

DINING OUT TIPS FROM NFCA

A GREAT tool for celiac disease and gluten sensitive diners.

Tip 1: Call ahead

Dining out can seem intimidating, especially when you are newly gluten-free. If possible, call ahead. These questions will help you to determine if a restaurant is an appropriate choice:

- Do you have a gluten-free menu?
- Can you tell me what gluten is?
- What are your gluten-free menu options?
- Have you completed a gluten-free training program, such as GREAT Kitchens?

Tip 2: Be detailed

Once seated, these questions will help you to order safely and minimize mistakes so that you have a good experience:

How is this dish prepared?

- Do you use any spice blends or mixes?
- Do you use flour or soy sauce in the dressing/sauce/batter/base?
- How do you top/garnish the dish (i.e. croutons, fried onions, crackers)?

How do you avoid cross-contamination with gluten-containing ingredients?

- Do you use a separate prep space for gluten-free food?
- Do you use separate cookware and utensils for gluten-free food?
- Do you clean the grill?
- Do you use a dedicated fryer?

ABOUT THIS GUIDE

This guide is meant to be a tool for communicating your needs, not a guarantee for a safe meal. Your health comes first, so if you feel uncomfortable at any time, ask to speak with the manager or consider dining at another establishment.

We have included information about GREAT Kitchens in this guide for you to cut out and share with restaurants that you frequent so they can receive gluten-free training.

Questions were contributed by NFCA staff, NFCA Scientific/Medical Advisory Council, and NFCA webinar panelist Pam Cureton, RD, LDN.

ABOUT GREAT KITCHENS



GREAT Kitchens is a comprehensive online training program developed by NFCA. GREAT Kitchens teaches foodservice professionals how to properly prepare and serve gluten-free food to meet the dietary needs of diners with celiac disease and non-celiac gluten sensitivity. www.CeliacCentral.org/GREAT • GREATFoodservice@CeliacCentral.org

ABOUT THE NATIONAL FOUNDATION FOR CELIAC AWARENESS



Through empowerment, education and advocacy, the National Foundation for Celiac Awareness (NFCA) drives diagnoses of celiac disease and other gluten-related disorders and improves the quality of life for those on a lifelong gluten-free diet. www.CeliacCentral.org • [Twitter: @CeliacAwareness](https://twitter.com/CeliacAwareness) • [Facebook: Facebook.com/NFCeliacAwareness](https://facebook.com/NFCeliacAwareness)

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ASK A RESTAURANT TO BECOME TRAINED

Thank You!

I enjoy dining at your establishment, and I'd like you to become a GREAT Kitchen.

GREAT Kitchens have completed gluten-free training from the National Foundation for Celiac Awareness (NFCA) and receive marketing benefits if they take the pledge to uphold gluten-free standards. It's a sign of your dedication to providing safe meals for customers who have celiac disease and other gluten-related disorders.

The course is available online and includes a series of multimedia learning modules:

- The Gluten-Free Guest
- Ingredients
- Front-of-House
- Back-of-House
- Implementation

Check it out at:

www.CeliacCentral.org/GREAT

Sincerely,

(Customer, please write your comments on reverse side)

Did You Know?

An estimated 1% of Americans have celiac disease and 6% non-celiac gluten sensitivity.

Both conditions require a strict, lifelong gluten-free diet.

In 2012, restaurants in the US served more than 200 million gluten-free meals.

Use Coupon Code GoGREAT to get 10% off gluten-free training.