



WE DISCOVER, WE GROW

Girlguiding

## Girlguiding: How to manage dietary requirements for meetings and events

Task	Notes from task
Discuss with the person / parents to understand the severity of the allergy. For example, can the person be in the same room as the allergen?	
If the volunteer/ child has a severe allergy that is going to create barriers for the way they're able to enjoy guiding, you could always complete an <a href="#">adjustment plan</a> .	
Is there anything you need to flag to other parents? For example: 'Please ensure you don't pack any nut products as we have someone on camp who is allergic.'	
Are there people coming who have multiple dietary requirements? For example, people with dairy and nut allergies may not be able to have milk substitutes, such as almond milk.	
Are you ordering food online from a supermarket? If yes, you may be able to set up a dietary profile.	
Can you have a separate allergen area at the venue?	
Check all the labels as sometimes brands update allergy warnings due to new products being produced or changing suppliers.	

Have a list in the kitchen with the menu and all the dietary requirements highlighted.	
Check medication such as Epi pens are kept in a safe and close-by place when you're eating.	
Check all leaders, including young leaders, are aware if there are any dietary requirements.	
Do you need to clean items before using them? If you can, it's best to put items through a dishwasher or use hot soapy water.	
Wash surfaces with kitchen cleaner or hot soapy water before you start prepping any food.	
If you use a toaster for toasting gluten-free bread, use a toast pocket to avoid cross contamination of crumbs.	
If cooking in the oven, check that allergen-free products are cooked at the top of the oven with foil over them to prevent cross contamination.	
If you're having a buffet, keep allergen-free food separate from other food. Try putting the allergen-free food on different coloured plates so that everyone can tell the difference.	
For people who are gluten-free, it's a good idea to take some butter out of the main pot and keep it separately to avoid cross contamination.	
If you're having a large event, you can identify children with specific dietary requirements with coloured stickers (so that everyone knows to check).	