Summer Gatherings with Food Allergies:

Tips for Safe Fun in the Sun

Summer is a time for outdoor gatherings with friends and family, but for those with food allergies, it can be challenging. Here are some tips for navigating summer get-togethers safely:

1. Communicate with the host: Let the host know about your food allergies in advance and offer to bring safe food options or ask for accommodations.

2. Bring your own food: Prepare safe dishes or snacks to bring with you to ensure you have safe options to enjoy.

3. Educate yourself and others: Share information about your food allergies, their severity, and the importance of avoiding cross-contamination.

4. Be cautious with shared foods: Buffets and shared foods can pose risks, so use separate utensils and ask about ingredients and potential allergens.

5. Carry your medications: Always have your medications, such as epinephrine auto-injectors, with you and inform others about how to use them in case of an emergency.

Remember to prioritize your health and safety during summer gatherings and consult with your healthcare provider for personalized advice on managing food allergies. Enjoy the warm weather and good times with your loved ones!
Allergy-Friendly Hummus!

This dip is the perfect complement to any dish and stores easily. Pair with vegetables, gluten-free crackers, chips, pretzels, breads, etc. It's sure to be a hit at your next event, and ensures that those with allergies have a safe option and can be included.

Ingredients:
- 1 15.5oz can garbanzo beans, low sodium (including liquid-do not drain)
- ¼ cup lemon juice
- 1-2 cloves garlic, minced (or ½-1 tsp minced garlic)
- 1 TBSP extra virgin olive oil
- ½-1 tsp cumin and/or paprika
- Salt, to taste

Directions:
1. Pour all ingredients, except lemon juice into a food processor, or blender and begin mixing.
2. Slowly add lemon juice as you continue to blend until desired texture is achieved.
3. Remove and serve immediately or refrigerate until ready to serve.
Optional—sprinkle with extra paprika and top with parsley.

FOR MORE INFORMATION, PLEASE CONTACT:
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