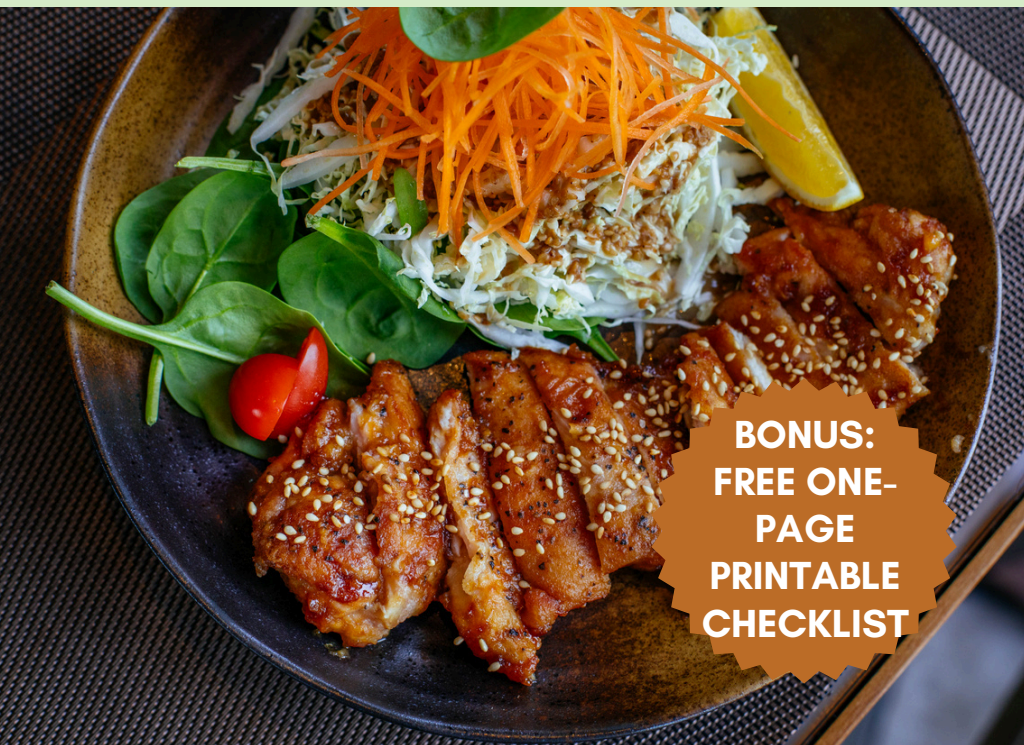


Busy Gluten Free

GLUTEN-FREE DINING SAFETY CHECKLIST

Five Questions For Safer Gluten-Free Dining Out



**BONUS:
FREE ONE-
PAGE
PRINTABLE
CHECKLIST**

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GF DINING OUT

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Hello!

How many times have you gone to order food at a restaurant, but didn't know what to ask to ensure you weren't going to be glutened?

It's a struggle, I get it; not to mention annoying and embarrassing that you have to ask questions in the first place. However, if you want to have a safe meal, some crucial questions need to be answered.

This is why I created this quick guide so you can have a 'cheat sheet' of questions you can ask to help make your decision on whether or not you want to eat at a specific restaurant.

Most of the time, by answering only a few of these questions, you will get a good idea about how safe it would be to eat there.

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If you have time, I would try to call the restaurant on the phone to ask these questions, as, depending on how in-depth you want to get, it could take a few minutes, and you won't have to do it at the table. A good time to call is between 2 pm and 4 pm, as this is generally a lull between lunch and dinner for diners.

Note: The servers may not have all the information you are looking for. You may want to talk to a manager to ask your questions. However, in a great gluten-free restaurant, the staff is well-trained and knowledgeable about their gluten-free menu and how their food is made.

You can decide, based on your own sensitivity, whether all these questions need to be answered, but this is a great starting point for explaining where the restaurant stands regarding its knowledge of a gluten-free allergy or intolerance.

Below, I have included a one-page printable checklist as well that you can take with you on the go, so you will always have these questions on hand.

I'm hoping this guide will give you some confidence to eat out again and enjoy some great gluten-free food!

~Jen



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QUESTIONS

Do you have a gluten-free menu?

This is a clear and concise starting point that provides a wealth of information on the restaurant's food preparation practices and its approach to accommodating individuals with food allergies and intolerances.

Do you have a dedicated gluten-free fryer?

Unfortunately, if the restaurant does not have a dedicated gluten-free fryer, cross-contamination is entirely possible. Putting gluten foods and non-gluten foods in the same fryer could easily allow gluten to be in your food as well.

QUESTIONS

Is your staff trained to handle food allergies?

This is another quick indicator of the staff's knowledge, which can provide you with a level of comfort when deciding to eat there. If they don't know how to answer this question...there is your clear answer.

Do you have a dedicated food prep area for someone with allergies?

Sometimes, it is best not to confuse the staff with the differences between someone with an allergy and someone with an intolerance. If it is easier to explain it as an allergy, use that terminology, as both will explain the need for precautions when cooking your food.

QUESTIONS

Do you offer gluten-friendly food choices?

Some restaurants use the term gluten-friendly instead of gluten-free.

Gluten-free usually means no gluten ingredients are used.

Gluten-friendly often means the item can be adjusted, but cross-contact may still be possible.

If cross-contact is important for your needs, ask how the food is prepared and whether they use separate spaces, tools, or procedures.

There you have it!

The key questions to help you feel more confident when eating out gluten-free.

Below is your one-page checklist to keep handy anytime you need it.

I'm also creating gluten-free city guides to make traveling easier.

[Save your spot on the waitlist](#)

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GLUTEN-FREE DINING SAFETY CHECKLIST

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gluten-free menu?

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