' sandwich/meal.

Holidays:

Holidays and food allergies go together. Food is a big party of our celebrations. Plan ahead. With a little effort, you can eat goodies and treats like everyone else. (Pre-make foods and desserts and freeze to have on hand.)

Easter:

Fill the Easter basket with grapes, raisins, a banana, or plastic eggs with little trinkets hidden inside.

"Dye" eggs by decorating plastic eggs for egg-allergic children with stickers, colored markers, lace, rickrack, etc.

Halloween:

Deliver raisins, pretzels, or stickers for your child to your neighbors during the day, to have them give out when your child comes.

Remind your children not to eat any of their candy until you check it for allergen safety.

Have a 'trade bank' ready to let your child trade in allergen treats for other safe treats, stickers, or small toys.

Thanksgiving:

If your child has a milk allergy, buy an unbasted turkey (some are injected with butter or butter solids).

If your child has an egg allergy, make the stuffing without eggs or cook it outside of the turkey, separately.

Christmas:

Plan menus carefully. If eating out, bring some food that is allergen safe. Make several meals ahead and freeze, so you always have a meal ready-to-go.

