

# The MegaBite



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## We're all going on a summer holiday

If you are jetting off somewhere in the EU this summer, then happy holidays! There is now a law that states restaurants and cafes must be able to tell you if one of the key 14 allergens is in their meals. So that should make life easier.

But stay on your guard so you don't spoil your break. Don't be typically British and keep quiet if you suspect something is wrong. For instance, they often serve bread on top of chips or on the sides of plates in Spain – so watch out.

Safer Eating founder Karen has visited mainland Spain, Tenerife and Italy since she was diagnosed with coeliac disease and lactose intolerance. She says: "Spain has lots of lactose-free products but I found cheese and dark, dairy-free chocolate hard to get hold of. There is very limited gluten-free bread and cereal. Tenerife catered for me well at my hotel but the choice was not mind-blowing. I thought Italy would be a nightmare but it was fantastic, with lots of free-from things in supermarkets and gluten-free pizza and pasta."

### Get packing

Take any essentials or favourite foods away with you in your luggage, e.g. gluten-free bread, cereal, rice cakes, lactose-free spread, little lactose-free milks

### Pack a little cool bag so you can take back-ups out with you

Pop lots of snacks in your hand luggage – take into account the plane may be delayed

Pack any medication, EpiPens etc in your hand luggage. Take a doctor's letter explaining why you or your loved ones need them

### ...and relax

Don't let warnings get lost in translation. Wise up on a few choice phrases before you jet off so there is zero confusion as to how serious your condition is. Print them out and pop them in your wallet to hand to serving staff

**Allergy forums are a great source of advice, where you can get tips from people who are in the same boat. Or ask questions about the hotel restaurant and safe places to eat nearby on sites such as Trip Advisor**



## Enjoy your holidays

## TOP TIPS!

### For stress-free flights

Remember to let the airline know in advance if you or a loved one has a severe allergy so they can take the necessary precautions

Heathrow, East Midlands Airport and Stansted all have Leon outlets, where you can pick up terrific free-from food. Leon has just opened its first branch outside of England – at Schiphol Airport in Amsterdam. Sadly, most airports are way behind on the free-from front and you have to make do with a pricey plain salad

You are not allowed to take ice packs through security unless you have a doctor's note explaining why you need special food

Milk, baby food, soft cheese or spread are classed as fluids and must be put in a see-through bag and be under 100ml if you are taking them in your hand luggage. There is the option of checking them in. Restrictions do not apply for baby milk and formula

# saferEATING

[www.safereating.co.uk](http://www.safereating.co.uk)

# A tricky eater tale

With her parents living out in Spain, Safer Eating founder, Karen Woodford, knows a thing or two about finding food in foreign places...

Summer holidays – a time for fun in the sun, right? But how much more difficult is it when you have special diets to think about? I have coeliac disease and lactose intolerance and my two young girls are also strictly gluten free.

I have had several holidays abroad since I was diagnosed and got along fine, but there are lots of obstacles getting in your way.

We are lucky as my parents live in Spain so my mum can stock up before we arrive. They also drive food over from the UK when they come back. Problem things are cereal, snacks and bread. Many Spanish supermarkets have a whole aisle devoted to alternative milk, but a teeny-tiny section of gluten-free bread. Although on my last visit, I did find a baguette, Schar crispy bread, and Lactofree soft cheese. Woo hoo!

Spain is getting much better. If you shop around, you can find what you need, but it is a faff and eats into your precious holiday. So I usually take pitta bread or sandwich thins in my luggage – they take up less space and don't get as squashed.

This time, I took lunch to the airport for myself and my kids. Good job, as I couldn't find anything at Leeds Bradford Airport that amounted to a meal. They had a few Mrs Crimble's macaroons but nothing else.

The plane journey to Alicante went smoothly. I make sure I have enough luggage space to take bits with me. We don't do travelling light. I also take Lactofree cheese and a sneaky bar of dark chocolate as I crave it when everyone else has treats.

Eating out, I can always have a salad with olive oil as a dressing wherever I go. Or I go for melon, Serrano ham and little spicy peppers. They cook a lot of things with oil and garlic rather than butter in Spain, which is a bonus.

Near Denia, we found a brilliant Italian and a place called Restaurante BB Grill, which we refer to as "The Chicken Shack". It basically cooks chickens and other meat with loads of herbs. The



chips are gluten free – everything is except the bread. Even the alioli is safe so I just take my own bread so I don't miss out.

We visited a little Spanish tapas place nearby, too, Ca Pepe Teresa. I didn't expect there would be much I could eat. I could order three things, though – tomato and garlic salad, lamb chops and prawns.

They then produced a plate with a gluten-free baguette, alioli and tomatoes. I was ecstatic. It was totally unprompted and they gave me it for free. What service. Shame my mate glutened my whole plate and knife and fork by cutting bread over them. D'oh!

The same night, we walked down the street in Denia and I noticed a massive allergy board over an ice cream shop called Tutto Frutto. There were seven fruit ice creams I could have. It was so unbelievable and amazing that I went back three times.

I always tend to feel bloated and not quite right on holiday but put it down to heat and flying. This time was particularly bad, though, and I discovered I had eaten ham containing lactose. I also ate a little sautéed potato Mum had accidentally cooked in butter. It is so easy to do.

Sadly, I got glutened by one of my favourite restaurants over there. They shoved bread on my plate after they had prepared a beautiful gluten-free meal. Communication, communication, communication, guys! That's all it needs. They were very, very busy so I think that was why it happened. They got me a new meal anyway – it's just really important to be brave and let them know immediately if there is anything wrong or if you are in doubt.

I had a ridiculous amount of food to take to Alicante Airport on the way home. This included tea for all of us, but also lots of snacks for the plane.

I was so pleased I did as there was literally nothing we could eat at the airport and the plane was delayed by three hours. Ouch. I needed every single scrap of safe food.

So the moral of the story is, channel the Scouts and be prepared!

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Fantastic  
Products

Our Safer Eating products and resources are here to help you...

Training folders from  
**ONLY £25**

These folders are full to the brim with information on food allergens, preventing cross-contamination, templates for risk assessments and places to file labels/recipes. Get one in the basket.



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This interactive learning module only takes 45 minutes to complete and tells you everything you need to know to comply with the law and to cater for tricky eaters. Well worth the money.



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# Strawberry and basil sorbet

## Free from:

Gluten, lactose, milk, lupin, nuts, sesame, soya, crustaceans, molluscs, fish, meat, mustard, celery, egg, sulphites.  
VEGAN. Low FODMAP

## Serves:

Fills a 500ml tub

## Ingredients:

2 punnets of strawberries  
(approximately 500g), chopped

1.5tbsp sugar

1/2 lemon (juice and zest),  
adapt to your own taste

7-10 basil leaves

## Method:

1. Put the strawberries in a blender
2. Shake over the sugar
3. Grate the lemon zest into the bowl. Then chop the lemon in half and squeeze the juice through a sieve into the bowl (to catch any pips or pith)
4. Add the basil leaves. Blend the mixture until smooth
5. Pour the mixture into a 500ml freezable tub and freeze overnight. Voila! Obviously this will work well with an ice cream maker if you are lucky enough to have one
6. Remove from the freezer for about 10 minutes prior to serving so it softens slightly



Thanks to Jemma Woolley for these oh-so-cool recipes. She describes them as perfect bowls of “additive, preservative, dairy, gluten and nut free yumminess”.



Jemma says: “When it comes to making Nice Cream (the dairy-free versions of ice cream) my trade secret is frozen fruit. I have bags of frozen blueberries, cherries, raspberries and chopped bananas on hand to whizz up some frozen treats for when the mood takes me. Frozen fruit also boosts the colour!”

# Pineapple Ginger Lime Sorbet

## Free from:

Gluten, lactose, milk, lupin, nuts, sesame, soya, crustaceans, molluscs, fish, meat, mustard, celery, egg, sulphites.  
VEGAN. Low FODMAP

## Serves:

1

## Ingredients:

Handful of frozen pineapple

½tsp ginger (grated)

Juice of half a lime, adapt the quantity to your own taste

1tsp brown sugar

## Method:

1. Put the pineapple, grated ginger and sugar into a blender/container
2. Squeeze in the juice from the lime
3. Blend until smooth
4. Either eat it as a delicious, icy smoothie or freeze it for scoops of sorbet
5. Remove from the freezer for about 10 minutes prior to serving so it softens slightly

Top tip: Did you know that you can freeze fresh ginger and just grate it into things when needed?

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# Strawberry ice lollies

## Free from:

Milk, lactose, gluten, meat, fish, crustaceans, molluscs, nuts, lupin, sesame, mustard, celery, sulphites, egg.  
VEGAN. Low FODMAP

## Contains:

Soya

## Serves:

6

## Ingredients:

100ml rice milk  
1 pot (125g) soya vanilla pudding (e.g. Alpro)  
8 strawberries, chopped



## Method:

1. Put the ingredients in a blender
2. Blend until smooth
3. Pour into 6 ice lolly moulds, leaving a little space for expansion. Put on the lids. Alternatively, you can use plastic cups and sticks
4. Freeze overnight. Easy peasy

Find more great recipes like these at [safereating.co.uk/recipe](http://safereating.co.uk/recipe)

# Banana ice lollies

## Free from:

gluten, lactose, milk, lupin, nuts, sesame, soya, crustaceans, molluscs, fish, meat, mustard, celery, egg, sulphites.  
VEGAN. Low FODMAP

## Serves:

6

## Ingredients:

1-2 bananas, peeled and broken into 3  
100ml coconut milk  
2tsp maple syrup

## Method:

1. Put all of the ingredients in a blender
2. Blend
3. Pour into 6 ice lolly moulds or use plastic cups and lollypop sticks
4. Freeze overnight
5. Remove from the freezer 10 minutes before serving

