

Tips for planning an allergy-friendly meal



Hosting a party for a guest with food allergies can seem like a daunting task; but a little planning can ensure that everyone has a safe and enjoyable meal.

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Don't feel embarrassed about asking your guest what they can / cannot eat. People with allergies and intolerances are usually quite clued up on what is safe and will be pleased you are happy to cater to their needs.

Do bear in mind that allergens cannot be 'cooked out', no matter how hard you try.



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Check ingredients labels for hidden allergens, like tahini (sesame paste) in hummus, nuts in cooking oil and milk in gravy mixes.

Prevent cross contamination. Clean work surfaces and equipment thoroughly to remove traces of anything you might have previously cooked.



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Avoid decorations, sauces, toppings and dressings that might introduce new allergens into a safe dish - like adding chopped nuts or an egg glaze over pastry.

The ingredients lists on prepacked foods clearly label allergens, so make sure you check them.



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If someone is allergic to something, simply taking it off their plate isn't enough. A tiny trace can be sufficient to cause an allergic reaction.

Keep your menu simple. A meal that can be enjoyed by everyone will ensure that your allergic guest won't feel like an 'outsider' at the table.



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There are often good substitutes for allergens in most food shops. Ask guests for suggestions of what to buy and where to find it.

Enjoy the creative challenge. Rather than seeing a guest's allergy as a limitation, view it as an opportunity to try something new.



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There is no cure for food allergies - the only way for people to manage the condition is to avoid the food that makes them ill.

#14Allergens

