

EATING OUT: ALISON'S STORY



ART BY ASHLING LARKIN

I OPENED ROSEANGLE KITCHEN CAFE AS MY DAUGHTER HAS COELIAC DISEASE AND I WANTED HER TO HAVE A SAFE, HASSLE-FREE OPTION FOR EATING OUT.

EATING OUT CAN BE CHALLENGING FOR MY DAUGHTER AND OTHERS WHO HAVE COELIAC DISEASE.



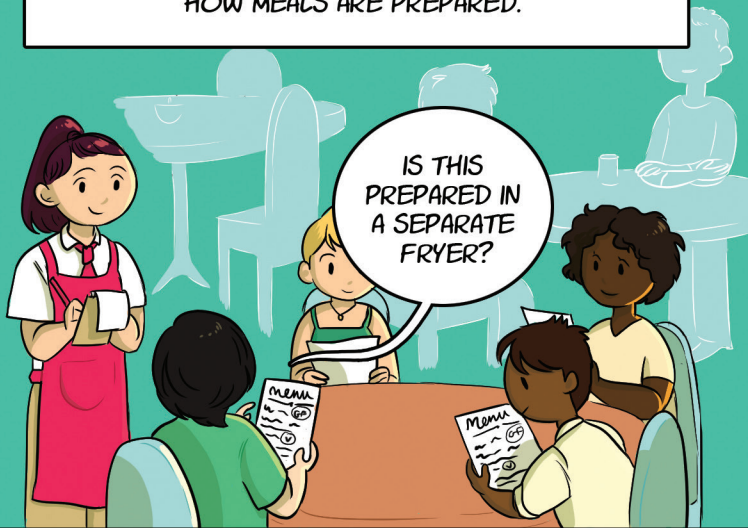
EVERY TIME SOMEONE WITH COELIAC DISEASE EATS OUT, THEY ARE PLACING TRUST IN SOMEONE ELSE MAKING THEIR FOOD.

THEY RISK BECOMING VIOLENTLY SICK AND UNWELL FOR SEVERAL DAYS IF THEIR MEAL CONTAINS GLUTEN – EVEN A CRUMB.

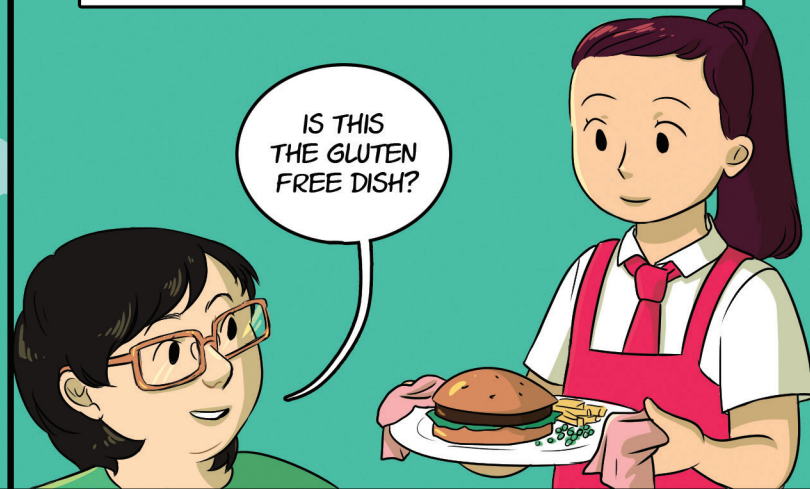
THEY MAY NEED TO PLAN AHEAD EVERY TIME. NOT ALL VENUES HAVE GLUTEN FREE OPTIONS AND THERE MAY BE A RISK THAT SOME DO NOT PROPERLY UNDERSTAND THAT GLUTEN FREE FOOD REQUIRES CAREFUL PREPARATION TO AVOID CROSS CONTAMINATION.

WHEN GOING TO NEW VENUES, THEY NEED TO SPEND TIME CHECKING THAT THEY CAN PROVIDE GLUTEN FREE OPTIONS, AND THAT THEY CAN RELY ON THIS OPTION.

WHEN AT A VENUE, MY DAUGHTER NEEDS TO SPEAK UP AND BE PREPARED TO ASK QUESTIONS ABOUT THE INGREDIENTS IN DISHES, AND TO ASK HOW MEALS ARE PREPARED.



SHE NEEDS TO TRUST THAT THE WAITING STAFF ARE CORRECTLY TAKING HER ORDER AND SERVING HER MEAL, AND THEN CONFIRM THAT SHE IS BEING SERVED THE GLUTEN FREE DISH.



IF SHE IS OUT ENJOYING HERSELF WITH FRIENDS OR COLLEAGUES WHO DECIDE ON SPUR OF THE MOMENT TO GO TO A VENUE WHICH SHE ISN'T FAMILIAR WITH, SHE NEEDS TO QUICKLY WORK OUT IF IT PROVIDES SAFE GLUTEN FREE OPTIONS.



SO, MY OPTIONS ARE POLITELY DECLINE AND EAT AT HOME; GO IN BUT JUST HAVE A DRINK; OR TAKE FRIENDS TO A COELIAC UK ACCREDITED GLUTEN FREE VENUE THAT I FOUND ONLINE.



PROVIDING SAFE, GLUTEN FREE OPTIONS ISN'T DIFFICULT – PROVIDED YOU FOLLOW THE RIGHT STEPS. HERE ARE SOME OF MY TIPS!

FIRSTLY, CHOOSE AND USE THE RIGHT INGREDIENTS.



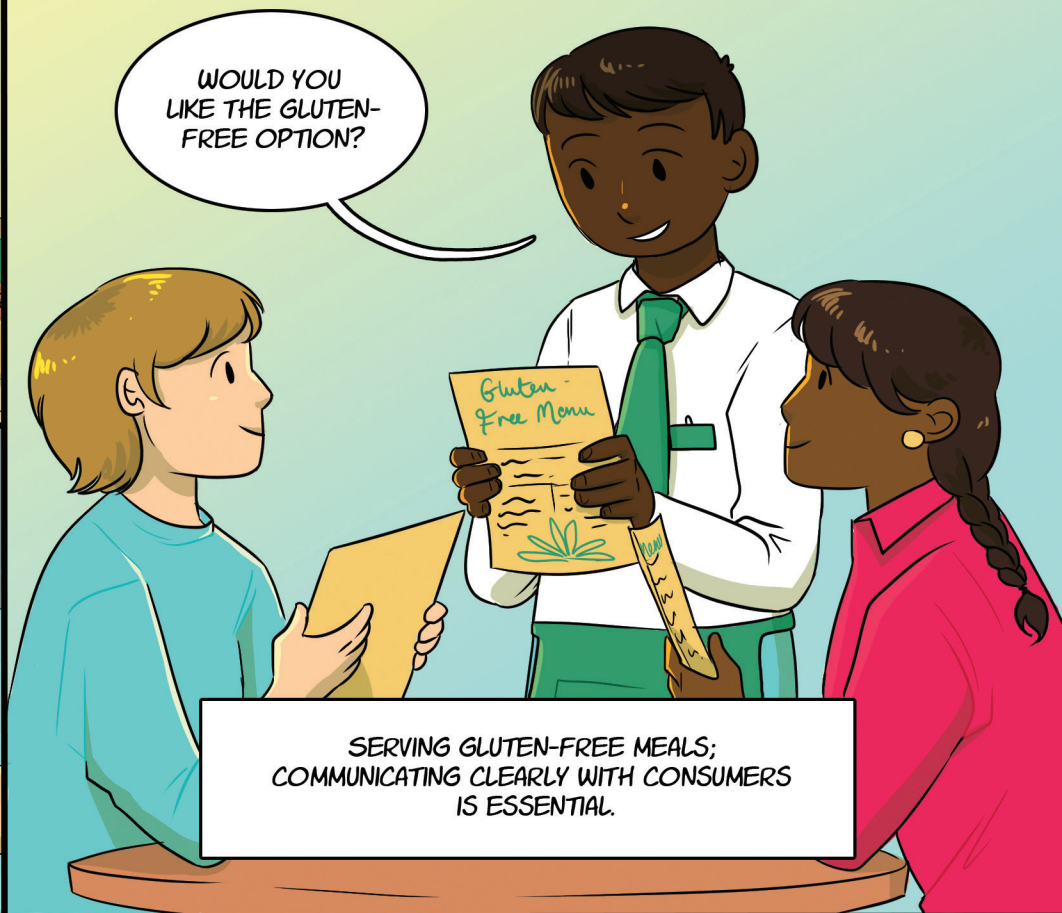
SAFE PREPARATION AND COOKING OF GLUTEN-FREE FOOD.



EFFECTIVE CLEANING AND GOOD PERSONAL HYGIENE.

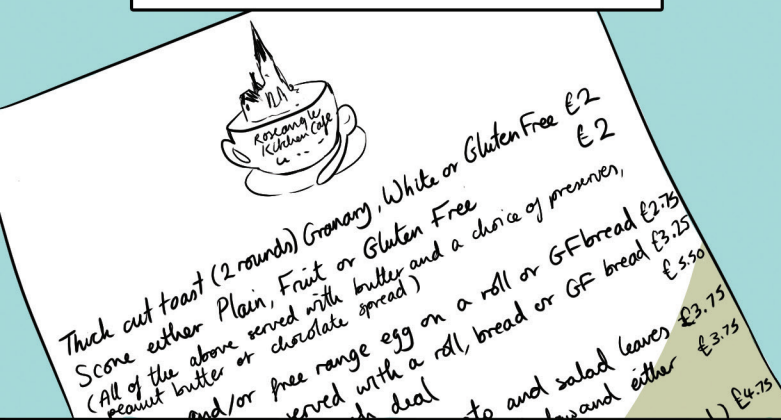


WOULD YOU LIKE THE GLUTEN-FREE OPTION?

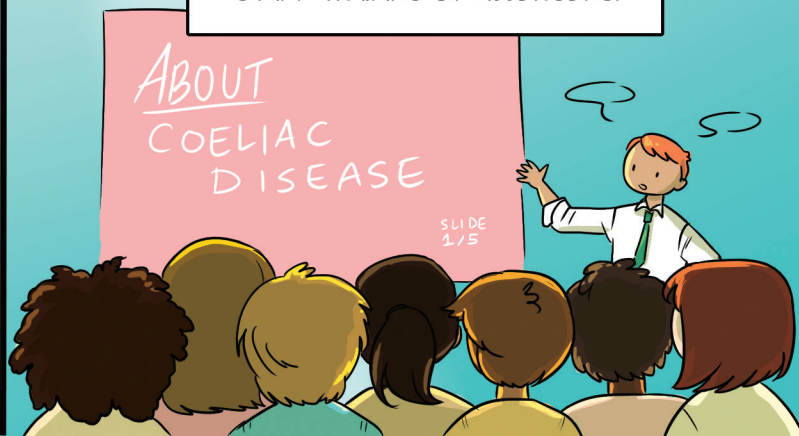


SERVING GLUTEN-FREE MEALS; COMMUNICATING CLEARLY WITH CONSUMERS IS ESSENTIAL.

CLEARLY LABELLING YOUR MENUS.



STAFF TRAINING ON ALLERGENS.



EDUCATING YOUR STAFF IS ALSO REALLY IMPORTANT.



IT'S REALLY SATISFYING MEETING THE NEEDS OF CUSTOMERS, WHO ARE VERY APPRECIATIVE OF HAVING SOMEWHERE THEY CAN SAFELY EAT AND RELAX. THEY COME BACK AGAIN AND AGAIN ONCE THEY KNOW WE CAN SAFELY LOOK AFTER THEIR GLUTEN FREE DIET.